

For the Love of Food and Family Philanthropic Support for Food Literacy at Growing Chefs! Ontario

Mission

To change the way children, youth, families and the greater community learn about and develop healthy relationships with food!



Letter from the Executive Director

Unhealthy eating is estimated to cost Ontarians \$5.6 billion annually in direct health-care costs, including \$1.8 billion directly from inadequate vegetable and fruit consumption. The need for innovative and collaborative approaches to food literacy for children, families and the greater community in Ontario has never been higher.

The Ministry of Agriculture, Food and Rural Affairs defines food literacy as “understanding why local food is important, knowing what local food is available and when, knowing how to prepare local food and knowing where local food comes from.” Food literacy is a set of skills that help us plan, prepare and cook meals for ourselves and our families. These skills help us prepare food that is healthy, tasty and affordable. They can also build our confidence and help us problem solve when working with food.

The ministry established the following four food literacy goals in 2015 to increase the number of Ontarians who: 1) know what local foods are available; 2) how and where to obtain local foods; 3) prepare local food meals for family and friends; and 4) make local food more available through food service providers.

With over 15 years of experience in designing and delivering evidence-based, innovative and impactful food literacy programming, Growing Chefs! Ontario is a key player in making these goals possible. With learning outcomes defined through partnerships with school boards and curriculum developed in line with Public Health Ontario’s Locally Driven Collaborative Project and Canada’s Food Guide, we are a leader in the provincial food education sector. By creating and providing hands-on cooking and food literacy programming for schools, children, youth and families, we have impacted over 85,000 children and youth since opening in 2008.

Thank you for considering your part in making this critical work for our communities possible. With your philanthropic support, we can ensure that as children and families grow, so does their food literacy and love for food!

Andrew Fleet
Executive Director



Who We Are



Growing Chefs! Ontario is strategically guided and supported by a group of generous and capable individuals from the community who provide the capacity, expertise and resources required to ensure our success. Some of them include:

2023 -24 Board Directors

Jordan Hypes, Treasurer & Interim Board Chair: 2016 - Present

Andrew Wolwowicz, Board of Directors: 2010 - Present

Malcolm Scott, Board of Directors: 2012 - Present

Cecile Klerks-Janssen, Board of Directors: 2018 - Present

Mary Hajpel, Board of Directors: 2021 - Present

Michael Clark, Board of Directors: 2022 - Present

Kristina Pringle, Board of Directors: 2023 - Present

Caitlin Fisher, Board of Directors: 2023 - Present

Nicholas Cardelli, Board of Directors: 2023 - Present



Community Programs



School Programs



Garden Programs



Fundraising Priorities/Programs

Our Fundraising Priorities

To increase the food literacy of children and families, Growing Chefs! Ontario needs to raise 45% of our annual operating budget through direct community support: \$535,000.00 is required annually to support our programming.

All Growing Chefs! Food Education Programs provide hands-on experiential learning opportunities for children, designed to build cooking skills, food literacy and an understanding of food systems. Growing Chefs! runs both in-person and virtual programs that fall into three categories:

1. School Programs: which are run in partnership with public and private elementary and high schools.
2. Community Programs: which are run in partnership with community agencies and are available to the general public.
3. Garden Programs: which provide outdoor programs for schools and community groups.

For over 15 years, Growing Chefs! Ontario has proven itself as a leading organization in Ontario, creating and providing impactful hands-on cooking and food literacy programming for schools, children, youth and families. Over 85,000 children and youth across London and area have participated to date (currently 10,000 each year)!



Participant Feedback

"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 week camp. Thank you again such a wonderful program."

- Parent of Participant

"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."

- Community Partner



Teacher Testimonials

"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!"

- Elementary School Teacher

"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!"

- Elementary School Teacher

"On behalf of all staff and students, I would like to say thank you to all members of the Growing Chefs! team. The activities were educational and engaging, and I received countless compliments from colleagues about the program. Your team was incredibly patient and enthusiastic. My classroom had a wonderful time during both visits and it truly has sparked a love of cooking and healthy eating. It was so cool to see my pickiest eater try (and enjoy!) the salad she and her group had made during the "Mystery Box Challenge".

