In the last decade of program delivery, Growing Chefs! has seen the impacts of food and food education first-hand. Cooking develops and encourages many important skills in areas of math, science, history, geography, literacy, art and more. Understanding how and where food grows, how food interacts with our senses, the history of different foods and techniques, the names that we give to food, and how food relates to our own lifestyles and cultures are all important to child development.
Ten Years!!

It was never meant to go this far – yet here we are!

In April 2008 the Growing Chefs! program was first adapted for two London classrooms (60 children) and Chefs Andrew Wolwowicz and Jason Shubert first explained the “proper” ratio of oil and acid in a vinaigrette to a grade 3 class. Now, a decade later, over 20,000 people in London and surrounding area have interacted with Growing Chefs! Ontario programming. It is staggering. Exciting. Amazing.

This past year has been a whirlwind of new challenges and opportunities. With every single one, the Growing Chefs! team and the amazing London community have come together and risen to the occasion. Whether designing incredible new programs (HQ Field Trips, Agri-Education Week at The Western Fair District, Know Your Roots Summer Camp) or improving our existing programs, this is the year that the Growing Chefs! family truly carried this organization to the next level.

Our achievements from this the past year belong to the amazing Growing Chefs! team of dedicated staff. We repeatedly witnessed them challenge themselves and push the limits of what this organization is capable of! Jen, Becca, Katherine, the Chris’, Ryan, Sheri, the Phoebes’, Maddy, Lena, Jenn, Shar, Stephen, Leah, Marianne, Marisa, Noelle, Jonathon and Jay – THANK YOU!

You inspire us more than you know! It has been truly exciting to watch your work unfold as you have actualized ideas that we never dreamed possible. We are so eager to see what you have in store for the coming years!

Of course, none of the work Growing Chefs! does would be remotely possible without the thousands of volunteers, community partners, funders, friends and guests whom have come to our events and fundraisers over the years. To everyone who has helped in some way to get us to this point, we say thank you.

As we look ahead to next year, we are excited to have a new Strategic Plan in place to help guide us to achieving the ultimate goal of self-sustaining operations. We hope to see you and celebrate together at our 10th birthday party this fall, or at another event along the way. Happy eating everyone!

- Spencer and Andrew
The School Project encompasses 5 program streams.

- In School
- Fresh Food Frenzy!
- Family Activity Night
- Agri-Education Week
- HQ Field Trips

6,500+ students participated in the 2017-18 School Project.
The Growing Chefs! team delivers programming to the entire school, grades K-8, visiting each class twice during the school year.

My students have been extremely excited about food and food prep since you came to our classes. Our library had one copy of a children’s recipe book; they now do a weekly draw to see who will bring it home. They’ve tried to make up their own recipes, explored fractions through recipes and talked incessantly about getting their own cookbook from you soon. THANK YOU for bringing this program to our school.

Grade 1 Teacher
St. Anthony’s Catholic School

2200+ students from 6 schools participated this past year!
Growing Chefs! Ontario invites individual grade 1-3 classes on a field trip to visit the Covent Garden Farmers’ Market. Students explore the market, connect with local farmers, purchase ingredients, then make and share a delicious three course lunch in the Market Kitchen.

350+ students made personal connections to food producers at the Covent Garden Farmers’ Market.
Family Activity Nights are school community events that include several different age-appropriate activities where students, their parents and their friends prepare a feast the entire group (100-150 people) shares!

800+ people
6 Family Activity Nights
Students visit HQ, take part in grade-appropriate interactive cooking activities and witness the entire food system in action, from production to consumption and beyond! The field trip culminates with the students sharing a meal they have had a hand in preparing.  

1500+ students engaged in the food system through interactive programming at HQ

Feedback from classroom teachers:

"The entire experience was well designed and executed and provided an extremely valuable and memorable learning experience for our students. Experiential learning experiences such as the one you provide are engaging and bring the learning to life. So much better than textbook learning!"

"Every student in our class said they tried at least one food item they had never eaten before!"

"The themes of sustainability, and reduced environmental impact fit well with our Geography studies. Ideas about freshness and quality of local foods tied in well to our unit on nutrition."

