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To get kids excited about healthy, wholesome food!
Our Goals

To provide an avenue for chefs and growers to get more involved in the community and to support food education.

To provide children with the confidence, knowledge and enthusiasm to grow and prepare good, healthy cuisine.

To support and encourage the development and growth of food education for children and families.
Dear Growing Chefs! Ontario friends and partners,

This is, without a doubt, the most exciting time in the history of Growing Chefs! Ontario. This past year was our most successful to date. I could not be more thrilled that we again succeeded in reaching more schools, children and families than the year before.

Yet again, we have seen an increase in our program capacity, and our general support in the community. We began working with multiple new community partners and welcomed many new, wonderful volunteers to our team. We also became a registered charity, which has opened us up to many new opportunities to grow as an organization.

As we move into our 2014-2015 year, Growing Chefs! has a lot of momentum. There is much to celebrate, and also a lot of work to do. We aim to create opportunities for even more children and youth to explore growing and cooking wholesome healthy food with professional chefs. We aim to improve the volunteer experience for our growing team of volunteers who work so hard to inspire children and youth to grow a garden, or prepare a meal from scratch with their families, or simply be open to trying new foods.

I could not be more excited to continue to work as a member of the Growing Chefs! Ontario team. The opportunity to work alongside the amazing professional chefs who give their time and talents, our dedicated volunteers and our community partners is a true honour. 2014-2015 is going to be our biggest year yet. I am so eager to share with you some of the surprises we have in store.

Together we will continue to help children have fun exploring new foods, and inspire them to make healthy food a priority in their lives. Changing the way we teach our children about food is a necessary step towards building a healthy, happy community.

Thank you to all of you for your support!

ANDREW FLEET
EXECUTIVE DIRECTOR & FOUNDER
It is with great excitement that we close out our 2013/2014 year. Growing Chefs! Ontario has seen some tremendous growth in the past few years and we won’t be slowing down. The programs that we run impact the community in such a positive and meaningful way and we feel privileged to be able to serve the community.

There is a lack of appreciation of where the food we see in the grocery store comes from and how the food that we consume fuels us. Through improving our choices and introducing childhood nutrition and education programs the future looks healthy and the impact on our healthcare system will be reduced.

We could not have grown over the past few years without the support of our community. From the corporate donations and individual giving campaigns, to the tireless work of our staff and countless volunteers, Growing Chefs! Ontario has a lot to be proud of. London and the surrounding area have illustrated what an involved community can accomplish.

The programs that Growing Chefs! Ontario develop and run are important and they enrich the lives of our most vulnerable group of citizens, our children. Thank you for giving us the opportunity to offer them a place of fun and education. It takes a village to raise a child and we couldn’t be a better example of that.

We have a hardworking, dedicated volunteer Board of Directors that has been instrumental in helping the organization to evolve. The Board would like to thank our incredible Executive Director, Andrew Fleet. His ability to inspire people, collaborate with our many partners and excite children is very special. The Board looks forward to supporting him as he continues to breathe life into our programs, ensuring that we achieve our vision and goals.

With 2013/2014 behind us, we look forward to the year ahead. On behalf of the Board, we would like to welcome all of our new staff to our organization. We also offer a heartfelt round of applause to our sponsors, donors, partners, chefs, volunteers and community.
We unite chefs, growers, educators and community members in children’s food education projects!

Growing Chefs! Ontario is working towards a vision where children, youth and families have the knowledge and skill set to make the best, healthiest and most responsible decisions possible when choosing what foods make it to their plates.

This vision requires our communities’ children and youth to have the opportunities to make healthy decisions with the food options available to them.

They need to learn to cook and prepare meals, understand where their food comes from and appreciate the impact their food choices have on their communities.

Beyond healthy food choices, cooking develops and encourages many important skills in areas of math, science, history, geography, literacy and even art.

These themes are incorporated into understanding how we grow food, where food comes from, the different names given to foods, how we use our senses with food, the history of different foods and what food means in different cultures. All these will help children and their families develop better eating habits.

