



Education  
Programs  
2022/2023

  
WESTERN FAIR  
**district**  
PARTNERS IN FOOD & AGRICULTURAL EDUCATION

  
GROWING  CHEFS!  
PARTNERS IN FOOD & AGRICULTURAL EDUCATION



Growing Chefs!  
Ontario  
Impact Reports  
2022-2023

# By the numbers!

OUR  
ALL-TIME  
HIGH!



**360 Food Education Programs**

- 241 School
- 71 Community
- 48 Public



**9141 Food Education Participants**

- 5167 School
- 2922 Community
- 1052 Public



**14 partner programs** with **168** participants held in our space



**5654** students participating in OSNP  
**Multicultural Snack Pilot Program**



**64** School and Community Partners



**13,790** online resource views and downloads



**Education  
Programs  
2022/2023**



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**GROWING Chefs!**



# **Growing Chefs! Ontario Impact Report - School Programs**



# By the numbers!

- 241 school programs
- 5167 school participants
- 13,790 online resource views and downloads



# Growing Chefs! in the Classroom

After a two-year hiatus, we were thrilled to **relaunch our in-school programming** with Growing Chefs! in the Classroom. Our Chefs and educators have been having a blast facilitating **fun, hands-on, curriculum-linked, experiential lessons**. We visit every single class in the school twice, while **students have fun applying science, math, art, history concepts etc. to real world scenarios!**



