



Macgregor Primary School

Greening the thumbs with a school garden

Macgregor Primary School focused on establishing garden beds throughout their school as part of their commitment to Fresh Tastes in 2014.

“We established garden beds around the school so that every year group is responsible for their own vegetables and herbs,” said Anne Esposito, the school’s Fresh Tastes coordinator.

The goal was to provide children the opportunity to get hands-on with all aspects of the gardening process – planning, building, maintaining, harvesting, cooking and cleaning up.

The school worked hard to source supplies and build the beds. Then, with the help of the Fresh Tastes business partners like Gardening 101 and The Garden at Dickson, they received plants and soil towards the end of the year to see their beds come to life. Inevitably, this process takes time, so the garden beds are still a work-in-progress.

“As a school, we will be continuing to work on this action area next year,” Anne said.

This is exactly what establishing a school approach to growing food demonstrates to children: that there is an ongoing planning and maintenance effort needed to keep seasonal foods sprouting, which teaches great life-long habits to kids.

As a bonus, they also learn cooperation, they get some exercise and gain an appreciation for environmental sustainability.

Along with Macgregor Primary School’s commitment to growing fresh produce, they also teach students about good nutrition, and hope to further integrate cooking into their approach to fresh food.

Plus, the school’s canteen has already created an impressive menu of healthy, fresh foods.

“The canteen at Macgregor Primary School has been healthy for quite some time, receiving awards and cooking fresh food for both staff and students,” Anne said. “Canteen staff worked on the removal of red-category food items and offer a wide range of green foods. They also offer a special staff lunch on Tuesdays, which is freshly cooked.”

All these actions are helping Macgregor Primary School to provide a healthy food and drink culture to their students, staff and the broader community.

Fresh Tastes is open to all primary schools across Canberra. Contact the Fresh Tastes team for information about how your school can get involved.

