



ABOUT SPROUT

Sprout is a food education centre. We believe that food is more than fuel and nutrients. We believe food defines cultures, is used to show appreciation and care, is fun and nourishing and brings people together.

Our mission is simple, to inspire Australians to enjoy fresh, healthy and delicious food every day. Sprout was established in 2011 by Themis Chryssidis and Callum Hann, as an interactive cooking school. In 2014 Sprout relocated to their purpose-built kitchen facility in Hilton, just West of the Adelaide CBD and in 2015 established [Sprout Health Studio](#) and in 2019 [Dietary Hawk](#), both at the same location. In 2016 Themis and Callum co-authored their first joint cookbook *Quick. Easy. Healthy.* which is packed with simple delicious and nutritious recipes that have proved a hit at Sprout cooking classes.

Sprout's team has grown considerably since 2011 and is now comprised of Accredited Practising Dietitians, chefs, event managers and many more important people that have helped make Sprout the success it is today.

Sprout cooking school is a 100% hands-on cooking school that aims to equip every day Australians with the skills and knowledge they require to cook and enjoy fresh healthy food and live a healthy and happy life. Sprout cooking school is one of the largest cooking education facilities in Australia educating and interacting with around 10,000 people every year.

Sprout Health Studio is comprised of a group of likeminded and inspiring Accredited Practising Dietitians dedicated to helping individuals regain control of their health through their diet. Sprout Health Studio is dedicated to helping Australians achieve real, sustainable and positive health changes.

Dietary Hawk is an online training program providing practical and credible information regarding the management of dietary requirements such as coeliac disease and food allergies. It educates those who have a dietary requirement and food services or individuals who handle and prepare food for other people who have dietary requirements about correct management procedures.



SOCIAL LOVE

If you are promoting an event featuring Sprout on social media, please use #sproutadl and don't forget to tag us at **@sproutadl** so that we can help spread the word about your event.

Themis Chryssidis - @themisapd

Callum Hann - @callums_kitchen