"So many small moments! Students getting to be hands-on in the kitchen working together and knowing where the food came from was magical! And icing on the cake was to get to enjoy the meal all together in the end! I want to come with a class every single year!"

Parent volunteers agree with teachers - "Best field trip ever!"
Feedback from students:

“Learning about egg farms and dairy farms was fascinating... my favourite part was seeing the chickens and cows right in front of me. I have never seen one in real life before.”
- Student, Grade 7

“It was really cool how interactive the field trip was and being able to pet the animals.”
- Student, Grade 6

“Thank you so much for the opportunity to learn about cooking, chickens and cows. The food we made was soooooo good!”
- Student, Grade 6
### Title Sponsor

- Westminster College Foundation
- TD Friends of the Environment Foundation

### Tier 1

- Great-West Life
- London Life
- Canada Life

### Tier 2

- Shelley Baker
- The Clark Family Foundation
- Verna Davis Foundation

### Tier 3

- Styx
- CSNN
- Miller & Co.

### Tier 4

- Community Mortgage Movement
- Downtown London
- Heemans

### Tier 5

- Shangrila Yoga
- IODE
- David’s Bistro
- Friends of London Civic Garden Complex
- Anything Grows Seed Company
- Thorndale Agricultural Society
- Rotary Club of London
- A Cul Above Meats
- Urban Harvest
- Landscape
- Parkway Garden Centre
- The Pristine Olive
- Tasting Bar
- Manteith Brown Planning Consultants

---

WANT TO SEE YOUR NAME OR LOGO ON THIS LIST AS A PARTNER IN FOOD EDUCATION FOR 2018/19 TOO? CONTACT ANDREW@GROWINGCHEFSONTARIO.CA TO LEARN MORE ABOUT CONTINUING OR BEGINNING A SPONSORSHIP.
Our Community-Based Programs

Growing Communities
We continued partnerships with dozens of community agencies and brought food education programming to children, families and community members across London and the surrounding area.

2100+ community members participated in Growing Communities programming last year!

Know Your Roots
We held our inaugural summer camp program and provided 2 weeks of affordable, fun and educational activities. Happy campers all around!

2000+ Londoners attended community events where we provided healthy, affordable food options.
More than 75 active and engaged volunteers, invested over 400 hours in program delivery, hosting events, fundraising and being our Community Champions!

Thank you to our dedicated team of volunteers! You are priceless!

Without you we simply could not deliver programming on the scale that we do! Your diverse food knowledge inspires our lesson planning and encourages our program participants! We look to you to continue to provide us with your insights and feedback to help us continue to grow and improve.

Get involved!

We have an online application, which we then follow up with an orientation session and on-the-job training and mentorship with an experienced volunteer or staff member. Your unique skills and interests are in demand! All gardening, cooking, administrative, fundraising, hospitality and marketing gurus welcome!!!
Thank you for all of your help volunteering. I really liked preparing the food and learning about how it's made. My favourite part was plating. I’m excited to use all of the tactics of making delectable dishes. I also learned that without the global food system we wouldn’t have food like pineapples and oranges. I hope I get to go to the field trip again sometime. Thanks!

- It takes a lot of transparency to get the food to stores
- Local Food System/Global Food Can Come From Anywhere in the World
- It was a lot of fun

Thank you to everyone at Growing Chefs as you have created something that everyone can do and taught people how to make great food with different ingredients!

My favorite part was eating the food and talking and seeing what everyone had made.

Thank you!!

Growing Chefs

Thank you for an amazing day! It was a lot of fun and you made me feel good. I will be thinking about making that food again at home, with you amazing and delicious food recipes. Thank you again for an amazing experience.

From, nazia

Dear, Growing Chefs Quarters

Thank you so much the opportunity to learn about cooking. Daily Chances and Cows. The food we made was so good, probably the best meal I had the year. Thank you for taking your time and have fun with these crazy kids. I hope we get to have the same opportunity as the year. Thank you for the Caesar Salad Chicken Wrap. That was an amazing meal. How do you guys come up with this stuff. Just reading this letter is making me hungry. Thank you for everything.

