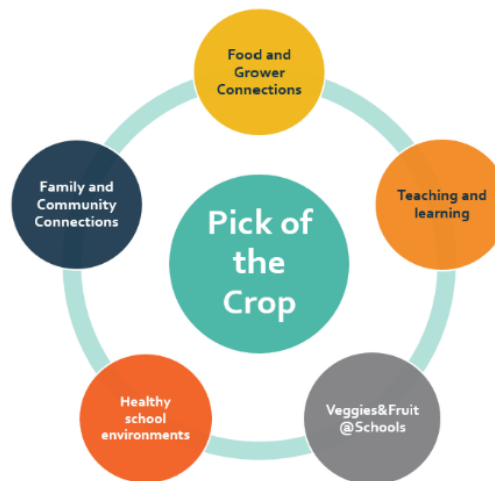


Food and nutrition programs and resources for schools



There are many food and nutrition programs and resources available for Queensland primary schools to use to support teaching and learning.

The following information can assist primary schools select ones for implementation, based on the five components of Pick of the Crop:



Programs and resources included in this factsheet were reviewed using the criteria below. However, inclusion is not an endorsement of any specific program. When considering any programs and resources, use the criteria below as a guide to assess the evidence base and relevance for your purpose.

Criteria for selecting programs and resources:

- ✓ Supports the Australian [Curriculum](#) and/or school setting.
- ✓ Is based on the [Australian Dietary Guidelines](#) or Australian environment.
- ✓ Supports implementation of [Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools](#).
- ✓ Clearly shows the duration and format or has flexible implementation.
- ✓ Identifies costs and other resources needed.
- ✓ Includes information about how to sustainably embed into the school environment.
- ✓ Indicates any training required for school staff or teachers.

Further information regarding each program or resource is available from the link in the table below or can be discussed with your Pick of the Crop Regional Coordinator.

For more information on Pick of the Crop, see www.hw.qld.gov.au/pick-of-the-crop.

Food and nutrition programs and resources for schools



Summary of Food and Nutrition programs and resources:

Program or resource	Pick of the Crop Component covered by the program or resource				
	Food and Grower Connections	Teaching and Learning	Veggies&Fruit @schools	Healthy School Environments	Family and Community Connections
1. George the Farmer					
2. Farmer Time					
3. Primezone					
4. Junior Landcare					
5. Mushrooms in schools					
6. CSIRO Taste & Learn™					
7. Food&ME®					
8. Superhero HQ (Foodbank WA)					
9. OzHarvest FEAST program					
10. QCWA Country Kitchens program					
11. Queensland Association of School Tuckshops					
12. Good Quick Tukka (Deadly Choices)					
13. Life Education					
14. School breakfast clubs					
15. Stephanie Alexander Kitchen Garden					
16. EatUp!					
17. Crunch&Sip®					
18. Veggycation					
19. Woolworths Fresh Food Kids					
20. Soil your Undies!					
21. The Root Cause					
22. The Food Ladder					
23. The Diggers Club					
24. Annette McFarlane – successful gardening					
25. Gardenate					
26. Phenomenom!					
27. SWAP IT					
28. OzHarvest NEST program					

Food and nutrition programs and resources for schools



Program or resource	Pick of the Crop Component covered by the program or resource				
	Food and Grower Connections	Teaching and Learning	Veggies&Fruit @schools	Healthy School Environments	Family and Community Connections
29. Nutrition Australia Queensland					
30. Australian Organic Schools program					
31. VegKit					
32. Reduce Food Waste, including the Organic Waste Smart Schools					
33. Get Grubby					
34. Fresh fruit Friday					
35. Veg Education					
36. Grow it Local					
37. Fresh SNAP					
38. Raising Children – Australian parenting					
39. Australian Dietary Guidelines (and A Guide to Healthy Eating)					
40. Smart Choices Healthy Food and Drink Supply strategy for Qld schools					

