



Amanda Rishworth MP

Member for Kingston

MEDIA RELEASE

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KINGSTON TO DEMONSTRATE BENEFIT OF FRESH FOOD

Member for Kingston, Amanda Rishworth MP, today announced that children at Woodend Primary and O'Sullivan Beach School will soon enjoy the benefits of growing, preparing and sharing fresh food as part of the national Stephanie Alexander Kitchen Garden Program.

The Rudd Government has committed up to \$60,000 for kitchen and garden infrastructure for both schools to implement the program.

This important program will help tackle the levels of childhood obesity by giving children hands-on experience in health eating.

School children in years 3-6 will get the opportunity to work in a productive garden, harvest the food, cook it in a purpose-built teaching kitchen and sit down with other students and parents to taste and enjoy what they have made.

Ms Rishworth MP said she was pleased that Woodend Primary and O'Sullivan Beach Schools had been chosen as two of the 37 schools to implement the program under the first funding round.

"This program provides a fantastic opportunity for children at both Woodend Primary and O'Sullivan Beach School to learn first hand the benefit of growing, harvesting and cooking fresh fruit and vegetables at school," Ms Rishworth MP said.

"Learning these eating habits with school friends is an excellent way to foster and develop good eating habits why children are young.

"I look forward on my next visit to the Woodend Primary School and O'Sullivan Beach School to watch these programs develop and become an important tool to assisting kids with learning how to prepare good healthy food," said Ms Rishworth.

For more information about the national Stephanie Alexander Kitchen Garden Program, see <http://www.healthyactive.gov.au/kitchengarden>