Sincerely, Jordan R, from Ms. Eccles Class

Thank you to all the workers at Growing Chefs. I had such a fun time cooking and learning about food (my personal favorite was plating). The food was really good. Thank you for the wonderful help you gave us to make it.

Sincerely, 

Word From the Kitchen
When the Beet Café first started, we were serving 140 meals out of a residential sized kitchen with two home ovens. Now, just four years later we have a commercial facility and supply up to 350 meals each day (more than 27,000 last year!) to hungry students across London. All Beet Café lunches are made from scratch, using the freshest local and seasonal ingredients we can get our hands on.

After the lunch service has ended each day, the Beet team continue to work in support of the Growing Chefs! Education Projects. The Beet Café 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. This allows our Education Programming to operate from a certified kitchen space without having to build the cost into their operations – thus helping our Education Projects to reach more people. Together Chefs Chris Large and Chris St. Laurent are the heartbeat of the Beet! We affectionately call them “The Chris’” and along with the rest of the Chef Team, they deliver (quite literally)!

The word from Chris Large:

“I have been working in the hospitality industry since I was 15, at a multitude of different restaurants from fast food and chain restaurants to large scale food providers. I have never felt more pleased with the quality and locality of the products and people I am serving. FUN FACT: I had never seen how brussel sprouts grew until coming on-board with Growing Chefs! Ontario.

The word from Chris St. Laurent:

“Cooking has always been an interest to me. I joined the industry at 17 working at a snack bar where I fell in love with the pace of the industry. At 18 I took part in a high school co-op program and started working in a busy restaurant, where I began to learn how to cook professionally. I then went to Fanshawe for Culinary Arts. I have worked in various places throughout my career, from family restaurants to hotels to bars. Growing Chefs! is unlike anything I’ve ever done and has captured my heart.”
Since opening GCO HQ in January 2017, the space has evolved greatly.

We were unsure of exactly what the venue potential was at the time. We tested a variety of different events in the space during early days.

Our inaugural event was Valentine’s dinner for approximately 35 people. With a fairly new staff team, multiple volunteers and our tremendous Chefs, it was the beginning of something amazing!

We have since hosted a multitude of companies and private events for birthday parties, anniversaries and retirement celebrations, corporate team building events, cooking classes, wedding ceremonies and receptions.

Over 3000 Londoners enjoyed events with us last year! Our space is truly versatile and unique - and the good news is being spread within the community!

All events held in our space are considered fundraisers and all monies raised circle back into our social enterprise to enable our education projects to thrive and grow exponentially.

Who leads all this activity? Jen Wyant, our Facility Director!

Jen came to us with over 30 years hospitality experience both locally and abroad. Under Jen’s leadership, our event portfolio has fully bloomed.

With our community’s continued support of our signature events and community programming, we are on the path to becoming self-sustaining.
### Income

<table>
<thead>
<tr>
<th></th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Project</td>
<td>$189,747</td>
</tr>
<tr>
<td>Growing Communities</td>
<td>$64,785</td>
</tr>
<tr>
<td>Administration</td>
<td>$22,875</td>
</tr>
<tr>
<td>The Beet</td>
<td>$273,689</td>
</tr>
<tr>
<td>HQ Events</td>
<td>$233,452</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$784,548</strong></td>
</tr>
</tbody>
</table>

### Expense

<table>
<thead>
<tr>
<th></th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Project</td>
<td>$177,885</td>
</tr>
<tr>
<td>Growing Communities</td>
<td>$71,027</td>
</tr>
<tr>
<td>Administration</td>
<td>$40,671</td>
</tr>
<tr>
<td><strong>Social Enterprise</strong></td>
<td><strong>$458,817</strong></td>
</tr>
<tr>
<td>(The Beet / HQ Events)</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$748,399</strong></td>
</tr>
</tbody>
</table>

---

**How you can help**

Over the past ten years Growing Chefs! has grown from a seed (or) pilot project in one school into this beautiful, blooming living thing, that needs care and tending to.

We continue to depend on the financial support of grants and subsidies to sustain our operation. Our goal over the next two years is to further develop diverse and stable funding relationships that meet the changing needs of the organization, while growing our capacity to deliver affordable programming to our community.

