

Project Philosophy



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.