



School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

Growing Chefs! Ontario

Classroom Journals

2021-2022 Compilation



School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

Growing Chefs! Ontario

Classroom Journal

2021-2022 Issue 1

Back in person!

After nearly a year and a half of not being able to run in-person programming due to constantly changing restrictions - WE'RE BACK! And we can't wait to share with you everything that we've had growing on!

In July of 2021 we were finally able to open Growing Chefs! At The Grove, our new teaching kitchen at The Western Fair District, for our **Know Your Roots summer camp**. It was such a joyful experience to be able to welcome children into our kitchen to cook with us again! Then, in September, we launched our Advanced Culinary Program, the first of our Children's Culinary Series, which ran for 10 weeks through the Fall. We also re-launched our Growing Communities programming offering **41 in-person cooking classes** with **12+ community partners**. Wow! In total, by the end of December we had welcomed over **700 children and youth** at The Grove. A feat we are incredibly proud of, especially considering the capacity restrictions in place through that time.



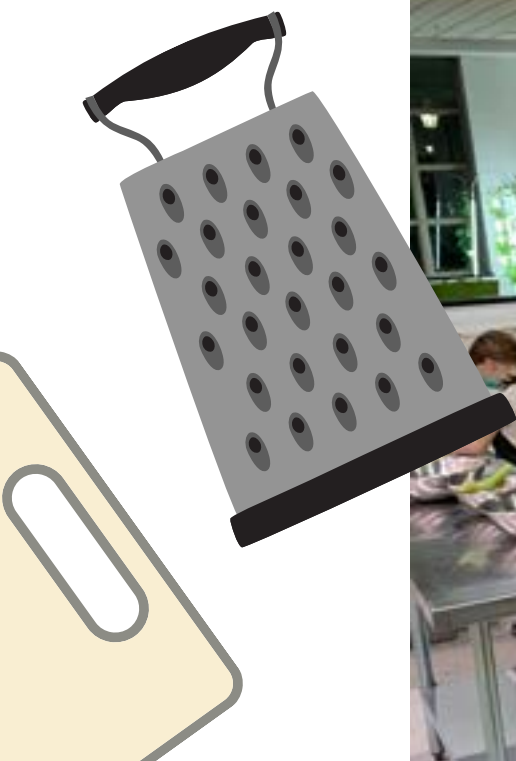
Back in person!

The return to in-person programming acted as a “light in the darkness” for many children and families (as well as our staff! - we missed it so much!). Many have told us how much their children have missed cooking with our Chefs. We’ve heard stories of how after coming home from our programs, parents would see their child smiling, happy and excited to talk about everything they did with us, something that we were told was often a rare occurrence through the lockdowns. We are so grateful for the opportunity to once again share our love of food directly with our participants, and hopefully to brighten their days a little.

Keep reading to see just a few of the messages we’ve received from families that have participated in our culinary programs this summer and fall:



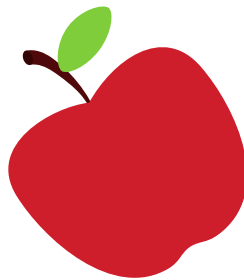
Back in person!



Testimonials



"Thank so much for all your help getting my daughter settled and comfortable. She is now so happy to go to Growing Chefs on Tuesday nights and then come back and share what she's made. She consistently helps with food prep at home (lots of chopping veggies). Her knife skills are better than mine! I couldn't be more thrilled she is developing this interest!"



"Has been as always a wonderful program and my son loves it, and I just want to share with you that this week we had the feedback from the nutrition teacher from school and he was impressed how my son gets involved and participates actively in the class. The teacher asked us if he cooks at home and we said that yes and he goes to Growing chefs for culinary classes and he said that he sees the skills he has gained during the time that has been in Growing chefs."



Testimonials



“My daughter had such a good time, she asked if she could do it again today!”

“I just want to let you know that my daughter had the most amazing time last night. I heard all of the exciting details and she was so proud of herself. Thank you for this amazing opportunity to help her grow and foster her independence in the kitchen. We will be sure to sign up again!”



Field Notes from Chef Ryan

Hi! My name is Ryan and I'm the Lead Programming Chef at Growing Chefs! Ontario.

This past summer, we were finally able to return to in-person programs and our team was bursting with ideas! Two of them being a brand new Advanced Culinary Camp and a 10-week Advanced Culinary Program. We focused on recipes and techniques that we took straight out of our chefs' time spent in culinary school. Each day focused on a different theme:

Day one - Foundations - we learned knife cuts, how to make stock, and made a fresh pasta and a simple salad

Day two - Classic French techniques and mother sauces

Day three - Breads and pastries

Day four - International cuisine and spices



We certainly pushed the participants to try new ingredients, recipes and techniques and they rose to meet the challenge!

During our international cuisine day, the participants learned about popular spice blends from around the world and how to use them. Some of the dishes that were created from those spice blends were advieh rice pilaf, berbere chicken and lentils, togarashi prawns and cabbage, chicken tikka masala and my personal favorite, a tomato salad with labneh and za'atar. Check out the recipe on the next page to recreate it at home! We used a variety of heirloom tomatoes that were fresh from our garden and dolloped on rich, creamy labneh and finished it off with herbal za'atar. It was the perfect summer dish and a hit with the participants.

Returning to in-person classes has been so rewarding. It has re-sparked that feeling of why we're here, what our mission is and the impact we can make.

I can't wait to see what other culinary adventures await!



Tomato Salad with labneh and za'atar

“Beautiful bright heirloom tomatoes have a great texture, and are complimented with the bright lemony flavour of zaatar. This salad is a delicious accompaniment to grilled meats in the summer.”