Based on this knowledge, we have built each of our four projects on these principles.
**Project Overview**

**Classroom Food Education Project** - Connects local volunteer chefs with elementary schools to give students and chefs opportunities to explore growing, cooking and preparing healthy foods together.

**Fresh Food Frenzy** - Offers school children a chance to visit and explore their local farmers market. Students shop for the ingredients they use to create a market fresh three-course lunch that they prepare together in the market kitchen.

**Growing Communities** - Offered in partnership with over 10 community agencies each year, so that children, youth and families have opportunities to learn to cook and prepare meals together under the guidance of professional chefs.

**The Beet Cafe** - A youth employment project focused on giving youth real life, paid opportunities to learn skills and gain experience in food production, food service delivery, business development, marketing and customer service.
“My first impression of culinary camp is that the chefs are very caring for our fun and safety. This is one of my favourite camps of all time!”

- Ankit, Culinary Camp participant

“All that the students learn from this program can be used for the rest of their lives.

- Teacher, Grade 4/5

“Besides school, I never felt a sense of community in London, or rather, I never felt a community I really belonged to. The Beet has changed all of that. I am surrounded by extraordinary people with similar principles and a great taste in food. My home is Toronto, but The Beet has given me a reason to stay and build a future here.

- Danika
The Beet Cafe employee

“Today we made Yakisoba stir fry. IT WAS AMAZING. I hope we get to make more food just like it, food so good it makes you want to jump off a cliff face first, mouth open, right into a pile of stir fry :) It was that good!”

- Anneke, 11 years old

“Thank you for all your effort and wonderful activities. It was very fun. I will remember it for a long, long time. Thank you for teaching us how to grow lettuce, peas (swiss) chard, Beets, and spinach and how to prepare them in meals. Tank you!”

- Eleanor
Classroom Project participant
Students were so proud of their accomplishments and were offered the chance to try new foods that they might not have had the chance to try at home. This program allows students to explore, learn, engage and investigate!

- Teacher
  Kindergarten
School Project

How it works:

• Growing Chefs! staff and volunteer teams work with each class and/or grade at participating schools.
• Over the school year, the chefs work with each classroom to deliver grade-specific food education lessons.
• Chefs engage the students with activities focusing on plant growth, local agriculture, cooking skills, nutrition and the importance and effects of making better food choices.

By the numbers:

<table>
<thead>
<tr>
<th>Project Income</th>
<th>Sponsorships</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Title Sponsors</td>
</tr>
<tr>
<td></td>
<td>TD Friends of the Environment Foundation</td>
</tr>
<tr>
<td></td>
<td>The Richard &amp; Shelley</td>
</tr>
<tr>
<td></td>
<td>Baker Family Foundation</td>
</tr>
<tr>
<td></td>
<td>Classroom Sponsors</td>
</tr>
<tr>
<td>Total</td>
<td>$30,000.00</td>
</tr>
</tbody>
</table>

30 classrooms
800+ students served
400+ volunteer hours
$30,000 raised by community partners
How it works:

- Elementary school classes visit their local market, the Covent Garden Farmers’ Market, to learn about the importance of producer-based markets, healthy eating, and food preparation.
- Over the course of three hours, volunteers and student groups take a tour of the Covent Garden Market, prepare a multi-course meal in the Market Kitchen using farm and market fresh ingredients, and then enjoy the meal they prepared together.

By the numbers:

<table>
<thead>
<tr>
<th>Project Income</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>Foundations &amp; Grants</td>
<td>$1,742.69</td>
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<tr>
<td>London Community Foundation</td>
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<tr>
<td>Sponsorships</td>
<td>$8,850.00</td>
</tr>
<tr>
<td>Total</td>
<td>$15,592.69</td>
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</tbody>
</table>

- 300+ students served
- 100+ volunteer hours
- 200+ youth employment hours
Growing Communities

How it works:
• Cooking sessions feature local and Ontario-grown foods, are hosted by local chefs, and can include fieldtrips to local farms and farmers’ markets.
• Educational and hands on cooking experiences can cover healthy eating, safe food handling, seasonal Ontario grown food themes, meal planning and cooking on a budget.
• The program is offered in partnership with community organizations and youth groups. Program delivery is designed to constantly adapt, in order to best meet the particular needs of each partner organization and their participants.

