

Classroom Journal

April 2018

HQ Field Trips and Fresh Food Frenzy begin again in May!

Over 4700 students will receive food education programming this school-year because of YOUR generous support.

There are over 50 schools that have applied for some form of programming (field trip, in-school, or other) and are currently on our waitlist for 2018/19!

THANK YOU for your continued support in order that we can extend food education programming to our community's students

In this school-year, 60 people have applied to volunteer with Growing Chefs!

In April, we piloted a second visit for FDK classes (pictured below).



Field Notes from the School Food Education Project

The Teacher Becomes the Student

By Tamara Richardson

Hi! I'm Tamara! I'm a graduate of the Recreation and Leisure services program at Fanshawe. I'm a second-year peer mentor, a plant eater, animal lover and I consider myself a very outgoing, creative and open-minded individual. I just recently completed my second field placement at Growing Chefs! throughout the month of April. The opportunity to experience the daily work routine at Growing Chefs! was a blessing and I would do it a thousand times over. The whole team is driven, passionate, kind and humble. The staff at Growing Chefs! face daily challenges and obstacles that come along with managing a not-for-profit organization and also making sure programming is always running as smoothly as possible. They continue to evolve and produce meaningful programming for the community, families and elementary school-aged children.

It is incredible what can happen when you give children the autonomy to learn and practice brand new skills. Providing the tools, techniques and encouragement, children can and will impress you. Even on the busiest days, there was always a moment to reflect on when a child created a beautiful plate of food and learned how to taste like a chef. I discovered the best way to understand a child is to hang out with a child. Ask them lots of questions, teach them new, exciting skills, educational lessons and then complete the activity side by side. Sitting in on the first grade 5 art class was incredibly exciting and fun. Putting myself in the shoes of a 5th grader was fascinating. I might have been even more excited than some of the kids! As a group we created amazing art together using healthy, locally sourced food. We learned about art theory, artistic plating techniques and all felt inspired to create. Even though one individual firmly stated he didn't like pears, by the end of the activity, he was so proud of his accomplishments with his art piece. When it was time to clean up, he said he still didn't want to eat the pears we both laughed. I told him it was not a requirement to love pears, and that it was okay that he just happened not to like pears. More importantly was that he tried the pears, learned about art, practiced a new skill and had an awesome time with his classmates. Working with children in schools has shown me a completely different side of children. They are so bright and when given the right supports, they can create marvellous works of delicious art and so much more!

It is difficult to describe the diverse range of meaningful and teachable moments I have had with Growing Chefs! and why they were so unique, but I will say this. Listening to our children's ideas and feelings can change the future and make this world a better place. Providing them with the right resources, access to education on agriculture, environmental sustainability, global and local food systems and cooking techniques will change their perspectives on the world around them. It will change how they see health for themselves for the rest of their lives. Its impact is and will be even bigger than one can even imagine. I applaud and thank Growing Chefs! for introducing me to this incredible world! Thank you for all your support and positive encouragement. Thank you for your role in changing my career path, once again. Growing Chefs! will always have a place in my heart and I will think of my experiences here, every spring.

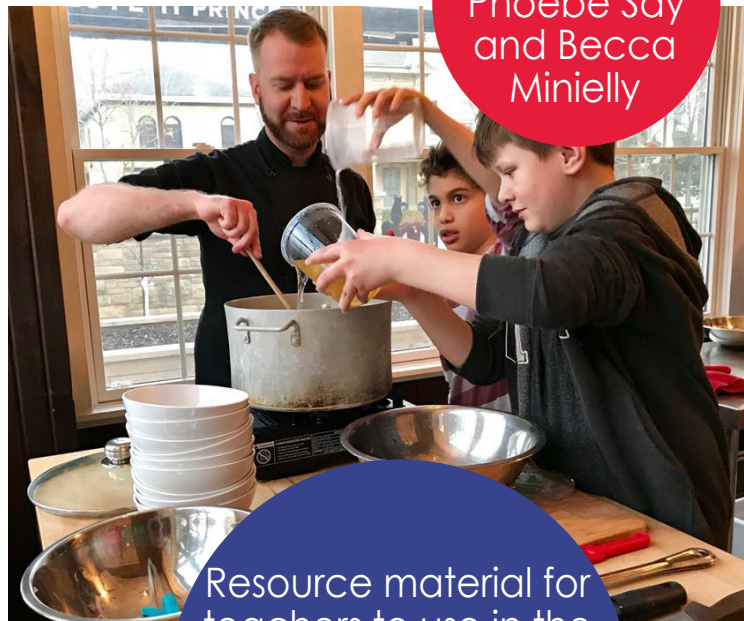


Since the last Classroom Update...

Photos
courtesy of
Phoebe Say
and Becca
Minielly



Teachers
love the
connection to
literacy (even if
students write "Hole
Robby" instead
of "kohlrabi")



Resource material for
teachers to use in the
classroom is ready to
be distributed to further
reinforce our food
education program!



After planning,
researching, and
training staff +
volunteers, HQ Field
Trips start May 1!



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Growing Chefs! Ontario



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