



South Melbourne Market School Tour

Years 7 -12
Tour information



southmelbournemarket.com.au

Introduction

Objectives and tour overview



Introduction

Objectives

South Melbourne Market guided school tours are a fun, engaging way to help students gain information and develop understanding about sustainable food systems, environmental sustainability in practice and a range of other Victorian curriculum assessment criteria.

Please advise if you have special requirements for the tour - we may be able to tailor it to cover particular content and information if advised in advance.



1

Market History

to provide a history of the Market and how it is valued and supported by the local and wider community.

2

Sustainable food

to educate about sustainable food systems and the students' role in this as consumers.

3

Celebrate food

to celebrate and explore different foods: how they are grown or made, what makes them special and the best ways to eat them.

4

Local food

to discuss the importance of having a local, reliable food supply.

5

Sustainable Market

to educate about the Market's environmentally sustainable practices.

6

Support small

to provide an insight into the joys and challenges of running a business at the Market and the benefits of supporting our traders

Introduction

The tour

Meeting point: The tours start on the corner of Cecil & Coventry Streets. Your guide will be there to greet you wearing a South Melbourne Market uniform.

Selection of stalls: Your guide will take you to visit a variety of Market stalls. The traders have been selected as their businesses and products help to best illustrate the topics covered in the tour.

Interaction with the traders: Traders will talk to students about their produce and business as a launching point for further discussion about sustainable food systems. Our traders love sharing their knowledge with the students and answering any questions.

Tastings: Students will be given the opportunity to taste some of the delicious produce available at the Market. Where possible we will try to find an alternative for those with dietary requirements.



Tour Details

Stalls visited, tastings &
topics



Tour details: Stop 1

Heritage corner (Cecil & Coventry St)

The History of the Market

- How the Market has changed since it first opened.
- How the Market has adapted to, and been shaped, by changes in technology.
- Why the Market was, and continues to be, a vital part of the local community.



Tour Details: Stop 2

Georgie's Harvest

The not so humble spud

- Types of potatoes and the best ones to use in different cooking applications.
- What potatoes can teach us about the importance of biodiversity and the challenges of industrial agriculture.

A lesson in consumer power

- How customers' choices revived the Australian Garlic Industry/ the rise of the Australian truffle industry (seasonal).



Tour Details: Stop 3

Frank's Fruit & Veg*

Tasting Seasonal fruit or vegetable

Melbourne's food bowl

- What types of fruit and vegetables are grown locally.
- The importance and advantages of being able to grow our food so close to where we live.
- What could threaten our food security?

The joy of veg

- Tasting of an interesting fruit or vegetable and a discussion about what makes it special e.g. how it is grown or harvested, its history, what nutrients it contains and how they help our bodies.



* An alternative Fruit & vegetable shop may be visited



Tour Details: Stop 4

Waste Area

Environmental Sustainability at the Market

- Why it's important to divert our waste from landfill.
- Waste products and the new materials they are turned into.
- How the Market reduces its carbon footprint.



Stop 5

Atypic Chocolate

Tasting Small batch chocolate

Bean-to-bar chocolate

- The process of how chocolate is made and the importance using fair trade cocoa bean suppliers.

Taking the time to taste

- How we taste food and why we should slow down and savour quality produce.



Tour Details: Stop 6

Babe's Eggs

Tasting Local Honey

Ethical, sustainable & fair eggs

- Why the Market banned caged eggs.

Small but mighty

- Why bees are so important in our food systems.



Tour Details: Stop 7

Aptus Seafood*

Tasting Oysters (optional)

Fish for the future

- Sustainable fishing practices in Australia and the importance of buying local seafood.

Oyster shell recycling program

- How a waste product is being used to rebuild our bays.



* An alternative fishmonger may be visited



Tour Details: Stop 8

Pick-a-deli*

Tasting Cheese

Multiculturalism at the Market

- How the Market has been shaped and enriched by immigrants.

Specialty cheese

- How a selected cheese is made, a discussion about its flavour profile and different ways to enjoy it.



* An alternative deli may be visited



Tour Details: Stop 9

The Nutshoppe

Tasting Seasonal nut or dried fruit

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Supporting small businesses at the Market

- What is the advantage to the consumer?
- What challenges do the traders face?

Nuts about nuts

- Why nuts are good for you and the best way to store them.



Tour Details: Stop 10

St George's Bakery

Tasting Sourdough Fruit Buns

The Secrets of Sourdough

- How it is made and close-up view of a sourdough starter.