Yield: Serves 4

Difficulty: Intermediate

Ingredients

3/4 cup labneh
2 pounds heirloom or cherry tomatoes
3 tablespoons olive oil
1 clove garlic, very finely chopped
1 tablespoon fresh lemon juice
3 tablespoons zaatar spice
Salt to taste

Equipment

Measuring cups
Measuring spoons
Bowls
Fine mesh sieve
Spatula
Whisk
Cutting board
Chef's knife, or paring knife
Tasting spoons
Dish towel



Tomato Salad with labneh and za'atar

Get Organized!

Gather your mise en place: get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

Measure out labneh, olive oil, and za'atar spice.



Let the labneh sit in a fine sieve over a bowl, and leave at room temperature for 1 hour, to drain as much liquid as possible.

Very finely grate the garlic with the rasp, or chop the garlic with a chef's knife very finely.

Cut the lemon in half, and squeeze out the juice. Measure out 1 tablespoon of juice.

Cut the tomatoes into thin slices, or if using cherry tomatoes, cut them in half.

After the labneh has been sitting for an hour, roll the labneh into small balls, about half the size of a golf ball.

Mix together the lemon juice and za'atar spice, and slowly drizzle in the olive oil, whisking constantly as you add the oil. Season with salt to taste.

Get Cooking!

In a large bowl, mix together the tomatoes with about half of the dressing, and season with salt. Toss them together, and transfer them to a platter. Garnish the tomatoes with labneh balls, and drizzle with additional dressing. Enjoy!

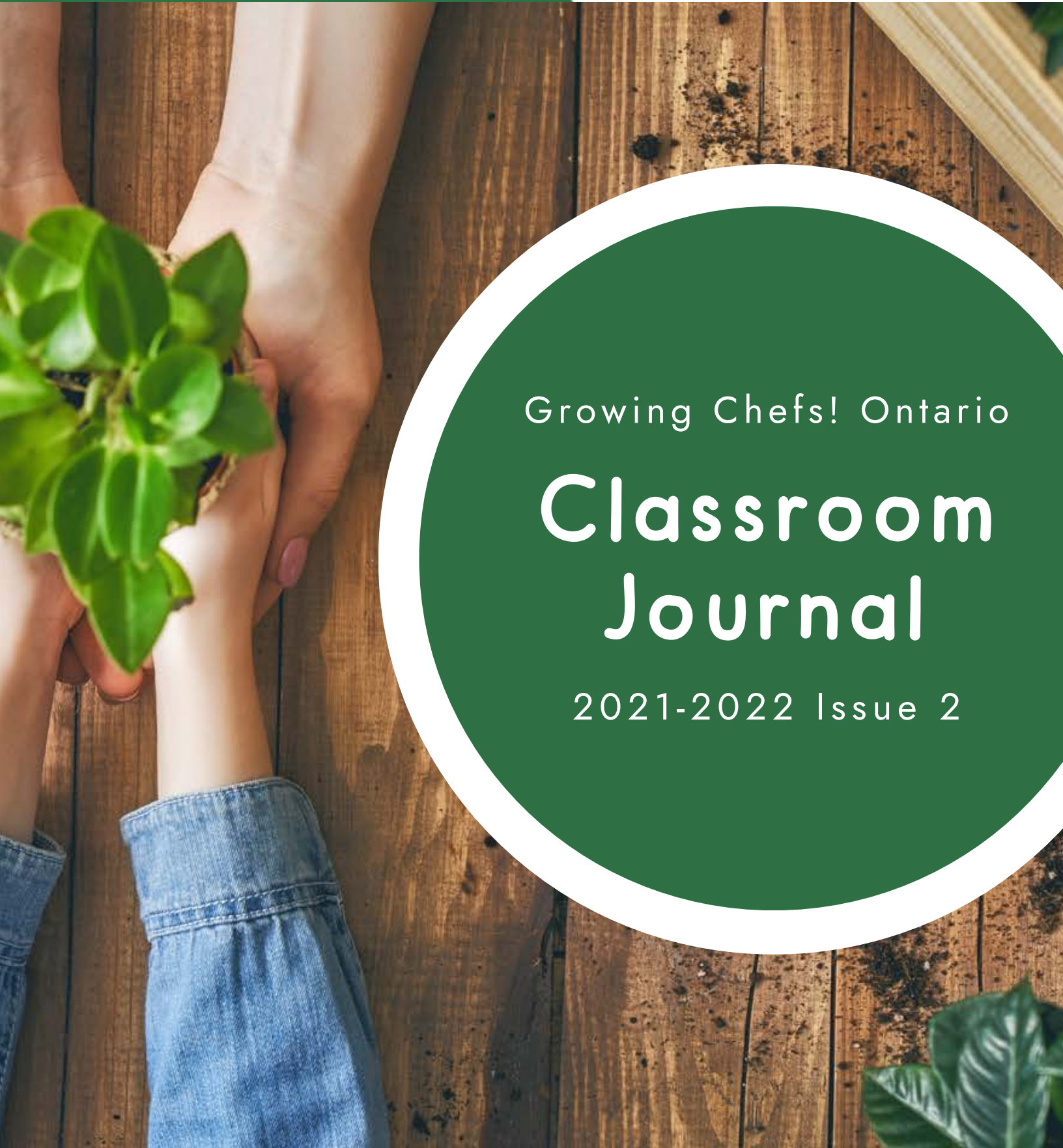




School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION



Growing Chefs! Ontario

Classroom Journal

2021-2022 Issue 2

Let's Get Growing!

One of the most exciting features of our new space at The Grove is our new heated greenhouse, located right in the middle of the horse racing track at the Western Fair District. A quick walk from our new teaching kitchen, this beautiful greenhouse gives us the opportunity to provide participants with a first hand look at how food grows, and immerse them into the complexities of managing an independent ecosystem (check out our praying mantises on page 8 - part of our integrated pest management strategy). Because our growing season and the school calendar don't line up, there have been a lot of limitations when trying to integrate gardening into our school project curriculum. But with our new greenhouse, we can provide participants a glimpse into the entire food system year round!