Food and nutrition programs and resources for schools



Program	Overview
<p>1. George the Farmer https://www.georgethefarmer.com.au/</p>	<ul style="list-style-type: none">• Their vision is ‘a world where children connect to the earth, food and farm’ through fun picture storybooks and characters. The program is for Prep to Year 4.• Resources include music, free paddock-to-plate videos, apps, touring performances, free curriculum-aligned resources and books for purchase.• Refer to the program information for costs.
<p>2. Farmer Time https://farmertime.com.au/</p>	<ul style="list-style-type: none">• Farmer Time digitally connects farmers and industry with Australian classrooms, helping students understand where their food and fibre comes from.• Resources are included for teachers, primary producers and students and provides real-world context to the food and fibre curriculum for students from K-12.
<p>3. Primezone https://www.primezone.edu.au/</p>	<ul style="list-style-type: none">• Primezone provides teachers and students with access to the Primary Industries Education Foundation Australia’s resources, covering all years from Prep to Year 12.• Includes links to the Primezone Academy – Agricultural Science eLearning Courses for primary and secondary students.• Resources are available for Design and Technology and Science learning areas, STEM programs and challenges, and National Science Week.
<p>4. Junior Landcare https://juniorlandcare.org.au/</p>	<ul style="list-style-type: none">• Junior Landcare provides students with the opportunity to play an active role in ensuring the safe future of their environment.• The website includes a learning centre, educator hub and grants program.• Examples of resources in the learning centre include growing your own pizza, propagating from fruit and vegetable scraps, creating a food garden, First Nations Perspectives Resources and Just for Kids activities.
<p>5. Mushrooms in schools https://australianmushroomgrowers.com.au/mushrooms-in-schools/</p>	<ul style="list-style-type: none">• This program helps primary school educators teach students all about mushrooms, with curriculum-aligned lesson plans for years 3 and 4.• Free resources are available, such as lesson plans and mushroom growing kits. Registration is required through the website.

Food and nutrition programs and resources for schools



Program	Overview
<p>6. CSIRO Taste & Learn™ https://research.csiro.au/taste-and-learn/</p>	<ul style="list-style-type: none"> • Taste & Learn™ is an evidence-based program for primary schools that supports student learning and fosters the enjoyment of vegetables through sensory education. • The program aims to help develop vegetable acceptance in children with an emphasis on experiential learning and veg tastings in structured activities. • Aligned to the Australian Curriculum, there are easy-to-use teacher materials for units of work for Foundation-Year 2, Years 3-4, and Years 5-6. Each unit consists of five one-hour lessons, fully written lesson plans with student worksheets and electronic whiteboard support.
<p>7. Food&ME® https://www.health.act.gov.au/about-our-health-system/healthy-living/fresh-tastes/professional-learning/foodme</p>	<ul style="list-style-type: none"> • Food&ME® is a suite of free nutrition-focused education resources that support teaching and learning, linked to the Australian Curriculum and Australian Dietary Guidelines. Developed by Nutrition Australia ACT, some materials may only be available to ACT schools, and may refer to the ACT Fresh Tastes policy. • Registration is required to download the health resources. • Includes six nutrition education units from Prep to Yr 8, with teacher notes, PowerPoint presentations, learning and food activities and a student toolkit.
<p>8. Superhero Foods HQ https://www.superherofoodshq.org.au/</p>	<ul style="list-style-type: none"> • Superhero Foods HQ provides fun nutrition education and cooking resources for school children. • Developed for teachers by Foodbank WA, the resources aim to engage students to improve self-efficacy around making healthy food and lifestyle choices. Resources include recipe booklets, newsletter inserts, posters and lesson plans. • Some resources may only be available to Western Australian residents.
<p>9. OzHarvest FEAST program https://www.ozharvest.org/education/feast/</p>	<ul style="list-style-type: none"> • FEAST is an adaptable, 7-10 week, curriculum-aligned program, inspiring students to eat healthy food, waste less and become change-makers in their local community. It is suitable for years 5 and 6. • FEAST has a STEM based learning program focused on food and sustainability, with hands-on preparation and tasting experiences. Kitchen facilities are not required. • Teachers can access training, lesson plans, student worksheets, videos, recipe books, a practical cooking guide and ongoing support. • Refer to the website and delivery organisation for costs.

