



School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

2019 Issue 2

Classroom Journal



Our in-school visits this year have been amazing and filled with fun lessons and great food!

We met over 2100 students from JK – grade 8 in the following schools – St. Thomas More CS, Parkview PS, Knollwood PS, Stoneybrook PS, and Laurie Hawkins PS.

Here's a peek into what each class learned!

JK & SK - Tasting with all your senses (like a Chef does!) & Edible Art!

Grades 1 & 2 - All About Seeds & seedy snacks with pepitas and popcorn!

Grades 3 & 4 - Parts of Plants & Chef Math – the proper ratio of oil to acid in salad dressing!

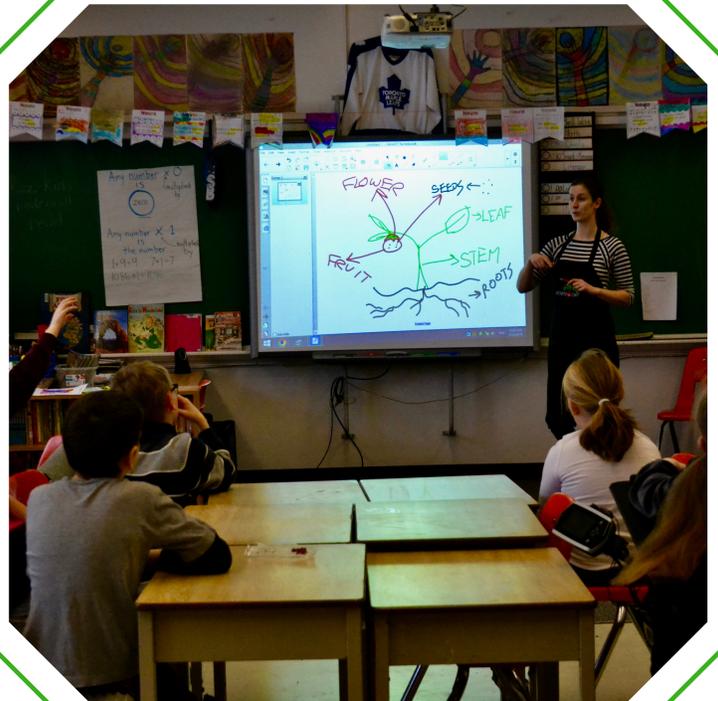
Grades 5 & 6 - Preserving & Amuse-Bouche!

Grades 7 & 8 – STIR FRY!!!
History & hands-on with scratch-made sauces!



"Students and staff LOVED this program. They couldn't say enough about how great it was, and how much they learned. This was such an amazing experience!"
(Kindergarten teacher)

"This was an absolutely fantastic program for my students! They loved preparing and trying the foods. Would love to have you again!"
(Grade 1 teacher)



"The curriculum connections for each lesson were very well planned and delivered by Growing Chefs staff. Thank you so much for your time spent here. We loved loved loved it!"
(Grade 5 teacher)



Volunteer Spotlight - Emma Pickering!!

Hi, I'm Emma Pickering. I'm a fourth-year student studying Media and the Public Interest and French at Western University. My time at Growing Chefs! Ontario started in September as a practicum student, and I was very fortunate to spend four months with this incredible non-profit organization. I love cooking (and eating) good and healthy food, so Growing Chefs! Ontario was a great fit for me.

During my time at Growing Chefs! Ontario, I took on some priority projects. I started with editing and updating different parts of the website, but my main project was the "Education E-Resource Management." For this project, I edited and updated all the Growing Chefs' detailed lesson plans that teachers and the Growing Chefs! team would use during the classroom visits. I was also able to get creative and design some diagrams for the lesson plans. I really enjoyed seeing the different recipes each grade would make, and it felt good knowing the lesson plans I was working on would be put to great use in the classrooms.