As well, the new greenhouse is able to produce a surprising amount of food! With generous help from our amazing funders (you!) and Libro Credit Union, we were able to launch our community food box program with the Ontario Student Nutrition Program (ONSP) in the fall of 2021. We harvest twice a month, package everything up into 20 beautiful food boxes, add in a few donations from the London Food Bank, and the ONSP volunteers deliver these boxes directly to families that rely on them. It has been one of the most rewarding projects Growing Chefs! has ever been involved in, and we are so grateful for all of the efforts of our partners in this incredible collaborative project.

As you explore this journal you will see photos of our greenhouse, community food boxes, and garden programs. We are so excited to share with you everything we have growing on in the new Growing Chefs! greenhouse at The Grove.



By the Numbers

Community Food Box Program

October 2021 - present

- **142** community food boxes delivered
- **368** pounds of fresh produce harvested from our greenhouse
- **751** pounds of Food Bank donations saved from the landfill
- **\$5018** total value of food boxes
- **51** volunteer hours of meaningful community engagement

Educational Garden Programming

July 2021 - Present

- **28** sessions
- **591** participants and volunteers
- **22** community partners

Field Notes from Ilana

Hi, I'm Ilana and I run our garden programming, including programs in our new heated greenhouse!

Our Growing Community Greenhouse is part of our Food Education Centre at The Grove at the Western Fair District. We use this greenhouse to engage children, youth, families and volunteers, in year-round, hands-on learning about our local food systems while growing fresh, organic produce for households in need. Since our initial seeds in the greenhouse were sown in October 2021, we have harvested 368 pounds of fresh produce from our heated greenhouse, providing over 140 Community Food Boxes to families in need through our partnership with the Ontario Student Nutrition Program South West Region. We have also saved over 600 pounds of excess food donations from the landfill in partnership with the London Food Bank.

The feedback from the participating families has been that the quality of the produce is superior to what they see in grocery stores and stays fresher for longer, and that it is very meaningful and helpful to them to receive it regularly, for free, and brought right to their homes by a trusted school support counsellor.

The bulk of the produce grown in our greenhouse over the winter was greens, herbs, and root vegetables. Check out our herby pesto recipe on the next page to see how we made use of some of our greens, Find this recipe and so many more in the recipe section of our website.

I can't wait to see what our first spring in the greenhouse has in store. Let's get growing!



Herby Pesto

From the Italian word “pestare,” meaning to “pound or crush,” pesto is a perfect way to use up a surplus of basil and other greens. Traditionally made with pine nuts, we substitute pumpkin seeds to keep it nut free.

Difficulty: Beginner

Yield: 2 cups

Ingredients:

1 1/2 cups fresh herbs, packed
2 cloves garlic, chopped
1/2 cup pumpkin seeds
1/2 lemon, juiced
1/2 cup parmesan cheese, grated
1 cup olive oil, or more as needed
Salt to taste
Pepper to taste

Equipment:

Measuring cups
Measuring spoons
Food processor
Grater
Spatula
Cutting board
Chef's knife
Tasting spoons
Dish towel



Herby Pesto

Get Organized!



Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

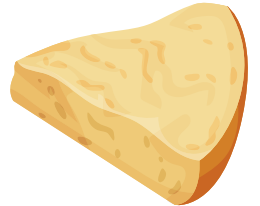


Get Prepped!

Prepare the herbs by removing the leaves from the stem and discarding the stems.

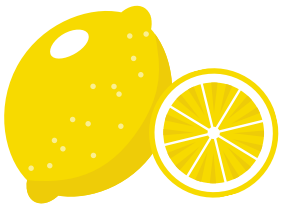


Grate parmesan cheese.



Remove peel from the garlic and chop roughly.

Cut lemon in half, and squeeze out juice, making sure to dispose of the seeds.



Measure out pumpkin seeds and olive oil.



Get Cooking!

In the bowl of a food processor combine the herbs, sunflower seeds, garlic, parmesan, and a squeeze of lemon juice. Begin to blend.

While blending, drizzle in the olive oil to reach the desired consistency.

You can make your pesto as textured or smooth as you like. Season to taste with salt and pepper. If the pesto tastes flat, usually a pinch of salt and a squeeze of lemon is all it needs. Pulse to combine.

Enjoy!



"Thank you so much for everything you do! It is such important work for all our families. They are thrilled to have such fresh produce and are very thankful."

