



GROWING  CHEFS!

THE
Annual Report

2016-2017



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OUR MISSION

To get kids excited about wholesome healthy food.

OUR VISION

To build and maintain a healthy, empowered community that is engaged with our food system.

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.

OUR FOOD CHARTER

FOOD CHARTER VISION

To help community members see food and cooking as fun, inclusive and empowering. Good food is for everyone.

FOOD CHARTER MISSION

To help all community members feel confident in making the best decisions they can with the resources available to them. We work to achieve this in our own programming by:

- Promoting local foods whenever and wherever possible (i.e., to look to source local first and incorporate seasonal food wherever possible.)
- Emphasizing whole ingredients, and minimizing use of processed foods
- Trying our best to ensure all seafood used as an ingredient is sustainably sourced
- Trying our best to ensure all meat and egg products used as ingredients are locally, ethically and sustainably sourced
- Promoting recipes featuring whole grains
- Promoting recipes using reduced and/or natural sugars
- Advocating home cooking as a tool for a healthy and balanced diet
- Keeping in mind recipes need to be simple, clear and consider common barriers community members may be experiencing.

Letter from our *Board Chair*



SPENCER
SANDOR
President &
Board Chair

Dear Growing Chefs! friends and partners,

WOW! What an exciting year this has been! With the launch of our own Food Education Centre we have come to the end of a long and ambitious journey. After years of hard work, dedication and support from our staff, volunteers, donors and partners, we have opened Growing Chefs! Headquarters. Thanks to your support, there is now a place in downtown London where children can learn about fresh, healthy, local food.

Growing Chefs! Headquarters has already become an in-demand destination for school field trips across the area. Expanding on our existing programming, classes learn how to prepare meals in one of our teaching classrooms, try their hands at food presentation and table setting in our dining room, and learn all about growing food from seed to harvest in our learning garden. With our new space we will be able to reach more students each year and expand our programming to the broader community.

If you haven't had a chance to come see Growing Chefs! Headquarters, make sure you join us at one of our family dinners, pizza nights or learning events. You can even book the space for private events. These events can provide guests with a taste of the experience that we provide to every student who comes through our doors. The proceeds of these activities support growing our education projects so we can reach as many children, youth and families as possible.

Many of you will remember our new home as the former Auberge du Petit Prince restaurant. We are incredibly grateful that the Arroyas family who owned and operated Auberge share our mission of getting kids excited about wholesome, healthy food. They have supported us every step of the way and we couldn't ask for better landlords.

As always, volunteers continue to be a huge part of our success and we are consistently impressed with how much passion and time they share with us. This year we were able to join in celebrating two of our longest standing volunteers - Katherine Grey and Andrew Wolwicz - who received Ontario Volunteer Service Awards for their contributions. Congratulations and thank you to Katherine and Andrew. And of course a huge thank you to all of our

amazing volunteers. You're awesome and we couldn't do it without you!

Finally, I want to thank everyone who has served on our Board of Directors and Fundraising Committee this year. We had a very ambitious agenda to deliver on this year. As a result of your insights, ideas, and all the extra time you have put in, we have managed to deliver above and beyond expectations.

This has been a landmark year for Growing Chefs! there are so many people that we need to thank for our success. Chances are, if you're reading this Annual Report, you have supported us along the way and I wish we could thank each and every one of you personally. While you read this Annual Report, please reflect and take a moment to celebrate how your donations of time, money, and enthusiasm have helped us get to where we are today.

On behalf of the whole team here at Growing Chefs!, thank you all for helping us grow a healthy community!

- Spencer Sandor



Letter from our

Executive Director



ANDREW FLEET

Executive
Director
& founder



To The Growing Chefs! Ontario community,

Well it goes without saying that this has been another HUGE year for Growing Chefs!

We have once again grown and cooked amazing food with more children, reached more schools and made more new friends than ever before. But the big news is that with the help of more people than I could possibly list here - Growing Chefs! Finally has a place to call home - our very own platform to design and execute our own programs. Our new headquarters is really amazing and we finally get to invite the community to come and hang out at our house!