But we can’t reach those goals without the support of our community – Growers, Producers, Chefs, Educators, Business Owners, Parents, Children, Youth and YOU.

Please consider supporting our efforts!

**Contact:**
Sheri Templeton  
Facility Administration/Donor Relations  
sherigrowingchefsonteria.ca

Sheri would love to connect with you personally to talk about how your investment in Growing Chefs! Ontario will help to strengthen our community.
Montessori Academy of London’s relationship with Growing Chefs! Ontario dates back to the beginning when in 2008 Growing Chefs! piloted some of its earliest educational programs with the school’s elementary students.

Growing Chefs! found a highly compatible partner in Montessori Academy, as both organizations believe very strongly in the idea of preparing children for life with practical skills and education that will help them make healthy food choices.

What started as field trips to the test kitchen to get students “excited about wholesome, healthy food,” has turned into a strong partnership that sees more than 250 of the school’s students enjoying hot lunch provided by The Beet Café Chefs; the lunch program is provided daily in Toddler and Casa (preschool) and twice a week in Elementary. In the summer, the school’s Camp Discovery day camp participants also enjoy a daily lunch provided by The Beet Café.

Tina Sartori, Montessori Academy’s Executive Director says, “One of the things we love about working so closely with Growing Chefs!, both in our lunch programs and as education provider, is that they enhance our existing nutrition and food-related programs.” She adds, “Working with Growing Chefs! complements what we teach our students in elementary about the interdependence of human needs in society and really shines a light on how food doesn’t just appear at the grocery store. The children are able to see the food that is produced in the area and gain a greater appreciation for the people who produce that food and how it impacts the services in our community. They learn about nutrition and good food choices at a young age in our Casa program - which they then take into our student-led Junior High lunch program and throughout their lives. This is all strengthened by our partnership and values shared with Growing Chefs."

About Montessori Academy of London

Montessori Academy of London is a registered charity committed to providing families in the London area education choice; it is the area’s only accredited Montessori program, offering authentic Montessori education to children ages 18 months through 14 years.

Originally incorporated in 1957, Westminster College provided a residential experience within a supportive Christian environment for students at Western University. After providing a ‘home away from home’ for over 40 years at the corner of Richmond Street and Windermere Road in London, Ontario, the property was sold to Western University in 2005.

Westminster College received Foundation status in 2007 and now provides grants to registered charitable organizations under the business name of Westminster College Foundation (WCF). The Foundation favours initiatives that help advance and assist in the areas of education, health and/or spiritual care, focusing primarily on youth and/or seniors. The Foundation is self-sufficient and does not actively seek financial donations or funding. Since inception as a Foundation, over $4M has been provided to registered Canadian charities.

The Foundation began partnering with Growing Chefs! for the 2014-15 school year and helped us grow our In-School Program from reaching approximately 850 students to over 2000 students last year.

Over the past three years they have continued to support Growing Chefs! School Programming as it has evolved, now including In-School activities, Field Trip opportunities for JK to Grade 8 classes and Family Activity Nights which together give nearly 4000 students and their families opportunities to cook healthy food with our Chef team each year.
Our Team

The Board

Board of Directors

- Spencer Sandor - President/Board Chair
- Jordan Hypes - Treasurer
- Elsa Rose Eastabrook - Co-Founder/Signing Officer
- Andrew Wolwowicz
- Malcolm Scott
- Nicola Noble
- Matt Pawelec
- Cecile Klerks
- Kayley MacGregor - Young Leaders Placement

Officers:

- Lena Gahwi - Secretary

Board members (who have left us this past year)

- Katie Van Den Berg
- Stephanie Ayers
- Jim Hunking
- Morgan Liberatoire
- Perry Esler
**Education Team:**
- Becca Minielly - Projects Coordinator/Volunteer Coordinator
- Sharlaine Murga - Education Assistant
- Lena Gahwi - Education Assistant
- Jennifer Boswick - Education Assistant
- Maddy Say - Social Media Manager/Education Assistant

