

# Appletree House Child Care & Education Centre

## Food for thought as new dining room is launched

Appletree House Child Care and Education Centre proudly launched a new and innovative approach to nutrition education and pleasurable meals for the children, aged birth to school entry.

Launched by Minister Katy Gallagher, the modern and stylish dining room, meal preparation and education area is based on the Stephanie Alexander kitchen garden program whereby children play an active role in a productive teaching kitchen, focussing on nutrition, health and well-being.



Communities@Work Food and Nutrition Manager, Karen Pollard, introduces engaging learning experiences for children to be involved with the preparation of a range of delicious fresh food, assisting and supporting them to broaden their knowledge of nutrition.

This broadening experience leads to children making better food choices for the rest of their lives.

Building on the Child Care and Education Centre's environmental sustainability policy, future plans include vegetable and herb gardens, composting stations and an adjoining alfresco dining area.