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MEDIA RELEASE

23 November 2010

Wattle Park Primary to help promote healthy eating

Wattle Park Primary will receive a \$60,000 Federal Government grant as part of the Stephanie Alexander Kitchen Garden Program, Federal Chisholm MP Anna Burke announced today.

The program is designed to teach children how to grow, harvest, prepare and share fresh food and adopt healthy eating habits.

Ms Burke said the program will help to improve nutrition and develop life-long healthy eating habits, as part of the Australian Government's commitment to preventative health.

"We know that preventative health programs work and this program gets kids out in the garden, growing their own food and then learning how to cook healthily," Ms Burke said.

"It is changing the way children approach and think about their food.

'The program is about setting a good example, engaging children's curiosity, as well as their energy and taste buds.

"The funding will allow students to spend time in a productive veggie garden and home-style kitchen garden every week.

"They will be learning skills that will last them a lifetime and will lead to better health outcomes in the future," she said.

The program was founded by culinary expert Stephanie Alexander and is now supported by the Australian Government through a \$12.8 million investment over four years to implement the program in up to 190 schools nation-wide.

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