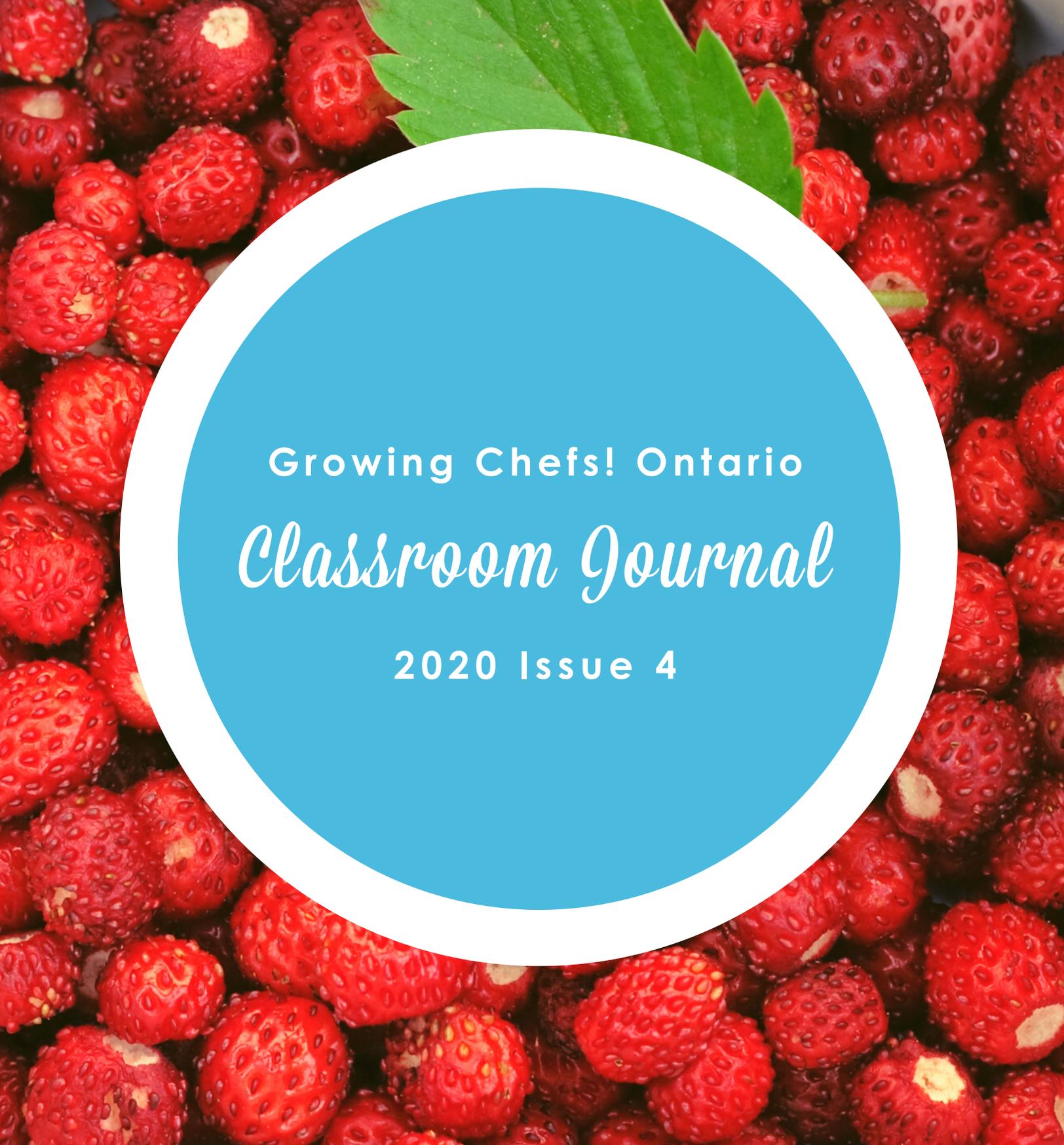




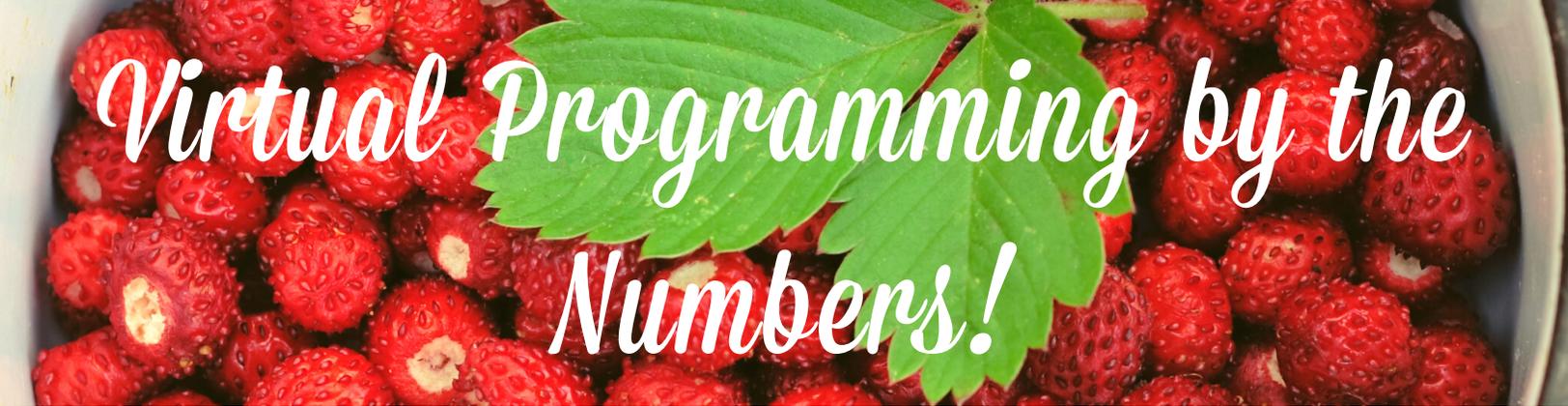
School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

A close-up photograph of a large pile of ripe, red strawberries with green leaves, serving as the background for the central text.

Growing Chefs! Ontario *Classroom Journal* 2020 Issue 4



Virtual Programming by the Numbers!

A lot has happened since we last updated you - our virtual participation has been steadily climbing!

- April online class - 400 virtual participants
- May online class - 1,400 virtual participants
- June online class - 1,500 virtual participants
- Additional recipe video posts shared on Instagram and Facebook averaged 1000-2000 views each
- Agri-Education Week with Western Fair District - 340 registrations (roughly 60 of them teachers who then shared with their classes)

As well, we secured contracts with:

- The Ontario Federation of Agriculture to create 12 videos for their Six by Sixteen program encouraging youth to learn 6 recipes by the time they are 16
- ReForest London, the London Public Library, the London Interfaith Peace Camp, and Thames Valley District School Board have each requested customized virtual programming which we have delivered in the past few months

Many more projects with partners are in the works!

Ahead of our monthly free online cooking classes, we release the ingredient and equipment lists (with visuals like you see below), so that when the videos are released, families can join in live and cook along with us. Join our facebook group to cook with us too!





Wild Foods

Turn lemons into lemonade - that's our motto lately!

The feedback we hear over and over from students and teachers is that they love how hands-on our programming is and all the emphasis we place on involving students.



When the pandemic shut down our in-person programming, we found a way to adapt our programming to be online and as interactive and engaging as our audience has come to expect from us!

A prime example of this has been our Wild Foods webinar series. We offered this webinar three times with three different partners, the London Public Library, the London Interfaith Peace Camp, and ReForest London, customizing it each time to their unique audiences.