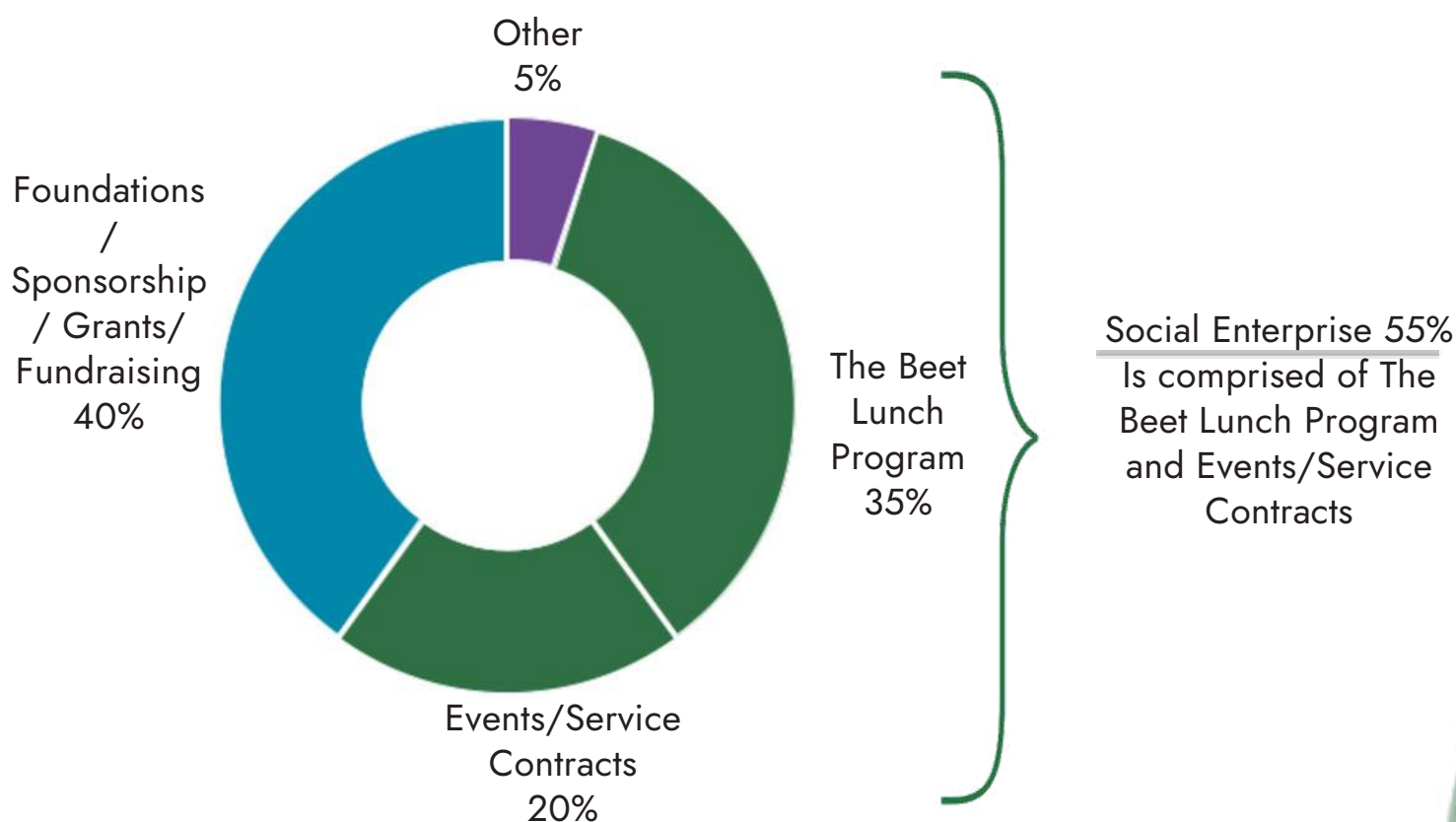
- Elementary School Teacher



Growing Chefs! Ontario - By the Numbers

Our charity earns revenue through a mix of grants, individual philanthropy and social enterprise which provides us with sustainable funding from multiple sources. Following is a summary of the revenue and expenses that make our impact possible.