This new phase of Growing Chefs! is something that we never could have built on our own. Countless hours have gone into this process. If you have donated, sponsored, cleaned, campaigned, attended meetings or in any way, given your time or talent to Growing Chefs! through this process....Thank you! You know who you are!

It is amazing to see the results of nearly ten years work. To see how much has gone into building this space. So many people have given so much to make our new Headquarters possible, that it is hard to wrap my head around the fact that this is only the beginning! There is so much to come. This is the starting point for which everything we have been working towards can begin to take off.



Sustaining this momentum won't be easy and we are in new territory, but this is where we get to prove that what we are doing is working; That we can help people to better appreciate what they eat. The we can help inspire people to learn more about where their food comes from, and how their food choices affect our world. That we can change the way we teach children, youth and families about food and cooking.

I am so excited to begin this new journey with all of you.

-Andrew



“ My kids loved the experience and I was very impressed with the way your presenter tied in curriculum content (the colour wheel, plating, presentation, texture, etc.). The short slide show was entertaining and very visual and encouraged student participation. The hands on experience was a blast. Even my most timid students participated with enthusiasm! And best of all, everyone walked away proud of what they had produced - a great self-esteem boost! ”

- Primary teacher on a classroom visit, École élémentaire Marie-Curie

“ I can remember meeting Andrew and hearing him talk about how teaching kids about food and cooking brings together so many subjects in an engaging way. Now, from the literacy required to read a recipe, the math skills needed to measure ingredients properly, the science and geography concepts drawn upon to understand where our food comes from and how it nourishes our body, the history of why we eat certain foods, and even the art of plating something we've prepared in a purposeful way, I've had the opportunity to help teach kids of all kinds of ages so many different subjects. ”

- Cheryl Madliger, a teacher candidate on her co-op placement

“ It is so rewarding to start a class with a pre-teen boy who is too cool to participate in the cooking and initially refuses to eat what we are making, only to have him turn up for seconds at the end of the class. Or see kindergarten children put a piece of carrot up to their ear to hear what the carrot sounds like (hint - it only talks to you when you put it in your mouth). I leave every session on a high. Thanks Growing Chefs! for all that you do in our community and allowing me to be part of this great program. ”

- Karen Liddiard, on volunteering in classrooms

48 teachers from 8 schools were surveyed on their impressions of Growing Chefs!

- 91.6% considered the program to have had a positive impact on children's attitudes toward healthy eating.
- ☐ 100% felt that Growing Chefs addressed specific needs pertaining to food education and effectively linked to the curriculum.”

(Human Environments Analysis Laboratory 2017 at Western University)



School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

Our school-based projects encompass all of our educational programming done in partnership with the Thames Valley District School Board and the London District Catholic School Board, and new this year, the French Public School Board Viamonde (CONSEIL). This includes Fresh Food Frenzy, our field trip program to the Covent Garden Market, and our in-class, curriculum-supported food literacy and cooking lessons.

A message from a participating teacher:

"Growing Chefs! were very impressive in our school! Students loved the lessons, enjoyed cooking and tasting the food and trying the infused water. The staff were very kind, approachable, knowledgeable and fun! The students looked forward to working with them and I think that this helped to increase the interest and enthusiasm generated by the hands-on approach in their lessons. Many of the students that I spoke with were excited to try what they learned at home.

Lessons were organized and well-prepared. Each lesson was specifically linked to grade appropriate curriculum expectations,

making it easy for teachers to see where the lesson fit into the expectations for their grade. Scheduling and communication in advance of their visit was well supported, professional and positive. In setting up the visit, they were very flexible and eager to accommodate the specific needs of our school. Overall, the entire experience was one that our whole school thoroughly enjoyed! We are so grateful!!!!"

By the Numbers

- 10 schools visited
- 3700+ students served
- 375+ volunteer hours



- Title Sponsors:
The Western Fair District
Healthy Kids Community Challenge
- Tier 1 Sponsors:
Westminster College Foundation
TD Friends of the Environment
- & 25 Additional Community Partners
and Project Sponsors



Our Projects

Growing Communities

Last year, Growing Communities cooking workshops were delivered in partnership with over 30 community groups across London and area. This year, due to a \$30,000 grant from The City of London Community Grants Program, we were able to offer cooking workshops and community events all across the city to Londoners who would otherwise have been unable to access these services.

