**Philosophy of the Grow Cook Share Program**

The broad philosophy of the Grow Cook Share Project is to contribute to the creation of a strong, sustainable and healthy food system within the Bendigo Region where everyone has access to healthy food on a regular basis.

By access we mean that individuals and families have:

* physical access to fresh, affordable, quality fruit and vegetables and other food supplies required for a healthy diet. Where finances are an issue this supply might be through emergency relief food supplies;
* an understanding of what nutritious food is and what constitutes a healthy diet;
* the knowledge, skills and confidence to prepare healthy food;
* the storage requirements for food such as a fridge and cupboards and access to a stove to a stove, oven and other basic cooking equipment.

The Grow Cook Share Program will:

* Ensure that all meals prepared at Cooking Clubs are nutritious and are based around seasonal vegetables and fruit
* Manage all organic waste and follow recycling principles
* Encourage sustainable food purchasing and storage principles
* Operate in a safe and inclusive environment
* Have a social component where participants share a meal together at the end of the class
* Where there is an opportunity, partner with a local food garden and involve participants in the process of harvesting produce
* Provide each participant with an awareness of the full cycle of food from growing it, to sourcing it to eating it.