


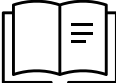



# Food and nutrition programs and resources for schools

## 2025 version



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

This resource highlights ones that support the implementation of the 5 components of Pick of the Crop. These are referenced using the following icons.

Food and Grower Connections	Teaching and Learning	Veggies&Fruit @schools	Healthy School Environments	Family and Community Connections
				

Inclusion in this resource is not an endorsement of any specific program. The list has been collated based on feedback from Pick of the Crop schools over the past four years.

When considering programs and resources, schools can use the criteria below as a guide to assess their evidence base and relevance to their needs.

### Criteria for selecting programs and resources:

- ✓ Supports the Australian [Curriculum](#) and/or school setting.
- ✓ Is based on the [Australian Dietary Guidelines](#) or has an Australian context.
- ✓ 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.

For more information on Pick of the Crop, see [www.hw.qld.gov.au/pick-of-the-crop](http://www.hw.qld.gov.au/pick-of-the-crop).

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A program delivered by

**health+wellbeing**  
Queensland

An initiative of








**Queensland**  
Government

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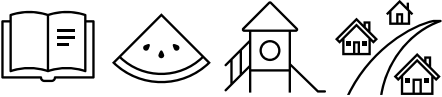
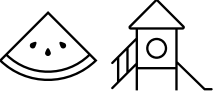



Program	Overview
<p><b>1. George the Farmer</b> <a href="https://www.georgethefarmer.com.au/">https://www.georgethefarmer.com.au/</a></p> 	<ul style="list-style-type: none"><li>• Their vision is 'a world where children connect to the earth, food and farm' through fun picture storybooks and <a href="#">characters</a>.</li><li>• The program is for Prep to Year 4.</li><li>• Resources include music, free <a href="#">paddock-to-plate videos</a>, apps, free curriculum-aligned <a href="#">resources</a> and books for purchase.</li></ul>
<p><b>2. Farmer Time</b> <a href="https://farmertime.com.au/">https://farmertime.com.au/</a></p> 	<ul style="list-style-type: none"><li>• This digitally connects farmers and industry with classrooms, helping students understand where food and fibre comes from.</li><li>• Resources for teachers, primary producers and students, provide real-world context to the food and fibre curriculum for students from Kindergarten-12.</li><li>• Note: also includes fishers, foresters and meat farmers.</li></ul>
<p><b>3. Primezone</b> <a href="https://www.primezone.edu.au/">https://www.primezone.edu.au/</a></p> 	<ul style="list-style-type: none"><li>• Provides access to the Primary Industries Education Foundation Australia's resources, covering P-12.</li><li>• Includes links to the <a href="#">Primezone Academy</a> – Agricultural Science eLearning Courses for primary and secondary students.</li></ul>
<p><b>4. Junior Landcare</b> <a href="https://juniorlandcare.org.au/">https://juniorlandcare.org.au/</a></p> 	<ul style="list-style-type: none"><li>• Valuable site with a suite of lessons with curriculum links in a learning centre, educator hub and grants program.</li><li>• Provides students with the opportunity to play an active role in ensuring the safe future of their environment.</li><li>• Resources include 'growing your own pizza', propagating from fruit and vegetable scraps, creating a food garden, First Nations Perspectives Resources and other activities.</li></ul>
<p><b>5. Mushrooms in schools</b> <a href="https://australianmushroomgrowers.com.au/mushrooms-in-schools/">https://australianmushroomgrowers.com.au/mushrooms-in-schools/</a></p> 	<ul style="list-style-type: none"><li>• This program helps primary school educators teach students all about mushrooms, with curriculum-aligned lesson plans for Years 3 and 4, and growing kits.</li><li>• Registration is required through the website.</li></ul>

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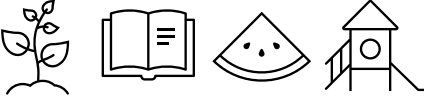