By the Numbers

- Over 130 Cooking workshops, with 3,300+ participants
- 6 Community Events with over 1,000 participants
- 6 Family Activity Nights with over 450 participants
- Programming offered in over 40 locations across London and area
- Over 30 community partners directly involved in project delivery
- Engaged more than 70 volunteers



Project Partners

The City of London, The Walter J. Blackburn Foundation, YMCA of S.W. Ontario London Intercommunity Health Centre, The Western Fair District, London Children's Museum, The Child and Youth Network, Antler River School - Chippewa on the Thames, Meals on Wheels, London Children's Connection, Lambeth Harvest Festival, VegFest, Montcalm Secondary School, Ilderton Fair, Thamsford Library, Norwich Library, Princeton Library, Montessori Academy of London, Maria Luisa de Moreno International Foundation Canada, Investing In Children, Cornerstone Classroom, Metropolitan United Church, Boys and Girls Club of London, Marie Curie Public School, Blyth Academy, Parleview Ltd, Nicholas Wilson P.S., Stoneybrook P.S., Woodland Heights P.S., F.D.Roosevelt P.S., Wortley Road P.S., Tecumseh P.S., Lord Roberts P.S., Thames Talbot Land Trust, East London United Church Outreach, South London Islamic Centre, Altaqwa Academy.



Our Projects

THE Beet Cafe

The Growing Chefs! Commercial Kitchen – we call it The Beet Café. The Beet Café chef team prepared over 27,000 hot healthy lunches through our school and camp lunch program last year.

All Growing Chefs! lunches are made from scratch, using the freshest local and seasonal ingredients we can get our hands on. Once the lunch service has ended each day, the Beet team continue to work in support of the Growing Chefs! Education Projects. The Beet Cafe is the foundation from which our educational programming runs. Although meals made in The Beet Café are only sold at cost, with no profit margin, they cover the operational cost of the kitchen itself, allowing our education programming to not have to build these costs into their operations – thus helping us reach more people.

By the Numbers

- 27,000 hot healthy lunches delivered
- 5 project partners
- Over \$212,000 income generated
- Youth from; Y.O.U. Youth Job Connection Program, TVDSB Co-op program, Canada Summer Jobs Program and Fanshawe Culinary Program worked in the Beet Café Kitchen



Project Partners



2016-17

Fiscal Year

Income:

Administration	44,217.11
Growing Communities	66,805.12
School Projects	146,557.05
The Beet Cafe	212,441.34
HQ	161,608.62
Total Income	631,629.24

Expense:

Administration	32,561.07
Growing Communities	58,957.32
School Projects	134,322.73*
The Beet Cafe	208,908.02
HQ	107,653.39*
Total Expense	542,402.53

*Carry over funds to be allocated
in Q1, Q2 of next fiscal year



How you can help

As a small charity, without the help of our incredible group of supporters and donors and partner organizations we wouldn't be able to do the work that we do. Here's how you can help too!

• VOLUNTEER

Growing Chefs! is a grassroots organization that could not do the work that we do without the commitment of our wonderful volunteer community. We work to create a personalized volunteer experience for everyone - join our team today!

• SPONSOR

One of the aspects of Growing Chefs! that we are most proud of is the financial support we receive from local businesses and organizations. Join our family and help us to lay the foundations for building a healthier community in years to come.

• PARTICIPATE

Don't miss out on all the fun things we have going on - attend one of our many events at our new HQ, or join in for one our fundraising campaigns! Sign up for our newsletter via our website to make sure you don't miss a thing.

• DONATE

Make a personal donation or become a monthly donor. Help us get our whole community excited about cooking and sharing wholesome, healthy and delicious foods together!