**Chef Team:**
- Katherine Jones - Executive Chef
- Ryan Wishak – Lead Chef
- Chris Large - Sous Chef
- Chris St. Laurent - First Cook
- Stephen O’Quinn - Chef Apprentice
- Leah Mulat - Education Program Chef

**HQ Team:**
- Andrew Fleet - Executive Director
- Jen Wyant - Facility Director
- Sheri Templeton - Facility Administrator/Donor Relations

**Staff who have moved on to other exciting adventures...**
- Noelle Couglin – Projects Coordinator
- Phoebe Say – Chef Apprentice/Education Assistant/Social Media Manager/Photographer/Resident Artist
- Marisa Verbeem - Education Projects Chef
- Marianne Griffith - Event Coordinator/Education Assistant
- Jonathon Linton - Chef Apprentice
- Phoebe Fraud - Event Coordinator/Education Assistant
- Jay MacIntyre - Deliveries/Facility Maintenance

---

**The Staff Team**
Friends of the London Civic Garden Complex
Frisa Farms
Gabor Sass - The Smart and Caring Community Fund
Gibbons Park Montessori School
Girls Rock! Camp
Gordon Food Service (GFS)
Great-West Life - London Life - Canada Life
Green Party of Ontario
Grickle Grass Festival
Heeman’s
Human Environments Analysis Laboratory (HEAL), Department of Geography, Western University
Hybrid Fitness
Imperial Order of Daughters of the Empire
Investing in Children
Ivey Business School
Jill Wilcox Foundation
Jill’s Table
Joyce Farms
Julia Hunter Memorial Fund
Kiwanis Club of Forest City-London
Kroho Credit Union
Locomotive Espresso
London Brewing Cooperative
London Catholic District School Board
London Chamber of Commerce
London Children’s Connection
London Children’s Museum
London Clay Arts Centre / London Potter’s Guild
London Community Foundation
London District Christian School Board
London Environmental Network
London Food Incubator
London Home Economics Association
London Intercommunity Health Centre
London Middlesex Master Gardeners
London Training Centre
London Urban Services Organization (LUSO)
London Waldorf School
Maria Luisa de Moreno International Foundation, Canada
McKenzie Lake LLP
Meals on Wheels London
Merrymount Children’s Centre
Middlesex Federation of Agriculture
Middlesex London Health Unit
Miller & Co
Monteith Brown Planning Consultants
Montessori Academy of London
Northern Divine Aquafarms
Ocean Wise
Ontario Trillium Foundation
Parkway Garden Centre
Patrick’s Beans
Paul Kash, Sales Representative, NuVista Realty
Pillar Nonprofit Network
Reforest London
Richard and Shelley Baker
Rotary Club of London
Royal Agriculture Fair
Shangrila Yoga
Slegers Greenhouses
South London Neighbourhood Resource Centre
Storybook Gardens
TD Friends of the Environment Foundation
Thames Talbot Land Trust
Thames Valley District School Board
The Arroyas Family
The City of London
The Clark Family Foundation
The Covent Garden Farmer’s Market
The Covent Garden Market
The Dekay Family
The Hungary Butcher
The Ilderton Agricultural Society
The MacDonald Pierce Foundation
The Pristine Olive Tasting Bar
The Sisters of St. Joseph in Canada
The Verna D. Davis Community Fund
Thornsdale Agricultural Society
Thornsdale Optimists
Top Shelf Distilleries
Tourism London
Trojan Technologies
UnLondon Digital Media
Urban Harvest Landscape
Walter J. Blackburn Foundation
Western Fair District
Western Fair Farmers’ and Artisans’ Market
Westminster College Foundation
YMCA of Southwestern Ontario
Youth Opportunities Unlimited
Zdyb Centre for Health Promotion

DIGITAL MEDIA SPONSOR - Digital Echidna
PRINTING SPONSOR - Sterling Marking Products
Help us grow!

Consider supporting us in our efforts!
Visit www.growingchefsontario.ca/donate
or email us at
info@growingchefsontario.ca

Growing Chefs! Ontario
460 King St. London ON N6B 1S9
519.679.4769
www.growingchefsontario.ca

Growing Chefs! Ontario is a registered charity
Charitable # 85895 9026 RR0001