



School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

Classroom Journal

2019 Issue 3

A sure sign of spring...

FIELD TRIPS!!

As we roll into Spring our programming schedule is as busy as ever before!

From early May through to the end of June we are thrilled to be welcoming students from 18 schools including Chippewa PS, Lord Roberts FIPS, Pierre Elliott Trudeau FIPS, Victoria PS, Lord Nelson PS, Masonville PS, Mountsfield PS, Princess Anne FIPS, Ashley Oaks PS, Eagle Heights PS, Byron Northview PS, Arthur Ford PS, Princess Elizabeth PS, Central (Woodstock) PS, Wilberforce PS, St. John FICS, Riverside PS, Ryerson PS, Westmount PS to participate in our School Food Education Project Field Trips!!!!

Over 1,000 students will have the opportunity to learn about Food Systems by exploring the Covent Garden Farmers' Market, helping us to plant and tend to our garden, make beautiful edible art, and of course, prepare some delicious food with us at Growing Chefs! Headquarters over the next two months. Don't forget to Check out one of our favorite recipes - a staple from our Family Activity Nights on page 4!)
ALL BECAUSE OF YOUR GENEROUS SUPPORT OF FOOD EDUCATION PROGRAMMING!



**We just put a wrap on our final
Family Activity Nights of the
2018-2019 school year!**



**This year we met families from
Chippewa PS,
Kensal Park FIPS, St. Catherine
of Siena CS, Tecumseh PS and
Valleyview PS!**



**Over 550 parents and children prepared and
enjoyed a family picnic together!**

She's back!!!

The Return of Chef Katherine!



It's been a few months since returning from maternity leave (though it feels like a blink of an eye from all the fun we've been having at Growing Chefs!). I had an amazing year at home with my family, which coincided nicely with the fact that we just bought our first family home! I had grand dreams to do so many projects, but in reality, I spent a year full of snuggles, some tears, and a whole lot of picking up food Callum threw on the floor. A year full of laughter and fun with my sweet little boy and the best big sister in the world Alaura.

Life back at work is busy, balancing between family life and all the amazing projects we have going on at Growing Chefs! Ontario, but it is also so rewarding. When I talk to people about my job, I honestly tell everyone I have the best job in the world! I feel so lucky to have the opportunity to do something so meaningful every day. Everywhere we go with Growing Chefs! - whether it is one of our hot lunches being lovingly prepared for a young child, or a class of students who come to HQ and taste the first vegetables of spring right out of our garden, or the awe we inspire when guests come for pizza cooked in our wood-fired oven - I get to see people's faces light up every day, and I know we are changing the way that our community looks at food. That alone makes me so happy and proud that I get a chance to lead our amazing team of Chefs and ignite interest in the sort of fuel we are putting into our bodies and help people get as excited as we are about food!

In the year I had off, I had a lot of time to dream about new and fun things we could create for you! Some of them are coming to fruition very soon! We have a fantastic lineup of guest Chefs coming to play with the wood-fired oven for pizza nights and a James Beard Award winning Chef from Chicago coming back for a third year to lead Bread Camp in the fall. One of the classes I am most excited about is a series of international cooking classes for adults where London's Chefs will come and lead us through their own country's cuisines and share their talented skill sets with the community.

I'll say it again; I feel so happy to be back home at Growing Chefs! Sharing my passion about food with so many people who are genuinely touched and interested in food makes me so proud. A fun summer of Know your Roots Camp, Pizza Nights and many more fun things await us, and I KNOW it will be our best summer yet!

I look forward to seeing you soon!



*A
Family Activity
Night
Favourite !*

*Avocado Pesto Pasta Salad with
Sautéed Vegetables*

Ingredients:

Avocado Pesto

1-2 avocados
3/4 cup grated Parmesan cheese
3 large garlic cloves
1/2 cup basil leaves
1/3 cup sunflower seeds
3 tablespoons lemon juice
3 tablespoons olive oil (more if needed)
salt & pepper to taste

Pasta Salad

1 1/2 cups cherry tomatoes
1-2 medium zucchinis cut into bite-sized pieces
1 orange pepper cut into bite-sized pieces
1 red pepper cut into bite-sized pieces
about 3-4 cups cooked bow-tie pasta
1/2 cup crumbled feta cheese

Directions:

Avocado Pesto

Combine all ingredients in a food processor and blend until smooth, adding a bit more olive oil if needed. Taste and add salt and pepper as needed.

Vegetables

Sauté all the vegetables with olive oil in a large pan until softened and tomatoes are just starting to burst.

Pasta Salad

Cook pasta according to package directions. Rinse under cool water. Set aside to cool. Toss together the pasta and pesto. Top with vegetables and feta.

ENJOY!



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.

Investor Sponsor Spotlight



As the leading provider of life and health insurance, we know health and well-being are priorities for Canadians and that not having access to healthy, wholesome food is an emerging issue.

Canada Life has a long history and deep roots in our communities. As supporters of Growing Chefs!, we want to be part of making Growing Chefs! and its programming relevant, accessible and welcoming for all Londoners. We recognize the importance of nutrition, healthy eating, and understanding how and where our food grows. Our company and employees are connected by a shared sense of responsibility to give back and help build stronger communities.

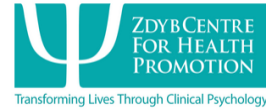
Through our support of Growing Chefs! Ontario's Food Education Projects, we hope to help communities realize their full potential, everyday and inspire people of all ages to build stronger communities through food.

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



With the generosity of the following community and corporate sponsors:





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



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Louise Mimmagh

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