REVENUE



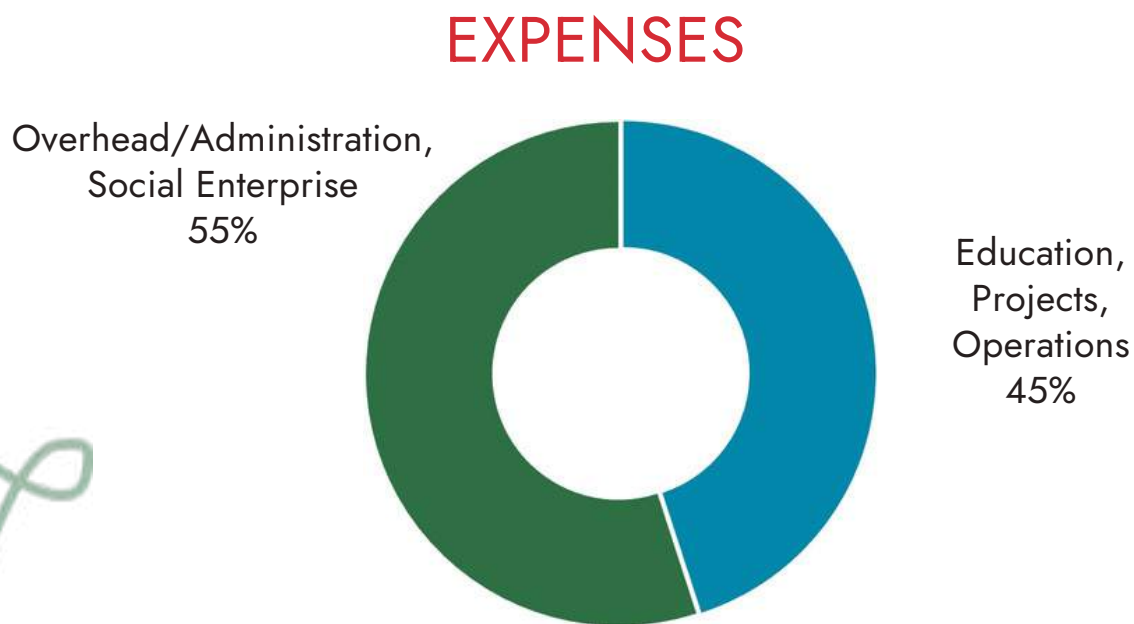
Sustainability in Action

Our social enterprise revenue comes from sold services that have a positive impact on communities. One example is our hot lunch program in London, Ontario. Partnering with schools and camps across the region, in 2022/23 we prepared over 80,000 hot and healthy lunches to enrolled children! This program enables children to eat healthy lunches while providing us with the revenue required to teach more children about food literacy and food preparation through our core programs at no or low cost to them.

Growing Chefs! Ontario - By the Numbers

Expenses

The Growing Chefs! Ontario business model is built so that our overhead and administrative costs are paid for through the operation of our Social Enterprises. This allows us to dedicate donor support directly to our education programs, charitable activities and capital/special projects.



Notes from our Partners

"Helping to teach and support a healthy and sustainable relationship with food, and with the local agri-food system, is one of the most important tasks of the Middlesex London Food Policy Council. Growing Chefs! is a national leader in delivering this type of programming and we are very pleased to be able to support their educational and outreach activities in the London Middlesex community. It is important everyday, as we look toward the agri-food systems we want to have someday, to remember that those future agri-food systems are being built now through how we teach food literacy and foster the development of the food relationships and eating habits in today's children."

Benjamin Hill, Chair
Middlesex London Food Policy Council



"...based on my direct observations of the dynamic GC programming in action over the past 5+ years, I can confidently say that young people are getting to know the food system, where food comes from, and what that means for themselves and the environment. They are also learning valuable food skills and attitudes, which will serve them well into the future, setting them up for optimal health and well-being.

I have been observing GC activities for over 5 years now and highly commend the novel and important work that The Growing Chefs! team are doing, as I believe they are filling a vital gap in food literacy education for our community."

Dr. Jason Gilliland, BA (Hon), MA, MArch, PhD Director,
Human Environments Analysis Laboratory (HEAL)

Conclusion



Building and maintaining healthy, empowered communities that are engaged with our food system is no small task. Each contribution from our donors helps to change the way children, youth, families and the greater community learn about and develop healthy relationships with food. We invite you to join us and our existing supporters in investing in children and families as they develop food literacy that can last a lifetime! Annual, monthly, multi-year, in-kind and planned gift opportunities are available, and we would be thrilled to share further information about our work with you.

Andrew Fleet
Executive Director



THANK YOU FOR SUPPORTING OUR EFFORTS!

Vision

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

Values

Community: To engage, strengthen and support communities in their ongoing conversations around food

Food: To celebrate the positive change that we can create through food

Health: To foster healthy bodies and minds through positive relationships with food

Growing Chefs! Ontario
460 King Street
London, Ontario N6B 1S9

519.679.4769

www.growingchefsontario.ca/donate

Charitable
85895 9026 RR0001