The Board

Spencer Sandor
President & Board Chair

Jim Hunking
Treasurer

Stephanie Ayres
Secretary

Elsa Rose Eastabrook
Jordan Hypes
Malcolm Scott
Katie Van Den Berg
Andrew Wolwicz
Morgan Liberatore
Amberley Ruetz

**Board members who have
departed our team this year:**

Geoff Curphey, Jessica Faria,
Katie Burns

The Staff

Andrew Fleet
Executive Director
Chef Katherine Jones
Executive Chef
Chef Chris Large
Sous Chef

Chef Chris St. Laurent
Jr. Sous Chef

Noelle Coughlin
Projects Coordinator

Jennifer Wyant
Facility Director, HQ

Becca Minielly
Facility Coordinator, HQ

Chef Marisa Verbeem
Lead Chef - Education Programs

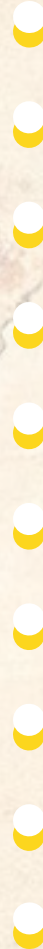
Phoebe Say
Chef Apprentice/Education Assistant,
Social Media Coordinator,
Photographer, Resident Artist

Jay McIntyre
Delivery Driver, Groundskeeper,
Ace in the Hole

Summer Youth Staff:
Lauren O'Donnell, Cheryl Madliger

JCP Team:
Patrick Devlin, Elijah Agathos,
Elena Veldman, Sam Cruz

**Staff members who have departed
our team this year:**
Sunni Vann, Chef Chris Meloche, Andrew
Burmatoff, Anna Carroll, Luke Despard-
Young, Tyler Fulmer



➤ Growing Chefs! Headquarters

FOOD EDUCATION CENTRE

A lot has changed in this past year at Growing Chefs! Ontario, and one of our most exciting highlights was the transition to our very own space. What was once the home of the historic Auberge du Petit Prince is now Growing Chefs! HQ. Our Food Education Centre hosts special events, corporate meetings, children's workshops, summer day camps, fundraisers and community events - all centred around preparing, sharing and celebrating good food together.

We've reimagined the space, complete with commercial kitchen, to include a formal dining room, several teaching classrooms, a learning garden, boardroom, bar and office spaces, further increasing our opportunities for continued program growth. The space will also allow for new partnerships that simply were not possible in our former homes.

Growing Chefs! HQ is first and foremost a non-profit food education facility. We are working to build a flagship location for food education in the province - an innovative, collaborative space in which food



literacy providers, community members and agencies can come together. It will address the growing need for food education in the London community through the development and expansion of Growing Chefs! programming.

Besides hosting food education programs, our incredible venue and formidable chefs are also available for private bookings. All proceeds from special events directly fund our food education programs at HQ and in our local community. Visit growingchefsontario.ca, and explore our "Events" tab for full details on our Event package, Sunday Suppers, Lecture Lunches, summer BBQs and garden parties.

Would you like to create your own memories with us? Our new space is versatile and would be the perfect location for your next event! Our prices are fair, we pay our staff a living wage and are happy to provide further discounts to other local non-profits. This is truly a space that gives back and one that everyone will feel good about using.

We can't wait for you to visit us in our new HQ!





Partner Profile

As an Agricultural Society,

the Western Fair District has deep roots bridging urban and rural communities. This is achieved through educational programming and facilities that help us support the needs of the regional agri-business sector, as well as the customer's desire to learn more about agriculture.

The District believes the more knowledgeable you are about food and farming the better you are able to support local agriculture and the community. As home of the annual Western Fair, Eastern Canada's largest indoor Farm Show, Canada's Poultry Show, The London Dairy Congress, the Farmers Market at Western Fair District and most recently Fanshawe College's new Agri-Business graduate program, we are proud of our educational offerings for today's consumers.

Our partnership with Growing Chefs - School Food Education Project allows each organization to weave their educational mandates together, expanding on innovative, agri-food learning activities for students and the community. We like that! We hope you, and your family, will enjoy all the things we've got cooking this year and we appreciate your support in helping Western Fair District and Growing Chefs continue to cultivate love for farmers and food.

