

Grow Cook Eat

SHARING STORIES... LOCAL ACTION ON FOOD SECURITY

Determinant of food security:

Supply and Access to Food

Sub-determinant:

Growing Produce and cooking skills

Location & year:

Catchment area of program includes Maydena, Westerway, Glenora, Bushy Park, Moogara, Gretna, Hamilton, Ouse, Ellendale, Tarraleah, Wayatinah and Bronte Park. Commenced in 2013

Story tellers:

- Rebecca Lazenby, Project Officer, Connecting Families and School Communities
- Janene Glover, Grow Cook Eat, Coordinator

Summary

The Grow Cook Eat Program started with a few keen families eager to learn more about gardening at home successfully. The program has included a number of workshops and has provided support for the whole family.

Activities have included:

- School holiday seed planting
- Promoting *Grow Eat Cook* at the Bushy Park and Hamilton Show
- *How to start a vegetable garden at home* workshop
- *Pests in the garden and how to control them* workshop
- *FoodCents* cooking sessions
- Sally Wise preserving sessions
- Raised garden bed delivery
- *Fruit tree grafting* workshops
- A trip to the Royal Botanical Gardens
- A lending library and newsletters



Benefits and achievements

Twenty three families have participated in the program with forty raised beds delivered, 42 fruit trees have been planted, fresh produce grown, families cooking with the produce, preserving, eating the produce and sharing ideas.

A survey showed around half of the families hadn't gardened before and currently all state that they are gardening and have harvested from their raised gardens.

Families report that they feel more confident to grow fruit and vegetables at home without support, as they have resources and a group of people they can call on for support.

Families have noted that their children had developed garden skills and knowledge by participating in the program. Nearly all the families found the cooking part of the program excellent. All the families found the cooking part of the program excellent and valuable- it has increased families skills and willingness to try new recipes.

Challenges

Delivering garden beds to families at the end of the main growing season, we thought this was a disadvantage but it turned out it gave families time to fill their garden beds with soil and plant a winter crop with much success.

How do we know if families are gardening and using raised beds?

We provided each family with a journal and they recorded gardening stories. At the celebration session families shared their journals with each other and this was a great sharing and reflecting tool.

The final challenge is families not wanting the program to finish as they have enjoyed it so much! The groups of families have continued to network sharing success stories on Facebook and getting together cooking and sharing seeds.

“Would love to be involved in more programs like this the format was great. I absolutely loved it. It has improved our food security- I now feel more confident and capable that we can grow food ourselves- I feel excited and motivated about my garden. I can't thank you ladies enough for getting all these families together – we have made new friends and feel more connected within our community.” Parent

Promotion

To promote the program flyers were circulated via Westerway Primary School, Ouse District School and Glenora District High School, newsletters featured tips and advice along with parents sharing ideas and successes on Facebook.

“I especially liked the follow up support and newsletters. Parent The focus on growing our own vegetables has been very successful in the Valley and many families have attended sessions to talk about growing healthy foods, cooking what we grow and then eating what we grow.” Anthea Denholm Launch into Learning Coordinators



“It is one of the best programs I've ever come across as it addresses the learning through at least two generations: parents and children literally sow, grow, harvest, cook, preserve and eat together” A year on the Farm by Sally Wise Author and Cook

Funding

Funding was received through a Food for All Tasmanians Fund Grant 2012 along with support and funding from Connecting Families and School Communities a Project supported by the Department of Education, Salvation Army Communities for Children and is funded by the Australia Government Department of Social Services.

Being involved in the Grow Cook Eat program has been challenging, exciting, stimulating, fun and most of all rewarding. A great group of people who have been open to learning and experimenting. Willing to share their successes and failures. Relationship building in the community & confidence within a group is hard to measure and evaluate, however this program has highlighted these strengths from the start to end.” Janene Glover Grow Cook Eat Coordinator

Contact: Rebecca Lazenby

Phone: 0400610309

Email: Rebecca.lazenby@education.tas.gov.au

Information was compiled by **Population Health Services (DHHS)** in partnership with this initiative and the Department of Premier and Cabinet.