4 schools

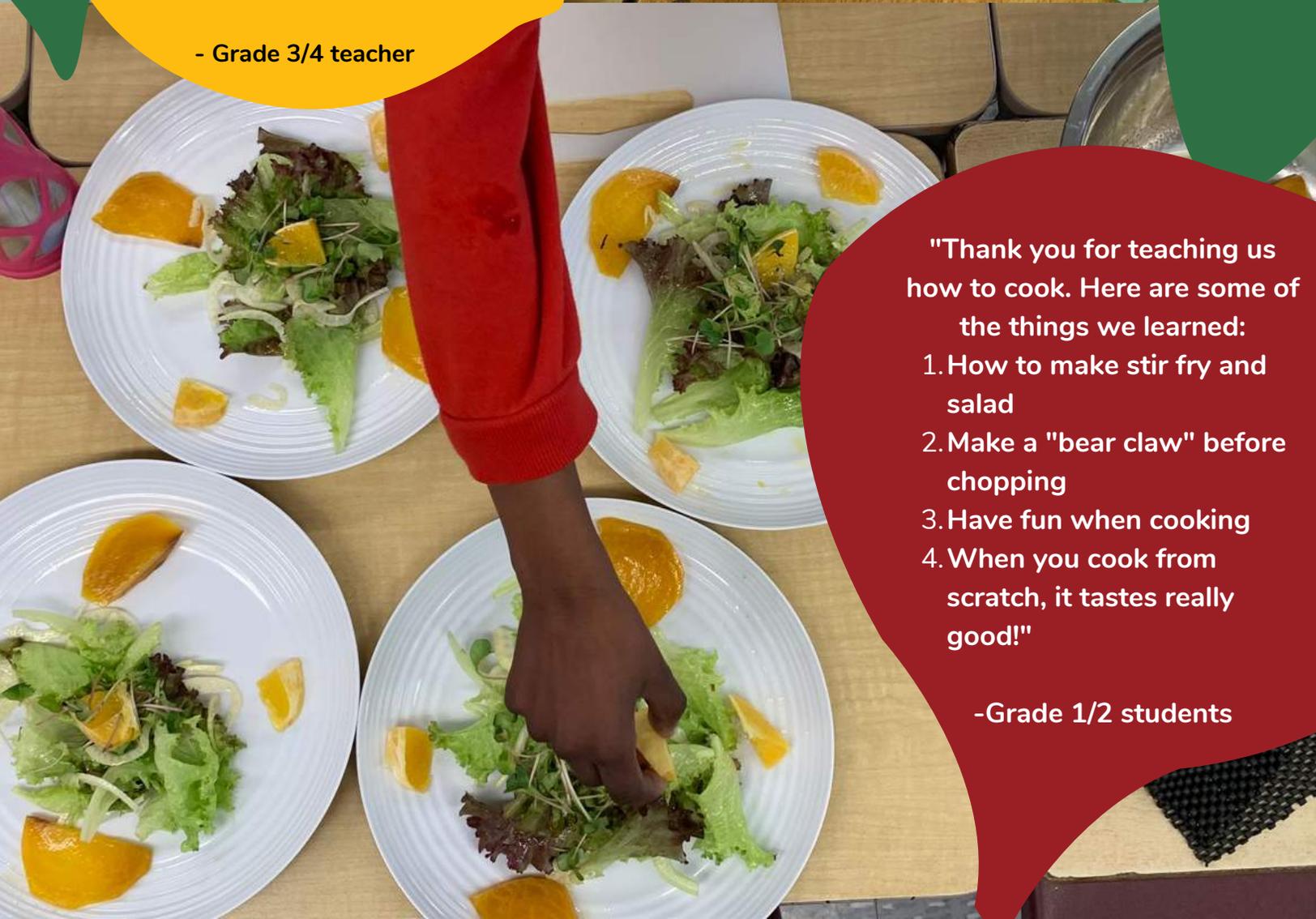
1721 students

# Testimonials



"We had a great afternoon with Growing Chefs! We applied Science (parts of a plant) to investigate different vegetables, then used Math (3:1 ratio) to make different salad dressings for our snack. The lemon dressing was our favourite!"

- Grade 3/4 teacher



"Thank you for teaching us how to cook. Here are some of the things we learned:

1. How to make stir fry and salad
2. Make a "bear claw" before chopping
3. Have fun when cooking
4. When you cook from scratch, it tastes really good!"

-Grade 1/2 students



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**Growing Chefs! Ontario  
Impact Report - Field Trips**

# Notes from the Field!



This school year has been our busiest on record! **We launched four brand-new elementary field trip streams this year (in addition to dozens of custom high school field trips), with the intention of creating the best field trips ever, that will create memories that last a lifetime and spark an interest to keep learning.** Based on the feedback we've received, I'd say we succeeded!

As always, we're continuing to pilot new, innovative ideas and building on partnerships:

- Through a partnership with the Ontario Student Nutrition Program, we are piloting a **brand new multicultural snack program** where each month students receive a delicious snack catered by GCO (eg.: Daakwa for Black History Month, Bazarek for Eid), distributed by OSNP, with valuable consultation and insight from BIPOC Chefs. Each snack is **accompanied by a teacher-led educational resource, sparking conversations on cultural identity, food memories and tasting like a Chef.**
- We've also partnered with the Middlesex London Health Unit who are now running their **Young Adult Smart Start for Babies program** weekly at our HQ location.
- We're also partnering with the Thames Valley District School Board to pilot new **Specialist High Skills Majors field trips and Innovation / Creativity / Entrepreneurship training** so that students can graduate with much needed skills to join the workforce or post-secondary!