Traditional vs modern food production

- How speeding up the bread making process has resulted in both advantages and disadvantages for the consumer.



In the classroom

Suggested activities and tasks to support the tour



In the classroom

Pre-tour

Suggested Activities

01

Weekly food log

Ask students to keep a weekly food log to review the sustainability of their diet. Consider: where the food was purchased, where it was produced, the food miles involved, fresh vs. frozen and packaged foods, are the foods sustainable etc.

02

Sustainability Analysis

Investigate school or local community practices, procedures and policies around sustainability. What is your school and community doing well? What are some areas for improvement?

03

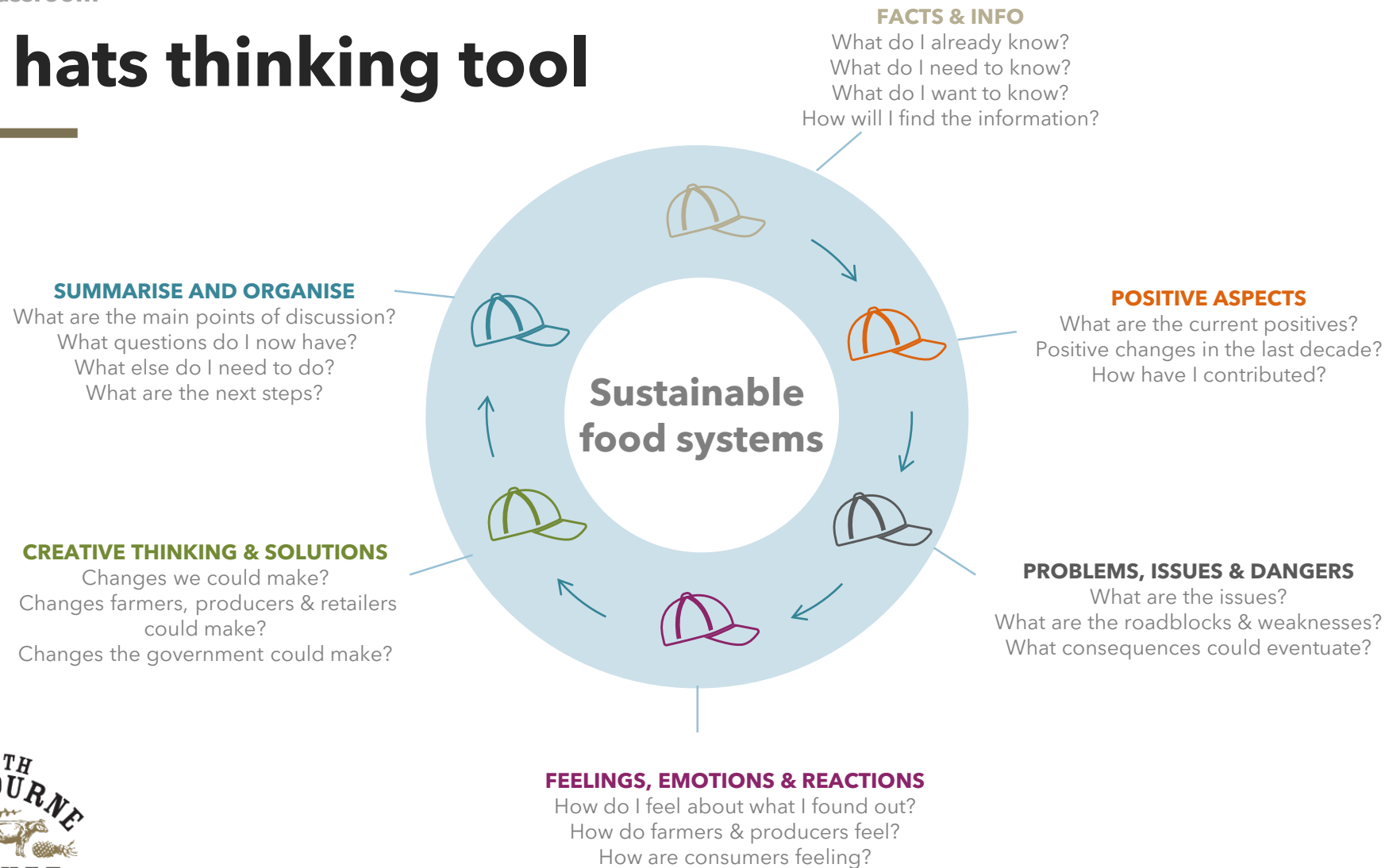
Pre-thinking

Complete the first hat process of the Six Thinking Hats Tool below to help students clarify questions and information they would like to gain from the tour.