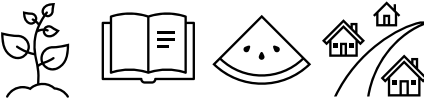



<p><b>6. Superhero Foods HQ</b>  <a href="https://www.superherofoodshq.org.au/">https://www.superherofoodshq.org.au/</a></p> 	<ul style="list-style-type: none"> <li>This site, developed for teachers by Foodbank WA, provides fun nutrition education and cooking resources for school children. Resources include recipe booklets, newsletter inserts, posters and lesson plans.</li> <li>Some resources may only be available to Western Australian residents.</li> </ul>
<p><b>7. OzHarvest FEAST program</b>  <a href="https://www.ozharvest.org/education/feast/">https://www.ozharvest.org/education/feast/</a></p> 	<ul style="list-style-type: none"> <li>An excellent program used by many Pick of the Crop schools. It's 'Teach And Repeat' e.g. upon initial registration and outlay, you can teach it year after year.</li> <li>It is an adaptable, 7-10 week, <a href="#">curriculum-aligned</a> program, inspiring students to eat healthy food, waste less and become change-makers in their local community.</li> <li>Suitable for Years 5 and 6 and kitchen facilities are not required.</li> <li>Teachers can access training, lesson plans, worksheets, videos, recipe books, a practical cooking guide and ongoing support.</li> </ul>
<p><b>8. QCWA Country Kitchens program</b>  <a href="https://qcwacountrykitchens.com.au/">https://qcwacountrykitchens.com.au/</a></p> 	<ul style="list-style-type: none"> <li>This is a health promotion program supporting communities across Queensland to adopt healthier lifestyle behaviours, particularly those living in rural, regional and remote locations.</li> <li>Dependent on facilitators being available in your region.</li> <li>Schools can connect with the program to deliver activities, with negligible costs. Students and families can be involved.</li> </ul>
<p><b>9. Queensland Association of School Tuckshops (QAST)</b>  <a href="https://qast.org.au/">https://qast.org.au/</a></p> 	<ul style="list-style-type: none"> <li>QAST is a not-for-profit member association working with schools to build tuckshop capacity to serve sustainable, affordable, nutritious and safe food choices.</li> <li>Benefits to membership include access to reduced-cost courses and free support. Fees are based on school student numbers.</li> </ul>
<p><b>10. SWAP IT</b>  <a href="https://www.swapit.net.au/">https://www.swapit.net.au/</a></p> 	<ul style="list-style-type: none"> <li>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.</li> <li>Developed in NSW, free online resources are available for parents.</li> </ul>

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<p><b>11. Stephanie Alexander Kitchen Garden program</b></p> <p><a href="https://www.kitchengardenfoundation.org.au/">https://www.kitchengardenfoundation.org.au/</a></p> 	<ul style="list-style-type: none"><li>• Great resources available but requires significant investment and commitment by the school.</li><li>• It has been implemented for over 20 years and provides the framework, curriculum resources, professional development, online community of practice, and ongoing personalised support.</li><li>• The fun, hands-on learning program supports students learning to grow, harvest, prepare and share fresh, seasonal food.</li><li>• Refer to the website for membership details and costs.</li></ul>
<p><b>12. Good Quick Tukka</b></p> <p><a href="https://deadlychoices.com.au/programs/good-quick-tukka/">https://deadlychoices.com.au/programs/good-quick-tukka/</a></p> 	<ul style="list-style-type: none"><li>• Positive feedback from schools who have implemented.</li><li>• The 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.</li><li>• The 6-session program is delivered by a local Deadly Choices Program Officers in a flexible manner to suit school environments.</li><li>• 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.</li></ul>
<p><b>13. Woolworths Fresh Food Kids Discovery Tours</b></p> <p><a href="https://www.woolworths.com.au/shop/discover/fresh-food-kids/discoverytours">https://www.woolworths.com.au/shop/discover/fresh-food-kids/discoverytours</a></p> 	<ul style="list-style-type: none"><li>• This digital resource provides hands on digital activities for primary school kids, from Kindergarten-6.</li><li>• Designed by educators, nutritionists and food scientists, it includes activities that are curriculum aligned, including Science, Health, Geography, English and Maths.</li><li>• A classroom kit including lesson plans, activity guides etc is available. Visit the online portal to order.</li></ul>
<p><b>14. Annette McFarlane – successful gardening</b></p> <p><a href="https://www.annettemcfarlane.com/">https://www.annettemcfarlane.com/</a></p> 	<ul style="list-style-type: none"><li>• Annette is a gardener, teacher, garden writer, author and broadcaster. She has volunteered her time for Pick of the Crop through online Q&amp;A sessions and development of resources.</li><li>• Her website provides a wealth of information on gardening.</li></ul>

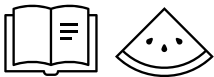
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### 15. Phenomenom!