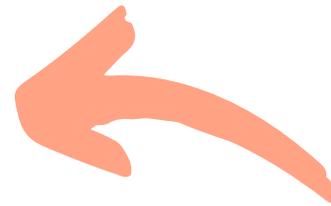
Children, youth and their families learned the basics of how to forage wild foods safely and sustainably and how to cook delicious seasonal recipes with them. Participants cooked along with us, practiced their observational and drawing skills, and participated in pop-quizzes and Q&A throughout. This engagement was exactly what we dreamed of!

The silver lining of moving into a virtual space has been our ability to reach people all across the province, greatly expanding our reach - we even had a couple participants join from other provinces!

Family Engagement



Can you guess what this flowering shrub is? In our Wild Foods webinars, we discussed the different features that can help you identify plants, then we all practiced drawing them to test our observational skills!



Many families chose to cook along with us live, this is one family's bee balm tomato sauce! Ready to serve up on some pizza or pasta for a delicious seasonal meal. See the next page for the recipe!



Bee Balm Tomato Sauce

Ingredients

- 2 lb ripe roma or san marzano tomatoes
- 1 tablespoon olive oil
- 2 cloves garlic, finely minced
- 2 tablespoons wild bergamot/bee balm (or substitute fresh or dried oregano), finely chopped
- 1 teaspoon local honey
- salt to taste



Directions

- Score the top of the tomatoes with an x, and blanch quickly in boiling water for about 20 seconds
- Remove from the pot and quickly place into an ice bath
- Remove and discard the skins, and cut the tomatoes into quarters
- Cut out the core of the tomatoes, removing the seeds and the watery middle
- Add tomatoes to a blender or food processor, and puree until smooth
- Add the minced garlic, chopped wild bergamot, olive oil, honey, and salt to taste, and pulse briefly until everything is just combined
- In a medium sized pot, simmer tomato sauce over medium low heat
- Cook for about 20 minutes, until sauce has thickened
- Taste and adjust with more salt as needed

Field Notes from Andrew



Plans for the Next Year

We have been as busy as ever with all of our education staff back full-time creating engaging online content including monthly kids classes, live webinars/cooking demos, and recipe videos for the Western Fair, Ontario Federation of Agriculture, Mushrooms Canada and many other partners.

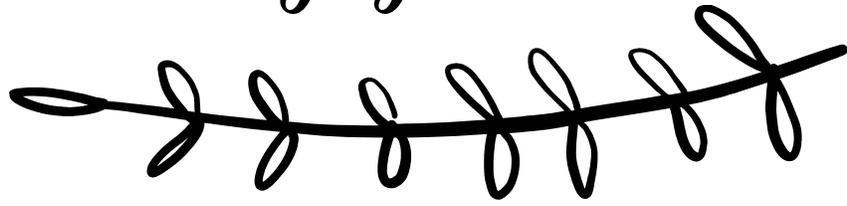
As part of our virtual shift, we have invested in new audio and video equipment and will be creating a new online platform filled with fun food education lessons and videos for teachers and families across the province. These resources are designed to help keep children cooking while we can't do in-person programming, but they will be able to be utilized well into the future. Stay tuned for an announcement on the website launch this fall!

Although we've seen much success with our virtual shift, we want to be well-placed to reopen our in-person programming as soon as we have the green light, and are also busy preparing our new programming space at The Grove at Western Fair District. We can't wait to show it to you!

Although we are carrying forward a small amount of funds from last year's school project to this year, we will still need a lot of support to get through the next year! There's never been a more important time to invest in food education for the health and sustainability of our food systems. If you have the means to support us this year, we really appreciate it and can't wait to see you back in person sometime soon!

Andrew Fleet
Executive Director

Our Learning Garden in Bloom





We thank you so much for your continued support and ask that you consider recommitting to financially supporting us in the 2020-2021 year

You can make a donation through our website growingchefsontario.ca/help-us-grow or contact andrew@growingchefsontario.ca

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



With the generosity of the following community and corporate sponsors:

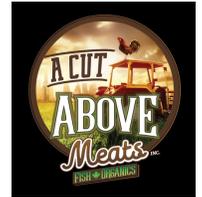


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Thank you for your investment in food education and the future health of our community.

