



*School Food
Education Project*



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

A top-down photograph of kitchen ingredients: a carton of brown eggs, a bowl of white milk, a wooden spoon, and a bowl of white cottage cheese, all on a wooden surface with a green and white checkered cloth.

Growing Chefs! Ontario
Classroom Journal
2020 Issue 3



Agri-Food Week

For the past 3 years, we have teamed up with our Title Sponsor the Western Fair District to offer a unique field trip experience at the Agri-Plex. This year, we weren't going to let school closures stop us from sharing the fun of food education with students!

Along with the Western Fair District, Ontario Bean Growers, Beef Farmers of Ontario, Dairy Farmers of Ontario and Egg Farmers of Ontario, we took agri-education online! We created chef-led cooking videos incorporating farm-fresh eggs, beef, dairy and beans.

We included a recipe package, which broke down the steps of the recipe into what students can do vs what adults can do, and we made worksheets for primary, junior and intermediate students to complete as they watched our videos, and the videos and resources provided by the Ontario farm groups.

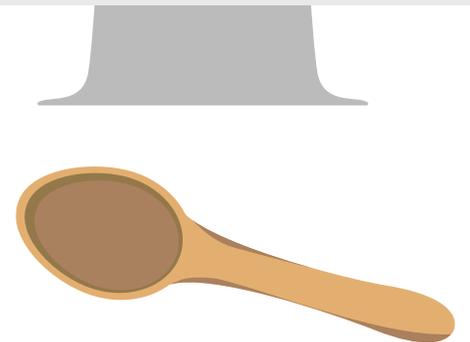
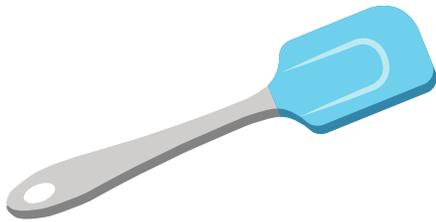
Over 300 families, teachers, and students registered to access these resources, and over 120 people participated in a live webinar with Ontario farmers. It was a great way to connect with students!



Family Testimonial

"Wow!!!! It is amazing!!!! Great Job!!! I am already enjoying it with my son. Thank you very much and please let know the whole team that prepared it that as soon we opened the information we were already into the event and really very happy to be part of it. Thank you for taking the time to organize it and hopefully won't be the last time we can be part of it."