**Have a peek through our latest Impact Report to see what we cooked up at our field trips this year!**

**- Christy Cook, Education Projects Manager**

# By the numbers!



- 14 partner programs with 168 participants held in our space

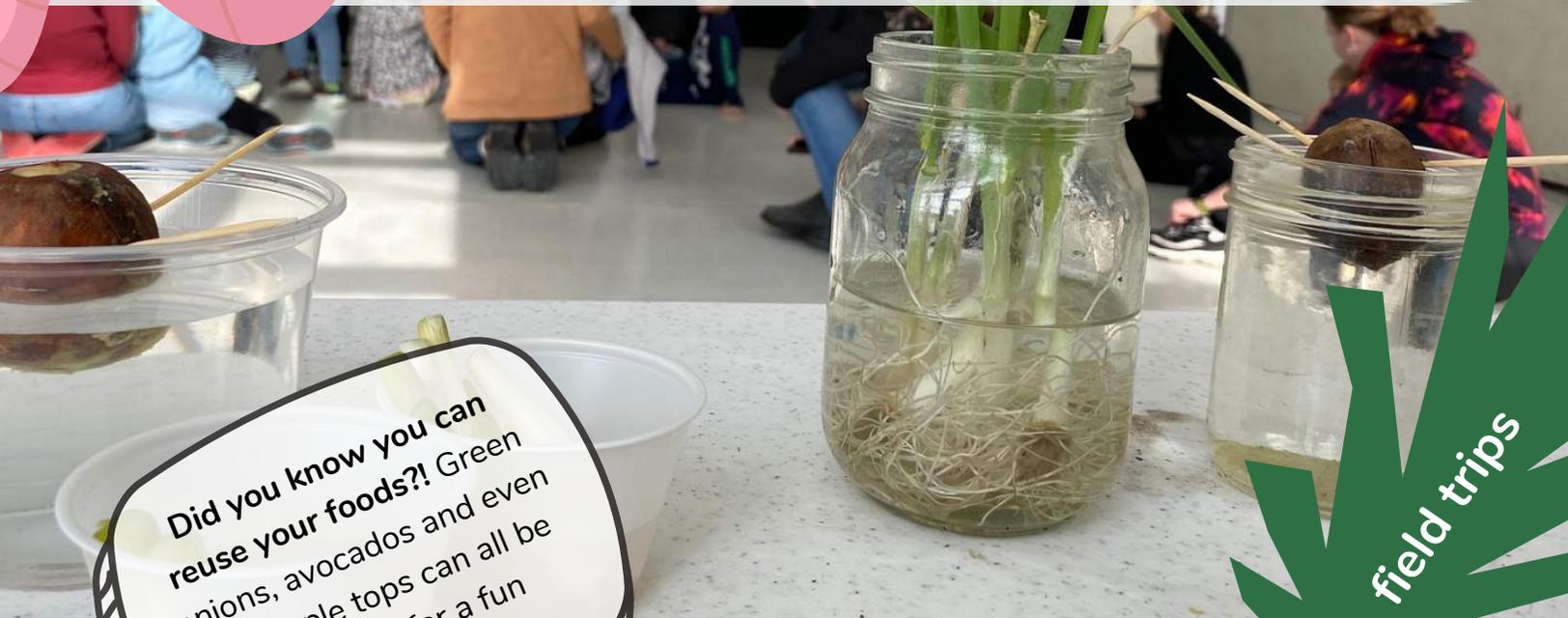
- 5654 students participating in OSNP Multicultural Snack Pilot Program

GUACAMOLE		
<input checked="" type="checkbox"/>		love
<input type="checkbox"/>		avocados
<input type="checkbox"/>		tomatoes
<input type="checkbox"/>		limes
<input type="checkbox"/>		cilantro
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# Grove Field Trips

We were so delighted to welcome students from FDK to Grade 8 on our brand new Grove Field Trips this year! **These trips explore the entire food system from growing food from table scraps, preparing a delicious meal and snack, learning to taste like a Chef and composting with wiggly worms.** We've also continued running custom field trips for high school students which we're seeing 10 times more demand for compared to pre-pandemic!



Did you know you can reuse your foods?! Green onions, avocados and even pineapple tops can all be replanted for a fun experiment!





"Urban farming, the feast of the senses during the food preparation and a celebratory, delicious family-style meal... it was a fantastic experience for students and educators!"

- Grade 6 teacher

"I'm so glad I came here because I didn't like cucumbers before and now I like them!"

- Grade 3 student



# Testimonials

"The guacamole gave me goosebumps, in a good way!"

- Grade 3 student

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# Growing Chefs! Ontario

## Impact Report - Community & Public Programs



# Notes from the Field!

In this issue we're shining a spotlight on our **Community & Public Programming!** Growing Chefs! Ontario is known for being a sought-after field trip destination, as well as for the work we do in classrooms; but when the school year or school day ends, then what do we do? In addition to running our catering and events social enterprise, we are busy as bees running both community AND public programming.

Our public programs, such as our Monthly Kid's Cooking Classes, our three 8-week Culinary Programs (Beginner, Children's and Advanced), Know Your Roots and Advanced Culinary Camps, serve a huge need in our community. **Our Monthly Classes fully book within a matter of minutes when we open registration, and we constantly hear feedback from parents and guardians that we are filling a huge gap in the city which has no comparable opportunities.**

We have also continued to offer programming in partnership with community organizations through our **Growing Communities program, which offers customizable, fun and interactive food education experiences.** We've recently enjoyed working with Big Brothers Big Sisters, Investing in Children, LUSO Community Services, Childreach, Hutton House, London Environmental Network and many others to deliver customized kitchen and garden programming.

