

Fresh Foods for Families

What is its purpose?

Fresh Foods for Families is a workshop that was developed to support migrants to learn how to grow, nurture, harvest and prepare nutritious fresh foods in this climate, where both the plants and the climate are new to them.

Is it limited to migrants?

No, its usefulness goes beyond supporting newly arrived migrants. The workshop can be used in schools, in Community Centres, Men's Sheds, - it's for any group which wants to help others to learn how to grow and eat nutritious food.

How is it structured?

The workshop is divided into four smaller sessions and on the day participants attend each of these. They cover some of the basics of growing fresh food, with the assumption that the participants are mostly inexperienced;

1. Planting vegetables and vegetable seedlings into a trough
2. Making inexpensive newspaper pots for vegetable seeds and seedlings
3. Understanding a gardening calendar to grow vegetables
4. Planting potatoes and vegetable seedlings into the garden.

Lunch is provided, as are all of the materials; gardening gloves for adults and children, some hand tools, fertiliser samples, and information sheets. Participants take home all of these, as well as the pots planted during the day.



Our results?

The Nepalese community was the first group we worked with. As a result of planning the workshop, the community established a Nepalese language class for their children, and a newsletter. After the workshop many families are now enjoying the pleasure of working their own gardens and the fresh produce from those gardens.

Our second workshop was for the Ethiopian community. We were excited when the leader of the Nepalese community offered to run a session at this workshop, this was an unexpected and a wonderful multicultural outcome. Members of the Ethiopian community are also benefiting from growing their own fresh produce.

Do get involved! This is a workshop which is straightforward to organise, particularly as there is a manual to guide a team or committee through the entire process. This easy-to-follow set of instructions, ***Fresh Food for Families Event Guidelines*** is available, free from Food Plant Solutions;

<https://foodplantsolutions.org/programs/fresh-food-for-families/>

Or by email, info@foodplantsolutions.org

Or call +614 1990 2955