In the classroom

Six hats thinking tool



In the classroom

Post-tour

Suggested activities

01

Reflection sheet

Complete the student reflection sheet provided with the booking confirmation email.



02

Persuasive Essay or Debate

Ask students to write a persuasive essay or prepare a debate on one of the topics discussed in the tour: sustainable vs industrial farming methods, land for food vs land for housing, etc

Complete the Six Thinking Hats Tool using the knowledge gained from the tour and undertake further research as needed.

03

Sustainability business case

Ask the students to create a business case for a new sustainability initiative that could be implemented in their school or community.

What are the costs involved? Could the school save money in the long run? How many carbon emissions could be avoided? What are the other social benefits? etc

Booking a tour

Pricing & availability, next steps and invoicing



Booking a tour

Pricing and Availability

Group size

Tours are available for groups of up to 24 students.

Length

1.5 hours. We can modify the content to provide a shorter tour if required.

Availability

Tours are available on Wednesdays between 9am – 12pm and 2pm – 4pm

Cost

\$19 per student. This is inclusive of all tastings and a Market tea towel.



1.5 hours	\$19 per student
12 - 24 students	Wed 9am - 12pm or 2pm - 4pm

Booking a tour

Next steps

01

Fill in the online tour application form.

02

A Market staff member will be in contact within three business days to confirm availability and discuss any special requirements.

03

A booking confirmation and student reflection sheet will be sent via email.

04

One week prior we will be in contact to confirm details and any final dietary requirements.

05

An invoice will be sent within three business days after the tour.



Health & Safety

Risk management, first aid, evacuation plan and COVID information



Health and Safety

Health and safety

The health and safety of all those who visit or work at the Market is a key priority of the Market management team.

The Market's risk and safety are overseen by the SMM Risk Committee and Emergency Planning Committee.

Public Liability Insurance

The Market has PLI to the value of \$30 million.



Evacuation Plan

South Melbourne Market's designated primary Evacuation Assembly Area is York street car park (as illustrated on next page). Depending on weather conditions, location, nature and severity of the emergency situation, the Chief Warden has the authority to decide upon an alternative and more appropriate Evacuation Assembly Area, should the primary area be unsuitable.

Please advise us if you have any students who may require special assistance should an evacuation be required.

First Aid

The Market has a minimum of two fully trained first aid officers on site each Market day. EpiPens and asthma inhalers are not available in onsite first aid kits so please ensure they are brought with you if required.

Working with Children check

All Market tour guides have undergone a working with children check

Evacuation plan



Health and Safety

COVID Information

We place the utmost importance on the safety and well-being of our visitors and traders. To support this, we have a range of health and safety measures. As COVID safety requirements can change at anytime please visit our websites before you visit to understand what's changed.

Increased cleaning

We have implemented hospital-grade cleaning and sanitation at the Market, with a focus on facilities, common areas and touchpoints such as handrails, door handles and buttons.

COVID symptoms

Students or teachers who are showing any COVID symptoms and have not received a negative result from a COVID test will not be able to join the tour.

Contact Tracing records

Teachers will be required to provide the names of all students that attend the tour for the Market and Traders COVID records.

Social Distancing

Floor markers are in place to assist with queuing to ensure a minimum of 1.5m between people.

Traders have density quotients displayed at the entry to each stall. At some of the stalls visited students will not be able to enter the stall and instead conversation will be held in the open aisles.

Food tastings

Food tastings will be handed to students individually so there is no cross contamination of food.

Hand Sanitiser

The tour guide will have hand sanitiser available for students to use. There are sanitiser stations located throughout the Market

Masks

As mask requirements are consistently changing, please ensure you check the current restrictions prior to visiting the Market.



Booking a tour

Getting Here



Train

The closest train station in Southern Cross. You will need to get a connecting tram (approx 8 minutes) or walk (approx. 25 minutes)



Tram

No. 96 & No. 12 trams are the closest tram lines to the Market. Both can be caught from Southern Cross station.



Private bus

There is a bus drop off point on the corner of Cecil & Coventry St on the Southbound lane.

We do not have bus parking available at the Market.



South Melbourne Market School Tours

Contact Details



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Corner of Cecil & Coventry Streets, South Melbourne



southmelbournemarket.com.au