- School support counsellor

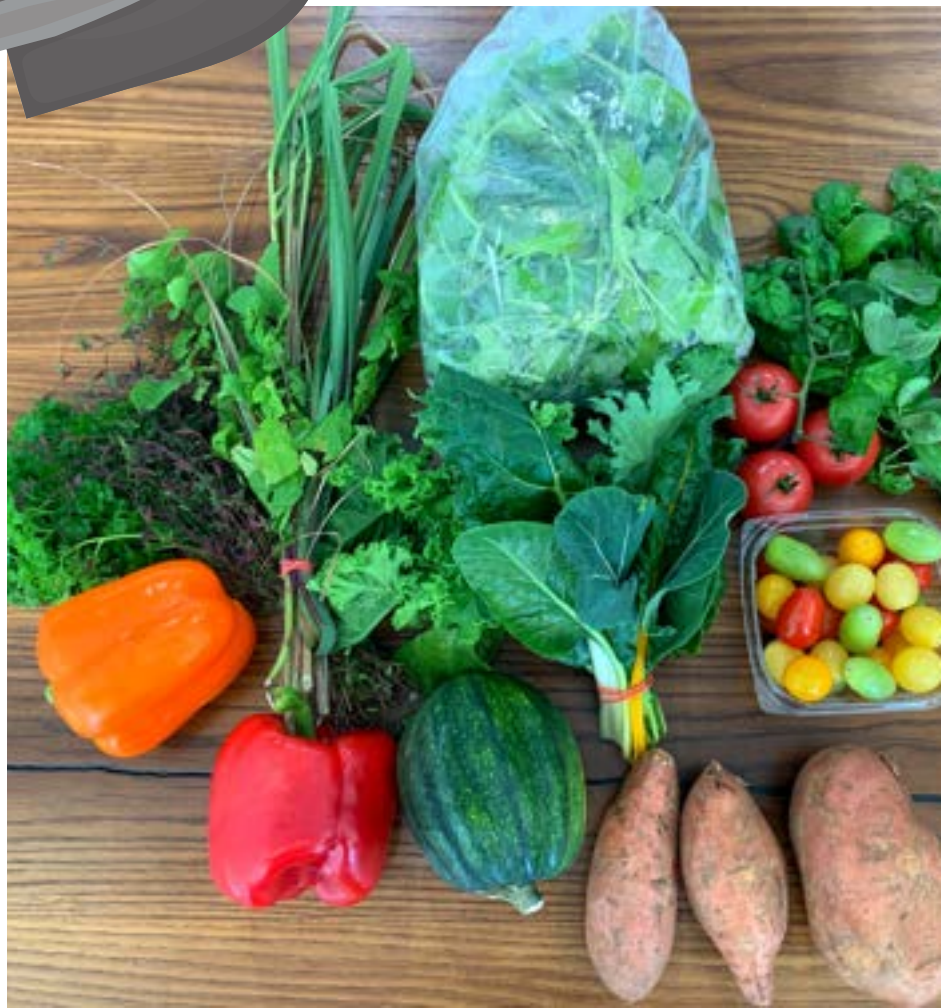
"It's exciting to open the bags, it's like a present! I thank you for all the love and care that you put into the vegetables, I feel lucky to receive them."

- Food box recipient



"It makes me feel good knowing what I am doing to help in the garden is going to help people who need it, everyone should have good food."

- Garden volunteer









School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

Growing Chefs! Ontario

Classroom Journal

2021-2022 Issue 3



Let's Get Virtual!

Returning to in-person programming in the fall really kicked us into high-gear with finalizing and launching new high-impact programs that we've waited for years to implement. When the province-wide lockdown was implemented in January, we once again lost some of that momentum. However, we switched gears back to virtual program delivery and have since seen a trend towards a hybrid model of in-person and virtual programming. This brought about a silver lining of being able to reach a broader audience across Ontario and Canada.

Many of our virtual programs include recipe kits that allow participants to cook along with us, thus increasing engagement, interaction and hands-on learning. Several exciting partnerships have come from this shift back to virtual, including a new partnership with the Ontario Physical and Health Education Association (Ophea), who are now hosting some of our [Food Literacy lesson plans](#) and video resources on their website for teachers across Ontario to explore and implement in their classrooms.

Through a partnership with Farm to Cafeteria Canada, we created a [Teaching the Curriculum Through Food video series](#) to support and inform teachers and volunteers across Canada who are looking to bring food literacy into their classrooms and engage students through food. The videos focus on designing hands-on activities and positive approaches to food and food systems and are aimed towards Kindergarten – Gr 8 classrooms.

Keep reading



Let's Get Virtual!

Over the past two years, we have invested heavily in audio and visual equipment to create our video resources and live virtual programming. This equipment is also used for live in-person programming now that restrictions are lifting. We expect that even after the pandemic, we will continue to hold webinars that allow us to reach homes and classrooms across Ontario and Canada.

Another win we are celebrating is that Ontario has unveiled a new science curriculum that explicitly includes food literacy. This is a huge step forward and something that we've been helping work towards for over 10 years, as part of achieving our mission and vision. We've now had teachers from all across our school boards coming for professional development with us and learning how to integrate food literacy into their classrooms. More on this in our next classroom journal! Keep reading to see some snapshots from our virtual programming this past year!