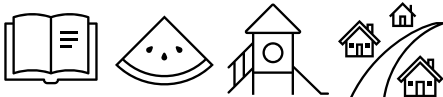
<https://phenomenom.com.au/>



- 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.

### 16. Reduce Food Waste at school

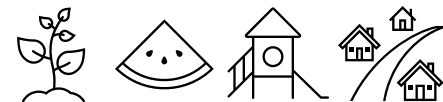
<https://www.qld.gov.au/environment/circular-economy-waste-reduction/reduction/reduce-food-waste/at-school>



- Introducing food waste education into schools helps build lifelong food waste avoidance.
- Part of a suite of information by Queensland Government, this page links to numerous resources: Love Food, Hate Waste resources for Years 1-8; EcoMarines Foundation; [Organic Waste Smart Schools Program](#) (including grants); Waste and recycling audit, and much more.

### 17. Grow it Local

<https://www.growitlocal.com/>



- Grow it Local is 'your local grow community' and aims to make growing food simple, social and fun.
- Free gardening workshops are available, of excellent quality with well respected experts involved. You can watch on demand.

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You may also find the following useful when implementing Pick of the Crop

Link	Details	Comment
<a href="https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices">https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices</a>	Smart Choices Healthy Food and Drink Supply Strategy for Qld schools.	Queensland strategy for schools.
<a href="https://www.eatforhealth.gov.au/">https://www.eatforhealth.gov.au/</a>	Australian Dietary Guidelines and A Guide to Healthy Eating.	Australian Government guidelines on healthy eating.
<a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>	Australian parenting website	General information on parenting.
<a href="https://www.freshsnap.org.au/">https://www.freshsnap.org.au/</a>	Fresh SNAP	Western Australian site. May include some useful information and support
<a href="https://www.act.gov.au/directorates-and-agencies/act-health/health-promotion-and-grants/fresh-tastes">https://www.act.gov.au/directorates-and-agencies/act-health/health-promotion-and-grants/fresh-tastes</a>	Fresh Tastes	ACT site. May include some useful information and support.
<a href="https://www.vegeducation.com/veg-schools/">https://www.vegeducation.com/veg-schools/</a>	Veg education	Victoria based but may include some useful information
<a href="https://www.healthykidsproject.com/fresh-fruit-friday">https://www.healthykidsproject.com/fresh-fruit-friday</a>	Fresh Fruit Friday – delivered by the Healthy Kids Project.	Supermarkets and producers provide fruit and veggies to schools for distribution. Usually organised locally.
<a href="https://www.vegkit.com.au/">https://www.vegkit.com.au/</a>	Veg Kit.	May be useful as background for schools.
<a href="https://organicschools.com.au/">https://organicschools.com.au/</a>	Australian Organic Schools	Includes curriculum materials. For educators and gardeners.
<a href="https://www.crunchandsip.com.au/">https://www.crunchandsip.com.au/</a>	Crunch & Sip	WA program. Some resources can be downloaded. is trademarked.
<a href="https://www.veggycation.com.au/">https://www.veggycation.com.au/</a>	Veggycation	Provides information on different vegetables in Australia.
<a href="https://www.gardenate.com/">https://www.gardenate.com/</a>	Gardenate	Provides a wealth of information on what to plant, climate zones and tips.
<a href="https://www.eatup.org.au/">https://www.eatup.org.au/</a>	EatUp!	Provides free lunches for students across Australia, thanks to donations of bread, snacks and materials.
<a href="https://handsonlearning.org.au/the-possibilities-and-process/">https://handsonlearning.org.au/the-possibilities-and-process/</a>	Hands on Learning	A practical school program used by some Pick of the Crop schools, to build wellbeing, engagement and attendance.

**Acknowledgement:** Health and Wellbeing Queensland acknowledges the contribution of Pick of the Crop Regional Coordinators from the Children's Health Queensland Hospital and Health Service and Bundaberg Fruit and Vegetable Growers Ltd in the development of this resource.