St Thomas’ Kitchen Garden Program

Pleasurable Food Education = Skills for Learning and Life!

St Thomas’ is now part of the Stephanie Alexander Kitchen Garden Foundation. We are one of 473 schools Australia-wide, where around 50,000 children are enthusiastically getting their hands dirty and learning how to grow, harvest, prepare and share fresh, seasonal food.

The fundamental philosophy that underpins the Stephanie Alexander Kitchen Garden Program is that by setting good examples and engaging children’s curiosity, as well as their energy and their taste buds, we can provide positive and memorable food experiences that will form the basis of positive lifelong eating habits.

The students are actively involved in regular kitchen and garden classes, enabling skills-based learning that extends across the entire school curriculum.

As participants in the Kitchen Garden Program Prep to Year 6 students spend structured time in a productive veggie garden and home-style kitchen as part of their everyday school experience. There they learn skills that will last them a lifetime, and discover just how much fun it is to grow and cook their own seasonal vegetables and fruits.

We aim to maintain and education garden and kitchen where many aspects can be mirrored at home.

The school’s kitchen garden is owned and operated by the students with guidance and support from, staff, parents and the community.