**Have a peek through our latest Impact Report to see what we cooked up at our community and public programs this year! Skip ahead to read the sweetest reviews left by parents and guardians on the final day of the Beginner and Children's Culinary Programs, where young chefs prepared for and opened their own restaurant for their special guests.**

- Christy Cook, Education Projects Manager

# By the numbers!

- 71 community programs
- 48 public programs
- 2922 community participants
- 1052 public participants



# Food Reviews



"The food was wonderful! A sight for the eyes and a delight for the palate! Great care and precision went into cutting those chives (minus the one that was eaten). The portion sizes of the main dish were measured with perfection and care. The table service was great...minus that broken plate! Bravo Chef! A wonderful start to a budding culinary career :)"



"This evening's visit was absolutely superb! No attention to detail was spared between the well placed cutlery and napkin, the very attentive serving staff and the meal itself. My taste buds were dancing with delight from the complex flavours of the salad to the hearty spaghetti with meat sauce. I will absolutely be sure to recommend this new up and coming restaurant to others who are looking for a lovely evening out, or a culinary adventure!"





"I just wanted to thank you for giving our youth such an amazing opportunity last night! They all had a fantastic time and I know some of them did not want to leave at the end. They all had so much fun learning how to cook Pupusas and enjoyed getting to eat the meal they cooked. The Chefs were really great and so patient! Some of the youth were even asking questions about culinary school and took selfies with the Chefs."



"Just wanted to say Thank You; my daughter just arrived home with a huge smile and excited to talk about what they made this evening. She's very shy but made friends and is excited for her summer camp week. Thank you again such a wonderful program"



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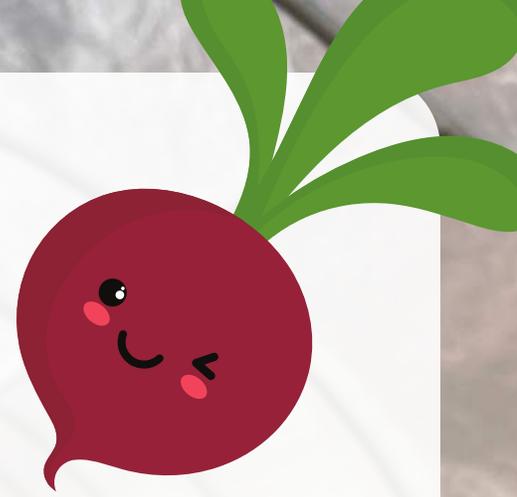
  
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# **Growing Chefs! Ontario Impact Report - Garden Programs**



# Notes from the Field!



This Impact Report is all about what we have **growing** on! Read on to find out all the exciting things we've been up to in our **gardens and greenhouses** this year.

Our **free community food boxes** have continued to roll out through the Ontario Student Nutrition Program, and we have broken even more new ground to grow in! In addition to our heated greenhouse in the racetrack, we now have a **second hoophouse and new raised beds** next to the Agriplex. We also have several new raised garden beds just outside our main doors including a wheelchair accessible bed. All of these spaces are already bursting with life!

We have enjoyed attending many fun and vibrant **community events** like at Storybook Gardens, Earthfest, Kids First Day, Forest City Road Races and Community Meals in Queens Park with our mini seedling planting activities and garden-themed sensory trays for little ones. It's a great way to reach new people! **We've also integrated greenhouse tours and activities like planting, seed saving, worm composting and regrowing plants from food scraps into most of our culinary field trips - giving students a look at the full food system all in one place.**

Our **Farm School Pilot**, which supports elementary schools to establish and grow student and staff capacity to maintain their school gardens, was a huge success! Students were able to get their hands dirty outdoors, while connecting science and math curriculum to real-life problem solving. **We did multiple classroom and school yard visits to Kensal Park Public School to plan, plant, harvest and taste the bounty of their school garden and pollinator gardens.**

We've included extra photos this impact report because we couldn't resist!