By the numbers:

Project Income

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundations &amp; Grants</td>
<td>$10,759.50</td>
</tr>
<tr>
<td>Personal Giving</td>
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<tr>
<td><strong>London Community Foundation</strong></td>
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<td><strong>Growing Communities Fund</strong></td>
<td>$6,140.90</td>
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<tr>
<td>Services &amp; Contracts</td>
<td>$15,166.59</td>
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<tr>
<td>Community Partners</td>
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<tr>
<td><strong>Total</strong></td>
<td>$37,066.99</td>
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</tbody>
</table>
How it works:
- The Beet is our brand new, educational and skill-building program for youth with a focus on healthy food preparation, hospitality and business development.
- Led by some of London’s top chefs, Growing Chefs! youth staff lovingly prepare locally-sourced food and deliver it to customers through catering contracts, special events and a food stand at local festivals.

By the numbers:

**Project Income**

<table>
<thead>
<tr>
<th>Foundations &amp; Grants</th>
<th>Libro Community Builder Grant</th>
<th>$25,000.00</th>
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<tbody>
<tr>
<td></td>
<td>Walter J. Blackburn Community Foundation</td>
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<tr>
<td>Retail Food Sales</td>
<td></td>
<td>$16,300.00*</td>
</tr>
<tr>
<td>Fundraising &amp; Events</td>
<td>Catering</td>
<td>$1,775.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>$48,075.00</strong></td>
</tr>
</tbody>
</table>

15 youth staff
3 festival stands
3 events catered
750+ youth employment hours

*This number reflects sales up until the end of July, 2014
I feel like working for Growing Chefs! is empowering. It’s very powerful working for something that you believe in so strongly and being able to be a part of a family who believes the same.

- Emily
  The Beet Café employee
We always love hearing your feedback, and we were thrilled to receive this note from a parent after she popped by the classroom during one of our visits for the Classroom Project. (The rumour was that she could smell the delicious foods cooking and just had to stop by!)

Here’s what she wrote to us:

“As a parent of children who have had the opportunity to experience the Growing Chefs Program I want to say thank you so much. Growing Chefs brought excitement for vegetables to our home! The very well rounded program addressed every part of the process of healthy eating from planting to harvesting to preparing delicious recipes.

I had the privilege of attending the final in-class session in my son’s classroom and was absolutely impressed with the presentation being delivered. The children were so engaged and eager to talk about what flavours were being put together in each recipe.

When the samples were placed on the tables for the children to try, every fork dove into the beautiful salads and stir-frys. There were no left-overs! Every plate was cleared of the delicious vegetables and comments such as, ‘Hey, I like asparagus now!’ could be heard.

Growing Chefs!, thank you for coming in to my children’s classes. In a perfect world, all school-aged children would receive this most wonderful experience and education in healthy eating!

- ANDREA SMITH
PARENT OF A STUDENT IN OUR CLASSROOM PROJECT
2013-14 Fiscal Year

Statement of Financial Position

FISCAL YEAR 2013-2014 (IN DOLLARS)

INCOME

EXPENSES- NOTES

PROGRAM DELIVERY BREAKDOWN:
Growing Communities $30,274.31
Classroom Gardening Project $17,699.78
Classroom Kitchen Project $10,956.54
Fresh Food Frenzy $8,651.90
The Beet $17,587.57
TOTAL $85,170.10

EXPENSES

FUNDRAISING & EVENTS 10,263.50
SERVICES & CONTRACTS 18,891.59
PERSONAL GIVING 12,793.94
FOUNDATIONS & GRANTS 54,125.02
SPONSORSHIPS 37,201.11

FISCAL YEAR 2013-2014 (IN DOLLARS)

EXPENSES:

TOTAL: 133,275.16

ADMINISTRATION, MARKETING & FUNDRAISING 19,532.25
PROGRAM DELIVERY 85,170.10

TOTAL: 104,702.35
Thanks to a generous grant from the Ontario Trillium Foundation of $149,000 over two years, we are expanding our School Project to reach 2,500 students each year.