Food and nutrition programs and resources for schools



Program	Overview
10. QCWA Country Kitchens program https://qcwacountrykitchens.com.au/	<ul style="list-style-type: none">• Queensland Country Women's Association (QCWA) Country Kitchens is a health promotion program supporting communities across Queensland to adopt healthier lifestyle behaviours, particularly those living in rural, regional and remote locations.• HWQld funds QCWA to deliver the Country Kitchens Program, that enables training and support to improve the health and wellbeing of communities.• Pick of the Crop schools can connect with QCWA local facilitators to deliver activities in schools.
11. Queensland Association of School Tuckshops https://qast.org.au/	<ul style="list-style-type: none">• Queensland Association of School Tuckshops (QAST) is a not-for-profit member association working with schools to build tuckshop capacity to serve sustainable, affordable, nutritious and safe food choices.• Health and Wellbeing Queensland funds QAST to deliver a Healthier Tuckshop program, alongside their membership services.• Online information on training, recipes and menu planning is available.• Refer to the website for details of membership costs.
12. Good Quick Tukka https://deadlychoices.com.au/programs/good-quick-tukka/	<ul style="list-style-type: none">• This program aims to encourage young Aboriginal and Torres Strait Islander people (8-12 years) to take a leading role in the health of their families and the wider community by making healthy food choices and supporting others to do the same.• The 6-session program is delivered by a local Deadly Choices Program Officer in a flexible manner to suit school environments. The program can be delivered in and/or outside of a classroom and includes interactive activities and a collaborative learning style to work towards an optimal learning environment.• Through the program, participants will learn the importance of food handling, basic food preparation techniques, trying different foods, the impacts of sugar, and how food affects your mood.• Access to resources such as recipes is through the Deadly Choices website or from the Deadly Choices Program Officer who works closely with schools.
13. Life Education https://lifeeducationqld.org.au/	<ul style="list-style-type: none">• Life Education focuses on a range of health issues, including nutrition, delivering interactive curriculum-based programs.• All primary modules are aligned with the Australian Curriculum for HPE.• The Healthy Eats program focuses on increasing fruit and vegetable consumption in primary school students. It focuses on delivering to schools in the Northern Gold Coast and Southern Logan areas.

Food and nutrition programs and resources for schools



Program	Overview
<p>14. School Breakfast Programs</p>	<ul style="list-style-type: none"> • These can be beneficial when students arrive at school without consuming breakfast. Schools implement breakfast clubs in a range of ways, using different funding sources and for different reasons. • Evidence shows that students who miss breakfast are less able to concentrate, engage and interact in class. Having a nourishing breakfast supports healthy growth, development and general wellbeing. • Queensland Government funds the following School Breakfast Programs: <ul style="list-style-type: none"> ○ YMCA: This Program’s mission is to reduce the number of students disadvantaged by hunger and poor nutrition. Currently, 101,000 free breakfast meals are provided per month to over 175+ schools in SEQ. ○ Foodbank: along with support from food relief charities, Foodbank supports more than 300 school programs to ‘make sure that all Qld children have an equal start in life regardless of their circumstances’.
<p>15. Stephanie Alexander Kitchen Garden program https://www.kitchengardenfoundation.org.au/</p>	<ul style="list-style-type: none"> • For over 20 years this program has provided the framework, extensive curriculum resources, professional development, online community of practice, and ongoing personalised support for educators to deliver pleasurable food education to children and young people across Australia. • The fun, hands-on learning program supports students learning to grow, harvest, prepare and share fresh, seasonal food. Students develop an awareness of food production and preparation, and forge lifelong positive food habits, improving food literacy and behaviour. There is a focus on student wellbeing, practical and social skills. • Refer to the website for membership details and costs.
<p>16. EatUp! https://www.eatup.org.au/</p>	<ul style="list-style-type: none"> • Eat Up! provides free lunches for students across Australia, thanks to donations of bread, snacks and materials. • With the help of partners and volunteers, Eat Up! makes and delivers thousands of fresh sandwiches and donated snacks to over 700 schools in Australia for students experiencing hunger. • Visit the website for more information on availability in Queensland.
<p>17. Crunch&Sip https://www.crunchandsip.com.au/</p>	<ul style="list-style-type: none"> • Crunch&Sip is a primary school nutrition program developed in Western Australia that promotes a daily classroom brain break for students to drink water and eat a piece of vegetable or fruit. • Resources include information for teachers and parents, recipes and healthy lunchbox tips.