I had the most fun, however, when I was able to go to Stoneybrook PS for the day and help the Growing Chefs! team in the JK/SK and Grade 1/2 classes. The kindergartners really enjoyed learning about the five senses and making delicious edible art. They were so cute and so eager to learn! With the grade 1 class, we identified different seeds and learned how to properly measure out our ingredients. We made yummy popcorn seasoning and spiced pumpkin seeds – it was a huge hit.

Looking back at the four months spent at Growing Chefs! Ontario, I learned so much about the importance of food literacy and community. I was proud to work for a non-profit that places community engagement at its center, joining together Chefs, growers, educators, and community members to teach children about good, healthy food.

I miss the Growing Chefs! team and all the delicious recipes I was able to try! Thanks for making me feel so welcomed, I'll definitely be back for a pizza night!



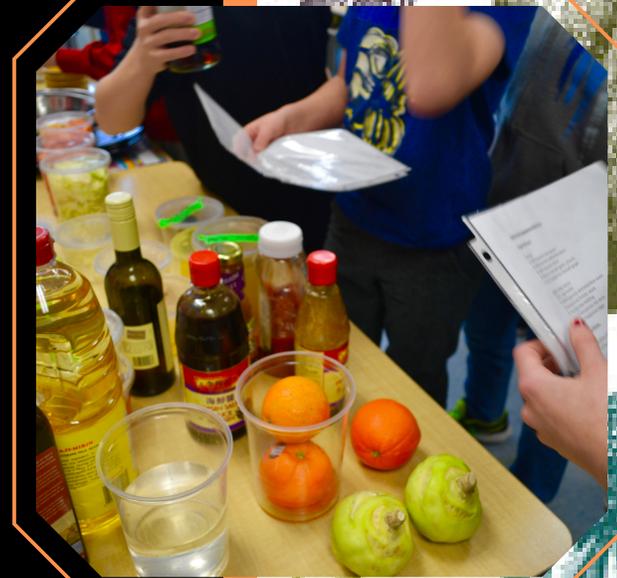
Thai Green Curry

Ingredients

- 2 cups coconut milk
- 2 tablespoons green or red curry paste
- 2 tablespoons brown sugar or palm sugar
- 2 tablespoons fish sauce
- 7 kaffir lime leaves
- 1/2 cup sweet thai basil
- 1 thumb of ginger (about 2 tablespoons chopped)
- 2 limes, juiced
- salt and pepper to taste
- seasonal vegetables (about 5 cups chopped)

Directions

Combine coconut milk, curry paste, sugar, fish sauce, lime leaves, basil, chili, ginger, lime juice, salt and pepper in a bowl, stir well. Stir fry desired vegetables, and add curry sauce during the last couple minutes of cooking, let simmer to desired thickness. Serve over basmati rice.



Title Sponsor Spotlight



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 and food.

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 London's Best Weekend Market six years running, Eastern Canada's largest indoor Farm Show, the National Poultry Show and the annual Western Fair's traditional school tour program, we continue to provide educational experiences for today's consumer.

We are three years strong, partnering with Growing Chefs! Ontario in support of the School Food Education Project and more recently our organizations developed a new learning experience called Agri-Food Week, for students in grades 7 & 8. These projects allow each group to weave their educational mandates together, expanding on innovative, 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! Ontario continue to cultivate love for farmers and food.



Investor Sponsor Spotlight



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 2100 students this year.

Over the past five 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.

The 2018 - 2019 School Food Education Project is presented by our Title Sponsor:



With the generosity of the following community and corporate sponsors:



STRONGER COMMUNITIES TOGETHER™





We are fortunate to have the generous support of individual donors and private foundations through the following giving platforms:



*Verna D. Davis
Family Foundation*

*The Wilson Family
Foundation*

*The William & Katherine Kostuk
Family Fund*

*Shelley
Baker*

*the
Clark
Family
Foundation*

*The Joanne & Tom
Cowan Fund*

*Charles & Jill Wright
"Making a Difference Fund with London Community Foundation"*

Louise Mimmagh

Thank you for your investment in food education and the future health of our community.