By the Numbers

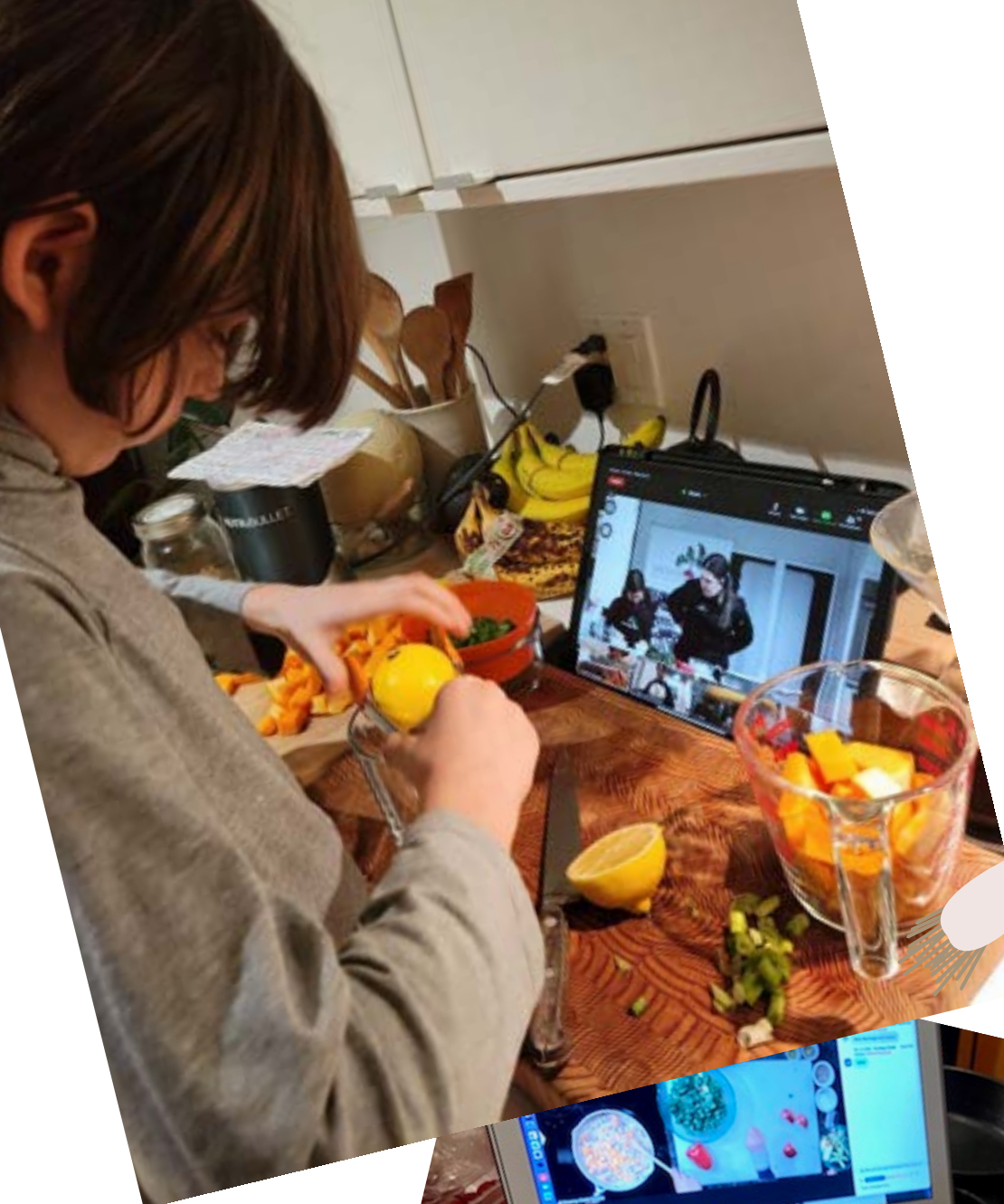


Virtual Programming

July 2021 - present



- **105** live virtual programs held
- **3559** live virtual participants attended
- **481** recipe kits distributed for virtual programs
- **86** online resources created, including lesson plans, teacher-training videos, recipe videos, and more!
- Some of the many partners we worked with on virtual programming include: **Thames Valley District School Board, London District Catholic School Board, Niagara District School Board, Ontario Physical and Health Education Association, Young Canadians Roundtable on Health, Farm to Cafeteria Canada, AgScape, Ontario Edible Education Network and London Environmental Network**



Field Notes from Emily!

Hi, I'm Emily, the Programming and Events Coordinator at Growing Chefs! Ontario.

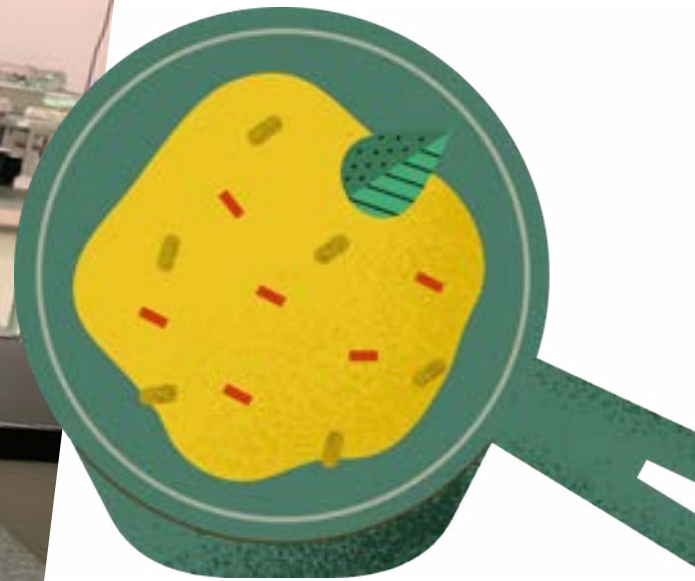
With events and programming continuing to take place virtually, I have had the opportunity to step behind the camera as a videographer and moderator. Not only has this given me the chance to hone my camera and tech skills but virtual programming has provided us, as an organization, the ability to connect with students, families and communities across the province! Our webinars have allowed classes and community groups and families to come together to cook at home!

The joy of virtual programming is being able to engage with children and their families at home in their own kitchens. By participating in our webinars, families have the opportunity to see firsthand how capable and confident their growing chefs can be in the kitchen! Families also get to see how easy and FUN it is to make delicious and healthy snacks at home. Keep reading to find our recipe for Frozen Raspberry Yogurt Bark which has been a favourite to make in our After-School Snacks webinars!

The highlight of any webinar is towards the end, when participants excitedly show off their culinary creations to the Chefs. It is so much fun to see how excited our participants are with their final dishes, and their creativity in their plating!

For me, participating in our webinars has been the best reminder of how food can bring us together and create community from anywhere!





Raspberry Frozen Yogurt Bark

Cool, creamy, tart and sweet, this raspberry bark is the perfect summer treat!

Difficulty: Beginner

Yield: Serves 4-6

Ingredients:

2 cups plain greek yogurt
4 tablespoons maple syrup, honey or other sweetener of choice
1/2 teaspoon vanilla extract
1 cup raspberries
1 tablespoon sugar
2 tablespoons roasted sunflower seeds, roughly chopped

Equipment:

Cutting board
Paring knife
Measuring cups
Measuring spoons
Two large mixing bowls
Bowls of various sizes for ingredients
Spatula
Spoon
Fork
Baking sheet lined with parchment paper
Dish towel



Raspberry Frozen Yogurt Bark

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.



Get Prepped!



Measure out the yogurt, sweetener, vanilla, raspberries, sugar and sunflower seeds.



Roughly chop the sunflower seeds.



Get Cooking!

In a large bowl stir together the yogurt, sweetener and vanilla until well combined.