- Christy Cook, Education Projects Manager

# By the numbers!



- # of food boxes: **392**
- Food harvested: **2240 pounds**
- Food box value: **\$14,860**
- Garden volunteer hours: **53**
- Garden space: **3000 sq ft.**  
including 10 new raised garden beds and a new 900 sq ft. hoophouse
- Garden program participants: **3918**



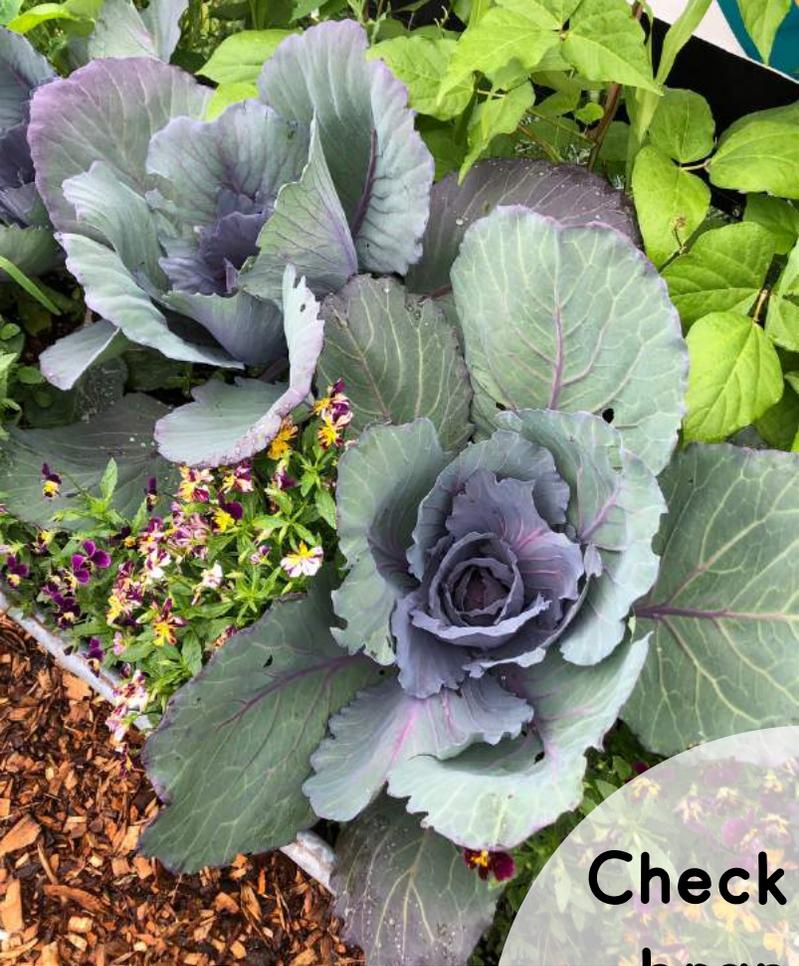
Our first of three free community meals & eco-education programs in Queen's Park!



Sunflower planting and sensory tray at London's annual Earthfest!



The free brunch boxes funded by a City of London Neighbourhood Decision Making Grant were a huge hit!



**Check out our  
brand new  
Agridex  
Hoophouse and  
Garden!**



## Garden Volunteer Feedback



"I was immediately impressed with the wonderful work Growing Chefs! Ontario does within the community and its mission to raise awareness about the healthy and diverse food grown right in our own backyard. I was so inspired by their work that I started volunteering. The team at Growing Chefs! Ontario truly cares about the work that they do and the community it serves, and it shows."

"I'm always inspired by the enthusiasm and creativity shown by the talented pint sized chefs, some who will no doubt shape the future of food in Canada. I also enjoy volunteering in the greenhouse because not only is gardening a favourite pastime of mine, but this is gardening with a cause, as much of the fresh produce grown at Growing Chefs! Ontario is then distributed out into the community."

- Marianne M

"I love working with Growing Chefs!. This organization is a huge passion of mine, and I LOVE what it stands for. Teaching children about food, the environment, and the food system is my favourite. I love to see children growing and learning. I think there are wonderful ideas within these sessions and I can see my future self being involved with Growing Chefs. Not only was the in-school programming a highlight from this past year, but I LOVED getting my hands dirty in the greenhouse. "

- Lexie N





**Our Farm  
School Pilot at  
Kensal Park's  
School  
Garden!**



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**We are fortunate to have the generous support from the following giving platforms:**



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