Food and nutrition programs and resources for schools



Program	Overview
<p>18. Veggycation https://www.veggycation.com.au/</p>	<ul style="list-style-type: none"> • Veggycation aims to increase awareness about the goodness of vegetables, with nutritional information, optimum cooking methods, preparation and storage. • It is funded by Hort Innovation.
<p>19. Woolworths Fresh Food Kids Discovery Tours https://www.woolworths.com.au/shop/discover/fresh-food-kids/discoverytours</p>	<ul style="list-style-type: none"> • This digital resource provides hands on digital activities for Primary School kids, from Kindergarten to Year 6. • Designed by educators, nutritionists and food scientists, it includes activities that are curriculum aligned, including Science, Health, Geography, English and Maths. • A classroom kit including lesson plans, activity guides etc is available. Visit the online portal to order.
<p>20. Soil your undies! https://www.cottoninfo.com.au/soilyourundies</p>	<ul style="list-style-type: none"> • Soil your undies! is all about soil health and supports learning on how healthy the soil is for school gardens and agriculture. • Pick of the Crop schools in Bundaberg and Wide Bay implemented this activity in 2022, with great interest from students.
<p>21. The Root Cause https://therootcause.com.au/</p>	<ul style="list-style-type: none"> • The Making Friends with Food (whole school program) educates and empowers children, parents and teachers to create positive health outcomes through better food and sleep choices that improve behaviour and academic performance. • A variety of packages are available - refer to the program information for availability and costs.
<p>22. The Food Ladder https://www.foodladder.org/school-project-information/</p>	<ul style="list-style-type: none"> • The Food Ladder is a not-for-profit organisation that uses hydroponic technology and climate-controlled greenhouses to provide remote and regional schools and communities with small scale food growing systems, and specialised educational resources, to grow their own produce. • An online learning platform includes over 100 resources, such as videos, factsheets, paddock to plate education programs and STEM curriculum. • Refer to the program information for availability.
<p>23. The Diggers Club https://www.diggers.com.au/pages/join</p>	<ul style="list-style-type: none"> • Owned by The Diggers Foundation, a registered not-for-profit charity, The Diggers Club is Australia's largest community of gardeners. • Membership provides access to six magazines a year, factsheets, videos, growing guides, advice, and a private Facebook community. • Refer to the program information for costs.

Food and nutrition programs and resources for schools



Program	Overview
24. Annette McFarlane – successful gardening https://www.annettemcfarlane.com/	<ul style="list-style-type: none">• Annette is a gardener, teacher, garden writer, author and broadcaster. She volunteered her time for Pick of the Crop in 2023 to participate in an online Q&A session and in the development of resources.• Her website provides a wealth of information on gardening, including dealing with pests, making them successful and basics like what to grow.
25. Gardenate https://www.gardenate.com/	<ul style="list-style-type: none">• This site is intended to make it easier to keep kitchen gardens growing and producing. It provides a wealth of information on what to plant, climate zones and tips.
26. Phenomenom! https://phenomenom.com.au/	<ul style="list-style-type: none">• Phenomenom is a free digital toolkit for teachers, with webisodes and lesson plans designed to help students learn about veggies.• Resources include a teacher guidebook, which can complement units of work focusing on health and nutrition.
27. SWAP IT https://www.swapit.net.au/	<ul style="list-style-type: none">• SWAP IT is an evidence-based healthy lunchbox program, supporting parents and carers to swap what is packed in children's lunchboxes from sometimes food to everyday food.• Developed in NSW, free online resources are available for parents.
28. OzHarvest NEST program https://www.ozharvest.org/education/nest/	<ul style="list-style-type: none">• NEST (Nutrition Education Skills Training) is a six-week program teaching adults about healthy eating and easy, affordable cooking. It may be suitable for parents or community members.• Currently it is available in the Gold Coast, Brisbane, Toowoomba and Sunshine Coast.• Refer to the program information for costs and availability.
29. Nutrition Australia Queensland (NAQ) https://naqlid.org/schools/	<ul style="list-style-type: none">• NAQ is a not-for-profit, community nutrition organisation, providing education, support and training to the Queensland community about making informed food choices.• A range of lunchbox resources are available, along with a range of food education sessions for students and cooking workshops.• Their Nutrition in Outside School Hours Care (NOSHC) program has been operating for 15 years, providing nutrition and food safety information for staff, parents and students.• More information is available online or contact NAQ.