To reach our goal, our school sponsorship program will need to raise $50,000 next year. Become a Project Sponsor today!

Email info@growingchefsontario.ca for more information. Hurrah!

We are improving our volunteer program to better engage and suit the needs of the incredible individuals who have offered over 600 hours of their time in this past year alone!
Dear Growing Chefs! supporters,

We would like to thank you for your outstanding generosity in donating your dollars and your time to our organization. We are thrilled that you chose to give these gifts to us, and we are continuously overwhelmed by what your great efforts make possible.

We are proud of our focus on children’s food education and commitment to helping connect children, youth and families with healthy local food. Thank you so very much for recognizing the value of our goals!

FROM all of us at Growing Chefs!

Since our 2008 inception:
- We have designed and implemented 4 unique and successful food education projects.
- More than 40 of London’s best chefs and 100 community members have volunteered their time with us.
- And most exciting of all, more than 5000 children have participated in our programming!

With your help,
Team

Board Members

Kayla Smith, (Fearless Leader)
President & Board Chair

Katie Burns, (Archivist/Record Keeper)
Secretary

Jim Hunking, (Financial Wizard)
Treasurer

Elsa Rose Eastabrook, (Yoga Teacher/Zen Master)
Co-Founder

Marc Gammal, (Strategic Navigator of Stormy Seas)
Former Chair & Business Advisor

Andrew Wolwowicz, (Culinary Guru)
Chef

Johanna Kaipainen, (Health & Literary Guide)
Registered Dietician

Malcom Scott, (First Phone Call Receiver)
Legal Council

Staff

Andrew Fleet, Executive Director

Katherine Puzara, Lead Chef

Sunni Vann, Projects Coordinator

Anna Carroll, Youth Project Coordinator

Andrew Burmatoff, Youth Chef Apprentice

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Registered Dietician

Malcom Scott, (First Phone Call Receiver)
Legal Council
Grade 3 Class Participant of 2013 Classroom Project
Great Lakes Lavender Farm
Grickle Grass Festival
Home County Folk League
Heeman’s Greenhouses & Strawberry Farm
Investing in Children
Jill’s Table
Kayla & Ryan Doherty
Kiwanis Club of London
Libro Credit Union
Locomotive Espresso
London Children’s Museum
London Community Foundation
London Community Resource Centre
London District Catholic School Board
London Food Co-op
London Fuse
London InterCommunity Health Centre
London Middlesex Master Gardeners
Marty the Health Guy
Middlesex Federation of Agriculture
Milos’ Craft Beer Emporium
Ontario Trillium Foundation
Optimist Club Of Thorndale
Pintsized Health Care
Pillar Nonprofit Network
Renologix
Simply Kept Catering
Sustain Ontario
TD Friends of the Environment Foundation
Thames Valley District School Board
The Child and Youth Network
The Covent Garden Market
The Covent Garden Farmer’s Market
The Forest City Free School Multi Media Literacy Camp
The Hungary Butcher
The Holistic Health Diary
The Only On King
The Ontario Edible Education Network
The Richard & Shelley Baker Family Foundation
The Sakellis Family
The Springs Restaurant
Think Graphics
Thorndale Agricultural Society
Thread Development
Van Horik’s Green Houses
Western Fair Farmers’ and Artisans’ Market
YMCA of Southwestern Ontario
YoDa’s Private Catering
Yoga Shack
Digital Media Sponsor
Digital Echidna
Printing Sponsor
Sterling Marking Products

379 Collective
Anago
Anything Grows Seed Co.
Arva Flour Mill
Bio.Power
Bonafide Events Studio
Boys And Girls Club London
Chatham-Kent Table
Dolway Organic Garden
Dorchester Horticultural Society
East London United Church Outreach
ecoLIVING London
Fire Roasted Coffee
FLX Yoga
Friends of the London Civic Garden Complex

Program Delivery Partners & Supporters

Community Partners

WE COULDN'T DO IT WITHOUT YOU!
Consider supporting us in our efforts! Visit www.growingchefsontario.ca/help-us-grow for more information, or email us at info@growingchefsontario.ca.