In a separate bowl, mix half of the raspberries and the sugar and mash together with a fork. The raspberries should have a jammy consistency.

Pour the yogurt mixture onto the parchment paper lined baking sheet and spread out evenly so that it is about 0.5 centimeter thick.

Using a spoon, dot the jammy raspberries all over the yogurt and swirl it in.

Press the remaining raspberries into the yogurt all over the surface.

Sprinkle over the sunflower seeds and place into the freezer to chill and set for at least 3 hours.



Break the bark into shards and serve

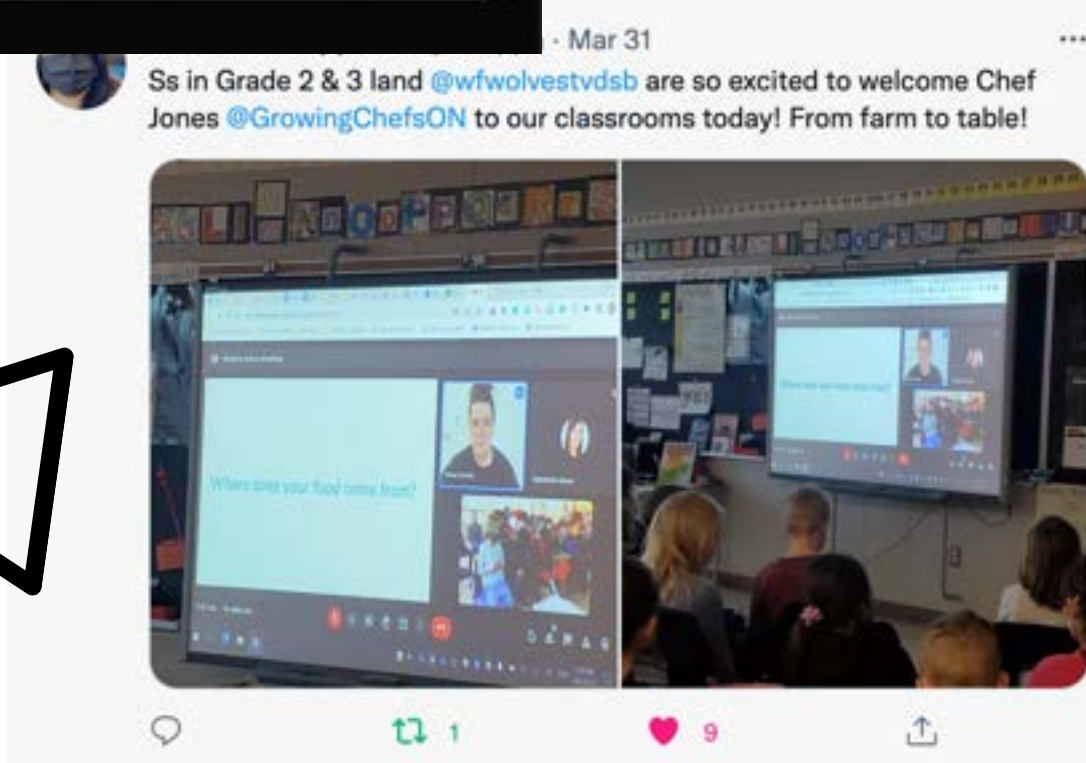
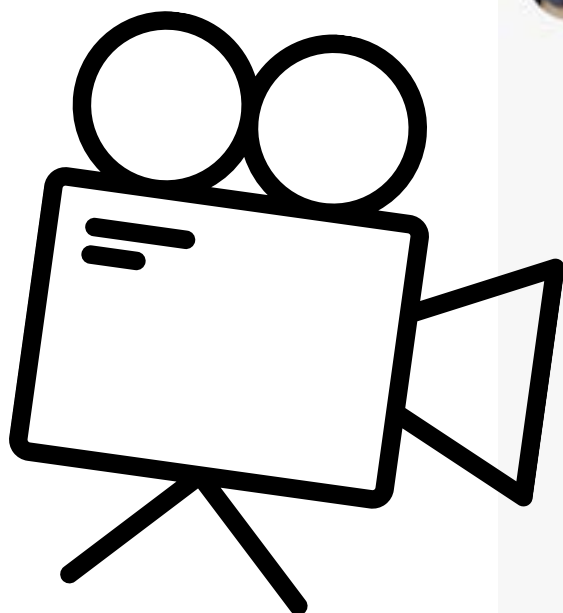
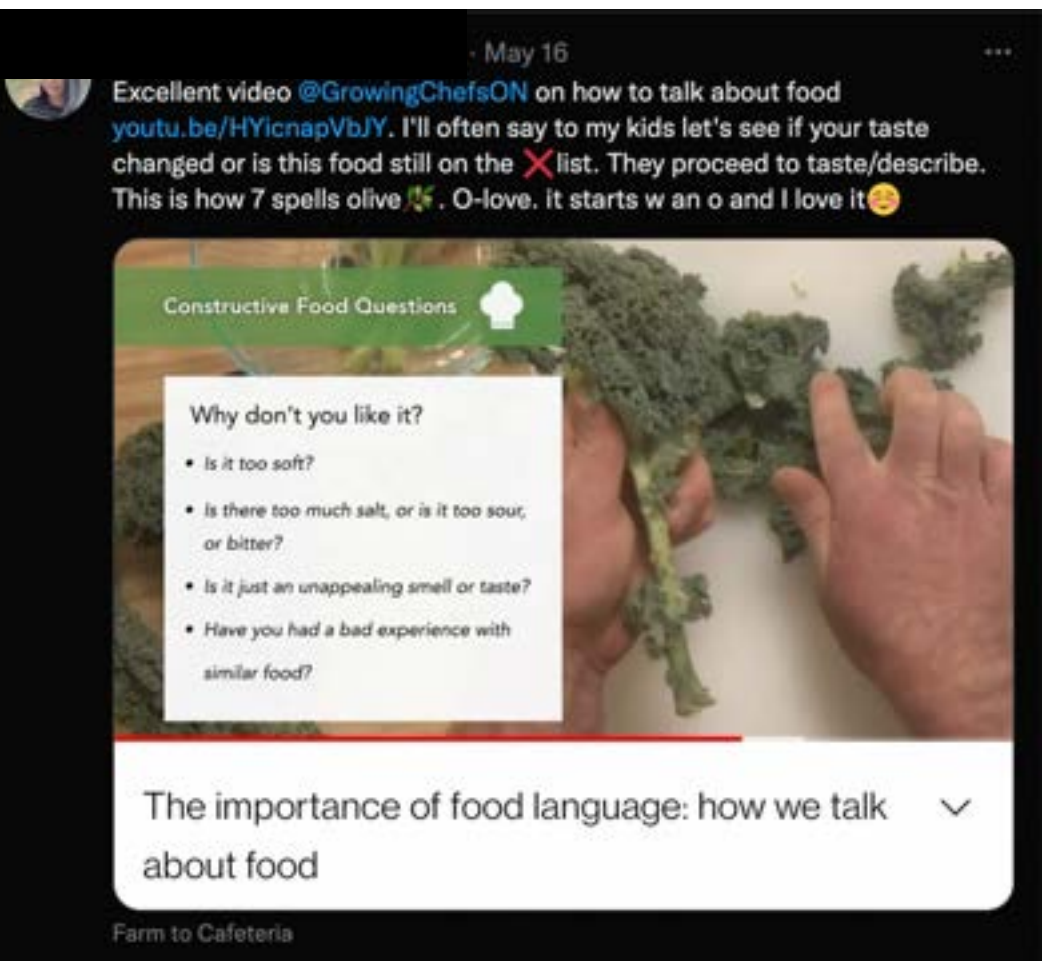