Food and nutrition programs and resources for schools



Program	Overview
30. Australian Organic Schools https://organicschools.com.au/	<ul style="list-style-type: none">• The Australian Organic Schools Program aims to increase student and educator awareness on organic principles and practices, and how they interact and impact on environmental systems. All resources are free.• Curriculum materials are available for educators and for gardeners.• Registration is required to access the program and online resources.
31. Veg Kit https://www.vegkit.com.au/	<ul style="list-style-type: none">• CSIRO, Flinders University and Nutrition Australia worked together to deliver VegKIT, a project that delivered tools and interventions for increasing children's veggie intake across different settings, like schools.• The website provides best practice guidelines and tools, providing great background information and context to Pick of the Crop.
32. Reduce Food Waste at school https://www.qld.gov.au/environment/circular-economy/waste-reduction/reduction/reduce-food-waste/at-school	<ul style="list-style-type: none">• Introducing food waste education into schools helps build lifelong food waste avoidance.• Part of a suite of information by Queensland Government, this page provides links to resources (Love Food, Hate Waste resources for years 1 to 8); EcoMarines Foundation; Organic Waste Smart Schools Program (including grants that many Pick of the Crop schools have received); Waste and recycling audit, and much more.
33. Get Grubby https://www.getgrubbyprogram.com/	<ul style="list-style-type: none">• Get Grubby is an innovative online curriculum subscription service, designed for early years educators and young families. It focuses on nature and sustainability.• The subscription provides access to all online content, including videos, animations, activity kits, achievement certificates and more.• Register online for access to some resources.
34. Fresh Fruit Friday https://www.healthykidsproject.com/fresh-fruit-friday	<ul style="list-style-type: none">• Delivered by the Healthy Kids Project, Fresh Fruit Friday is where supermarkets and primary producers provide a box of fresh fruit and veggies to participating primary schools every Friday, free of charge for distribution across the school.• Schools can express their interest to join the 'revolution' by applying online.
35. Veg Education https://www.vegeducation.com/veg-schools/	<ul style="list-style-type: none">• Based in Victoria, Veg Education provides a number of programs, including a Virtual Farm Experience with Velisha Farms.• The programs are aligned to the Victorian Curriculum.

Food and nutrition programs and resources for schools



Program	Overview
36. Grow it Local https://www.growitlocal.com/	<ul style="list-style-type: none">• Grow it Local is 'your local grow community' and aims to make growing food simple, social and fun.• Free gardening workshops are available or you can watch on demand.• Read their blogs online and sign up for their monthly newsletters.
37. Fresh SNAP https://www.freshsnap.org.au/	<ul style="list-style-type: none">• Fresh SNAP (School Nutrition Advisory Program) is a resource from Western Australia. It includes resources, tools and recipes for parents, carers and tuckshop staff.• The Free Nutrition Advisory Service is not available to Qld schools.
38. Raising Children – Australian Parenting https://raisingchildren.net.au/	<ul style="list-style-type: none">• This website is supported by the Australian Government and provides free, reliable, up-to-date and independent information.• It includes ad-free parenting videos, articles and apps backed by Australian experts, from pregnancy through to teens.• School aged content includes information on health, daily care, school and learning, sleep, development, family life, nutrition and fitness etc.
39. Australian Dietary Guidelines (and A Guide to Healthy Eating) https://www.eatforhealth.gov.au/	<ul style="list-style-type: none">• This Australian Government website provides detailed information on the Australian Dietary Guidelines, resources for educators and consumers and everything you need to know about implementing the recommendations of the Australian Dietary Guidelines.• It also includes information on the food selection guide – Australian Guide to Healthy Eating, which includes the five good groups.
40. Smart Choices Healthy Food and Drink Supply Strategy for Qld schools (Smart Choices) https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices	<ul style="list-style-type: none">• Smart Choices is all about offering healthy food and drink choices to students in Queensland schools.• It applies to all situations where food and drink is supplied in the school environment, including tuckshops, vending machines, school excursions, school camps, fundraising, events, classroom rewards, sports days and food used in curriculum activities.• The website provides resources, tools and information on how schools can implement Smart Choices in their environment.

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