



Term 3 Online Workshop

Join us for a free workshop hosted
by Central Coast Health Promotion.

Tuesday 24 August 2021

3:15-4:30pm

via Zoom (online)

Technical support available
on the day



Participants will receive a
*bush tucker
resource pack*
after attending!

(one pack per school)

Call for contributions to the
'Around the garden' segment



➤ When you send a
photo/video and a
brief outline of your
current bush tucker
garden or your
future plans!

Email
submissions
to [Nina](#) by
Tue 17 August
for inclusion.

Lucky door
prize!

I:HP.IHDCJ.362

[Click here to Register](#)

The Central **Coast School Garden Interest Group** aims to share ideas and connect
Central Coast schools with an interest in school gardens.

Contact Nina Kingon

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**HEALTHYEATING
ACTIVE LIVING**



Bush Tucker

Workshop Part 1 topics:

3:10-3:15pm Registration opens

3:15pm Welcome and introduction

3:20-4:00pm How to start or expand your school's bush tucker garden

Christine Freeman

Christine will share the processes, tips and tricks for starting and expanding your school's bush tucker garden. There will be examples from local schools and an opportunity to ask questions.

4:00-4:10pm Chop and Chat

Nina Kingon

Cooking conversation starters to support learning about the nutrition of classroom creations!

4:10-4:25pm Around the garden

Attendees (see call for contributions on page 1)

An opportunity for all schools to share what's growing on or what's planned in their kitchen gardens. This could be a photo or video with tips and tricks, new recipes and activities, or even a tour!

4:25pm

Lucky door prize

This workshop will form the **first part of a two part series** on bush tucker gardens.

Part two will focus on the *cultural aspects* of bush tucker gardens.