Enjoy!

We love when participants share their feedback with us on social media. Especially photos of the finished dishes!



We are so excited to be able to reach into homes and classrooms all across the province with our virtual platform!





School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

Growing Chefs! Ontario

Classroom Journal

2021-2022 Issue 4

Our doors are open!

At Growing Chefs! we often talk about impact in terms of the # of children and families we reach, but we all know there is so much more to measuring impact than just numbers on a page. It's about quantity AND quality.

As COVID-19 restrictions eased this spring, we were so delighted to be able to open our doors wide and welcome students into our new space at The Grove. As we begin working in-person with schools again, we are taking the opportunity to carefully consider the best and most impactful way we can rebuild our educational programming.

We've learned a lot over the past two years about how to maximize the impact of our programming: we've looked at virtual vs in-person, one-time programs vs series, culinary only vs food systems programs. And we are so excited to both share what we've learned, as well as implement those findings moving forward as we create a new program delivery model for the future.

School field trip highlights from this past Spring:

Since January, we have worked with several school groups including the Cornerstone Alternative Education Centre, School Within a College and the First Nations, Metis, Inuit (FNMI) Program at Beal Secondary School to pilot our first field trips in nearly two years. We worked with each of these groups on 4-6 occasions, because we have found that repetition provides the essential practice needed for children and youth to master new skills and increase their confidence in the kitchen (and garden!).

Keep reading



Our doors are open!

With the FNMI program from Beal, we worked with indigenous knowledge keepers (Chef Dwayne Hill and Thomas Martel) to explore indigenous recipes, plants, and culture both in the virtual classroom, learning kitchen, and in our gardens and greenhouse. With School Within a College, we explored a different culture with each week's menu, and linked what we made to what they were learning about in their Food and Culture course. Cornerstone students cooked with us several times, and visited our greenhouse and the food forest nearby to learn more about the entire food system.

We are so grateful to be back, working with schools and students, in person, in our amazing new facility. We have missed this, more than anything else over the past two and a half years. Thank you for helping to provide us with the opportunity to do what we do: deliver high-impact programs and cultivate collaborative relationships that will last for years to come. Thanks for coming with us on this journey!



By the Numbers

Programming

July 2021 - July 2022



135 in-person programs



105 live virtual programs



2,352 in-person participants



3,559 live virtual participants

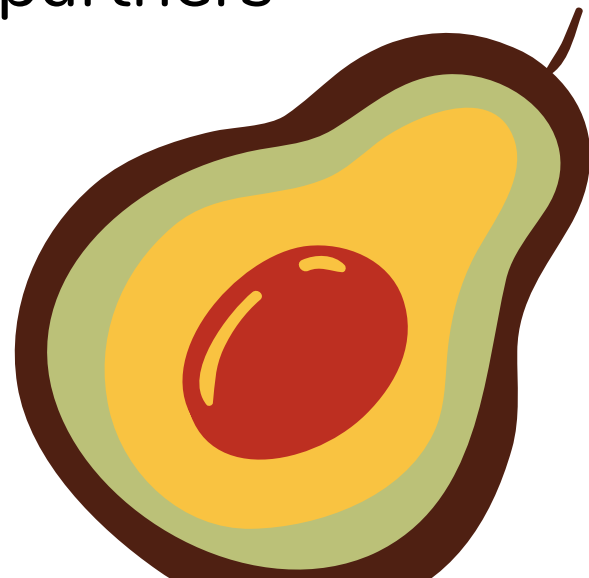


11,118 online resource views and
downloads



66 schools/community partners

**HOLY GUACAMOLE
THAT'S A LOT!**





**Cornerstone
students exploring
our greenhouse!**



"TVDSB Innovation has thoroughly enjoyed learning with Growing Chefs. We've appreciated your customized approach to make each learning experience personalized for the students participating. Our Indigenous students were engaged and excited to learn and make cultural dishes. Our English Language Learners were inspired by your outdoor garden to practice naming plants in English. Our French program also greatly enjoyed visiting your space. We value your approach to education and look forward to continuing to grow our collaborative opportunities."