-Happy family who participated

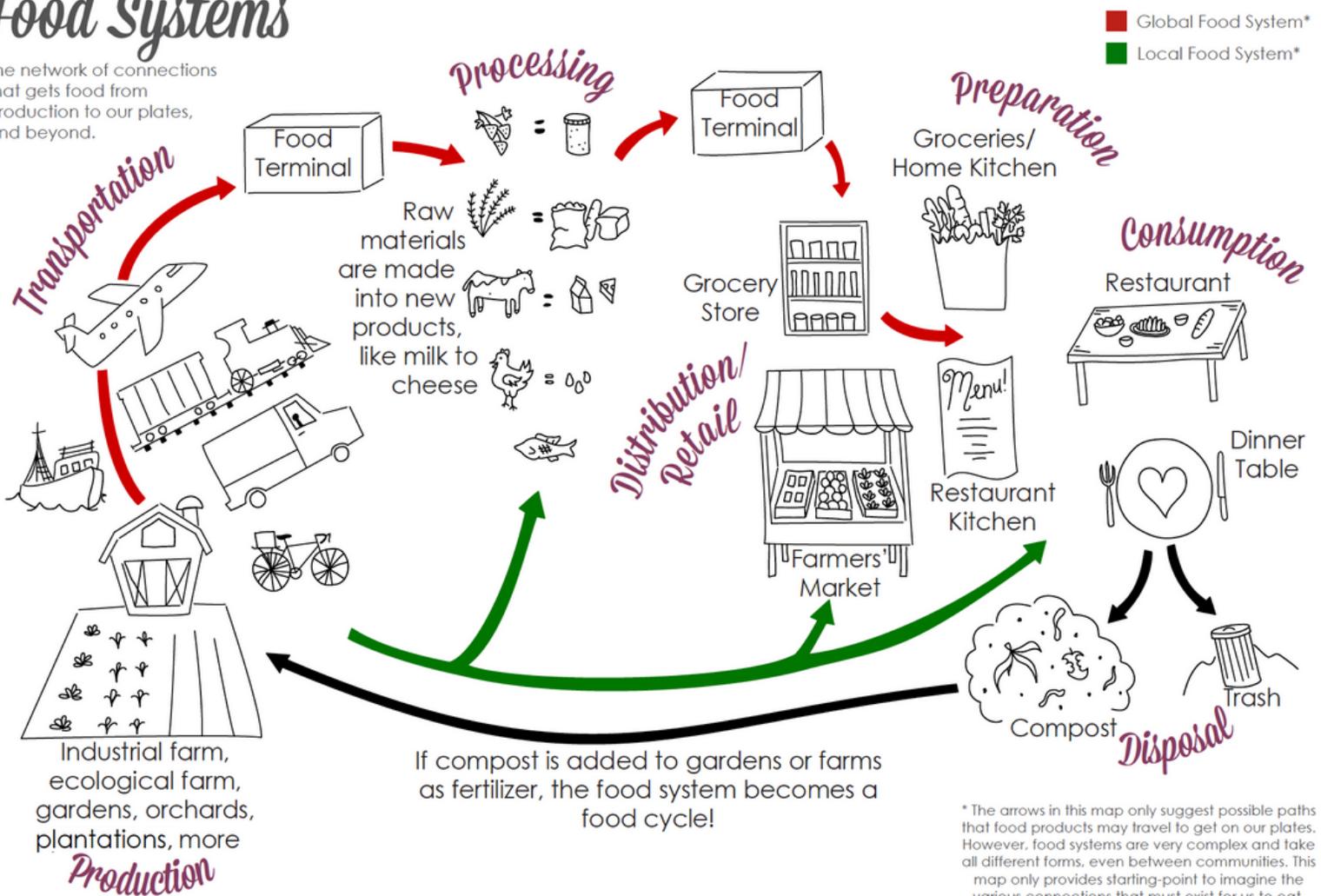


Agri-Food Week

Agri-Food week is all about exploring food systems. The most important thing when learning about food systems is to be curious! Ask questions, challenge the simple answers, and use evidence to make your own conclusions.

Food Systems

The network of connections that gets food from production to our plates, and beyond.



* The arrows in this map only suggest possible paths that food products may travel to get on our plates. However, food systems are very complex and take all different forms, even between communities. This map only provides starting-point to imagine the various connections that must exist for us to eat.



Agri-Food Menu



Beef Chili



**Cheddar and
Chive Cornbread**



**Greek Yogurt
Cheesecake
Cups**



Cheddar and Chive Cornbread Recipe

Ingredients

- 6 tablespoons unsalted butter, melted, plus more for the baking dish
- 1 1/2 cups all-purpose flour
- 1 1/2 cups cornmeal
- 1 1/4 teaspoons baking soda
- 1 teaspoon salt
- 1/2 cup honey
- 2 large eggs
- 1 1/2 cups milk
- 1 1/2 cups shredded cheddar cheese
- 1/3 cup finely chopped fresh chives (or substitute green onions)

Directions

- Preheat the oven to 400 ° F and butter a cast iron pan or a 9-by-13-inch baking dish
- Whisk the flour, cornmeal, baking soda and salt in a large bowl
- Whisk the melted butter in a large bowl with the honey until well combined
- Add the eggs, one at a time, whisking well after each addition
- Add the flour mixture in 3 batches, alternating with the milk
- Fold in the cheese and chives and beat until just combined
- Transfer the batter to the prepared baking dish
- Bake until golden brown around the edges and a toothpick inserted into the centre comes out clean, about 20 minutes
- Serve warm or at room temperature





Field Notes from Andrew

Thoughts on Online Learning

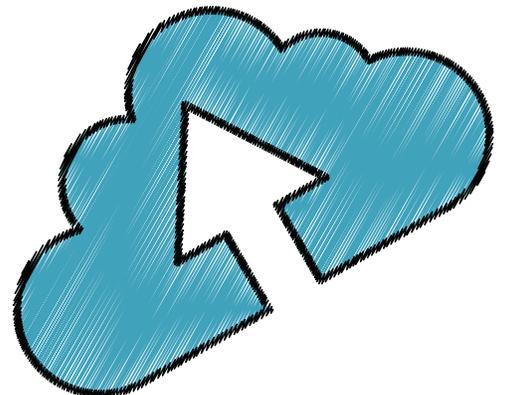


Everywhere you look people are adapting to the “new normal” that COVID-19 has created. We see new consumer food trends emerging where people have had to shift from eating out at restaurants to cooking from home, or where yeast and flour sell out at grocery stores as people try their hand at baking bread from scratch.

While the situation giving rise to these food trends is not ideal, it is promising that families with children are showing such a high interest in cooking at home together. Our online monthly kids cooking classes continue to grow in popularity, surging from around 500 signed up for our April class to over 1100 signed up for our May class. Families in the group regularly post pictures of their children’s creations, check out the next page for some delicious student-made dishes from our March and April online classes.

Given the success of our online classes, we were excited when the Western Fair District approached us about making Agri-Food Week virtual so that we could bring more food education into the home classroom. The resources we’ve created will be able to be used again and again in future years for classes that attend field trips to go back home or back to their classroom and build on what they’ve learned!

We’re happy that we’ve had the opportunity to create excellent online resources that will outlast school closures, and look forward to gathering around the table once again!



Student-Made Creations





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, the Western Fair District continues to provide educational experiences for today's consumer.

The Western Fair District is four 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 6, 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 appreciate your support in helping Western Fair District and Growing Chefs! Ontario continue to cultivate love for farmers and food.

The 2019-2020 School Food Education Project is presented by our Title Sponsor:



With the generosity of the following community and corporate sponsors:

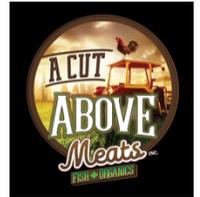


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Thank you for your investment in food education and the future health of our community.