Community Supporters AND Partners




Agape Foundation of London
 Antler River School on Chippewa on the Thames
 Anything Grows Seed Company
 Bona de Events Studio
 Booch Organic Kombucha
 Boys And Girls Club of London
 BPM Fitness
 C-K Table
 London Branch
 Canadian School of Natural Nutrition
 Charles & Jill Wright
 Cornerstone Alternative Centre
 Downtown London
 East London United Church Outreach
 Eco-Logic Nursery
 Fanshawe College
 Friends of the London Civic Garden Complex
 Frisa Farms
 Gibbons Park Montessori School
 Girls Rock Camp
 Great-West Life/London Life/Canada Life
 Grickle Grass Festival
 Healthy Kids Community Challenge
 Heeman's
 Historic Arva Flour Mill & Store
 Imperial Order Daughters of the Empire
 The Iderton Agricultural Society
 Islamic Centre of Southwest Ontario
 Jill's Table
 Jill Wilcox Foundation
 Joyce Farms
 Kiwanis Club of Forest City-London
 Lambeth and Community Harvest Festival
 Libro Credit Union
 Locomotive Espresso
 London Children's Connection
 London Children's Museum
 London Community Foundation

LondonFuse
 London Intercommunity Health Centre
 London Middlesex Master Gardeners
 London Waldorf School
 Maria Luisa de Moreno International Foundation Canada
 Meals on Wheels London
 Metropolitan United Church
 Middlesex-London Health Unit
 Mimmagh Law
 Montessori Academy of London
 Museum London
 Ontario Trillium Foundation
 Patrick's Beans
 Pillar Nonprofit Network
 Shangrila Yoga
 Slegers Living Organic Greens
 TD Friends of the Environment Foundation
 TD GenNext Committee
 The Clark Family Foundation
 The Covent Garden Market
 The Covent Garden Farmer's Market
 The Hungary Butcher
 The Pristine Olive Tasting Bar
 The Sisters of St. Joseph in Canada
 Richard & Shelley Baker
 Thorndale Agricultural Society
 Thorndale Optimists
 United Way of Chatham-Kent
 UnLondon Digital Media Association
 Walter J. Blackburn Foundation
 Western Fair District
 Western Fair Farmers' and Artisans' Market
 Westminster College Foundation
 YMCA of Western Ontario
 The Child and Youth Network,
 London Children's Connection
 VegFest London
 The MacDonald Pierce Foundation
 Thamsford Library
 Norwich Library
 Princeton Library
 Investing In Children
 Blyth Academy
 The Optimist Club of Byron
 Thames Valley District School Board
 London Catholic District School Board
 French Public School Board Viamonde (CONSEIL)
 The City of London

The Walter J. Blackburn Foundation
 YMCA of S.W. Ontario
 Thames Talbot Land Trust,
 Altaqwa Academy,
 The Verna D Davis Community Fund
 Cambia Development Foundation
 Youth Opportunities Unlimited
 London Beer Festival
 Forest City Beer Fest
 Abruzzi Restaurant
 Porche of London
 Louise Mimmagh Law
 Broomsticks and Hammers
 The Ministry of Advanced Education and Skills Development
 The Arroyas Family
 The Dekay Family
 Fraser Teeple
 Spruce Grove Investments
 Belmont Horticultural Society
 Libro Lift Campaign
 TD Open Closet
 London Home Economics Association
 Cut Above Meats
 IVEY Business School
 Human Environments Analysis Laboratory,
 Department of Geography, Western University
 EDEN Garden Works
 Urban Harvest Landscape
 North Moore Catering
 Forest City Family Patch Project
 Gabor Sass – The Smart and Caring Community Fund
 TD Canada Trust
 Middlesex Federation of Agriculture
 Miller & Co.
 Paul Kash, Sales Representative, Nu-Vista Realty

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Digital Echidna

PRINTING SPONSOR

Sterling Marking Products

Thank you 

FROM all of us at
 Growing Chefs!
 Ontario



Help us grow!

Consider supporting us in our efforts!
Visit www.growingchefsontario.ca/help-us-grow
for more information, or email us at
info@growingchefsontario.ca

Growing Chefs! Ontario is a registered charity based in London, Ontario.
We unite chefs, growers, educators and community members in children's food
education projects. Growing Chefs! Ontario has been incorporated since 2008.

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