Laura Briscoe (TVDSB Innovation)

Students from the First Nations, Metis, Inuit Program at Beal learned traditional recipes from Chef Dwayne, and participated in planting a three sisters garden in one of their field trips to the Grove.



**The Three Sisters
(corn, beans and squash)**

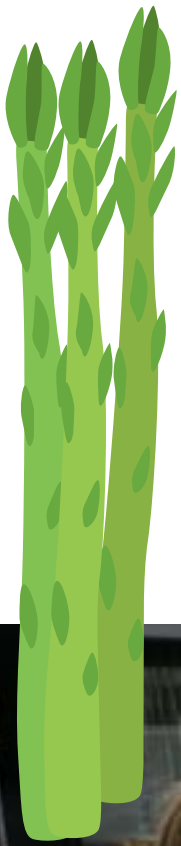


Guest Chef Dwayne Hill



**Oven bread with wild
rice and venison**





"My son had an amazing time tonight and informed me that even though he doesn't normally like any of those foods (chicken, asparagus and cheese) he LOVED them all. He had a blast and is excited to join the program again next month. He was so excited to tell us about everything he did and said he will eat asparagus from now on if I let him make it 'that way'."

Natasha M (Monthly Kid's Cooking Class)



"Growing Chefs! is the BEST field trip every year for my students. The staff are fantastic (knowledgeable, personable and caring), the skills and knowledge students learn are relevant and interesting, and the food is delicious!"

Jenn G (Cornerstone Field Trip)



Field Notes from Chef Nick!

Hi, I'm Chef Nick!

Myself, and the rest of the Chef team, are absolutely thrilled to get back to in-person programming! Working face to face with the students is always a blast; it allows for so much more back and forth dialogue, as well as the most fun part of the job, seeing the thrill on their faces when they plate up an amazing dish!

All of the students from our recent field trips have been full of enthusiasm and ready to learn, and with many of them at an age where they will be moving out and living on their own soon, the impact of the skills we taught felt much more immediately applicable in their day to day lives. The students were also very adventurous with trying new foods, such as our salsa roja (recipe on the next page!), which as Chefs, we always love to see.

By far the most rewarding part of my job is working with students that may have disadvantages in their home life. Having access to healthy and delicious food is something I think everyone should have, and I feel it is such a privilege to be able to provide an experience for some students they may not have otherwise been able to have.

Chef Nick





Salsa Roja

This sweet red salsa is great on its own, with nacho chips or the perfect side for pupusas!

Difficulty: Beginner

Yield: 1.5 cups

Ingredients:

1 28 ounce can tomatoes, diced or crushed
1/2 head of cilantro
1 small onion, diced
1 clove of garlic, minced
2 tablespoons apple cider vinegar
1 teaspoon sugar
2 teaspoons dried oregano
salt to taste

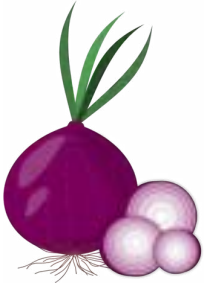
Equipment:

Cutting board
Pairing knife or chef's knife
Measuring cups
Measuring spoons
Bowls various sizes for ingredients
Blender
Medium pot
Wooden spoon
Tasting spoons
Dish towel



Salsa Roja

Get Organized!



Gather your mise en place; get together all of the equipment needed for the recipe and gather your ingredients.



Get Prepped!

In a blender or food processor, purée tomatoes, onion, garlic, apple cider vinegar, sugar, oregano and salt.



Get Cooking!



Pour tomato mixture into a large pot, and heat to medium heat. Cook for about 20 minutes until mixture has thickened. Partially cover the pot with a lid to avoid it sputtering and burning you.

Let cool, and serve alongside pupusas. Salsa roja will keep well in a covered container in the fridge for up to two weeks.

Enjoy!



"We are so thankful for your generous contributions today! Our participants and staff all had a blast, feeding our minds and our bellies with lots of goodies. You know, if every Londoner had the experience we all had today, we would be a different city with a lot more diverse ideas for our kitchens, gardens and our neighbourhoods (including our neighbourhood shops!)."

Great job again and thanks for all that you do."

Gabor S (Grove Tour)



"I have been to Growing Chefs! a few times and I love the cooking and craft activities so much! I told my parents that I want to be a Chef or artist when I grow up!"

Ella W (Growing Chefs! participant)



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 seven 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 five 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 Experience. 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.

Sponsor Spotlight



The Ontario Student Nutrition Program (Southwest Region) has been a strong supporter and partner of Growing Chefs! Ontario over the past two years. We currently partner with them on our Community Food Box Project, but their reach extends much larger. OSNP administers funding and provides program support to over 480 schools across Southwestern Ontario to develop and implement healthy breakfast, snack and at times, lunch programs. Their programs serve thousands of children across the province to ensure that they attend school well nourished and ready to learn.

What they do:

- Deliver fresh & affordable food to programs in 350+ schools through their bulk purchasing program.
- Invest in evidence-based research on health and academic outcomes associated with programs.
- Provide ongoing support for programs and assist with the startup of new programs.
- Coordinate with school boards, public health units and other communities.
- Support local farmers, producers and distributors.

OSNP-SW by the numbers:

- 113,641 students served
- 18,436,294 breakfast or snacks served
- 5,714 volunteers
- 315,421 volunteer hours
- 8 OSNP communities
- 471 OSNP programs, spanning
- 10 counties across SouthWestern Ontario

Find out more about this amazing program and how they work, [here](#).

Sponsor Spotlight

Richard and Shelley Baker Family Foundation



The Richard and Shelley Baker Family Foundation was incorporated in 2002 and they have contributed over \$600,000 to the community since then.

The goals of the family foundation are:

- To make a significant contribution to individuals and their community
- To support people and institutions that have made a difference to their family
- To empower individuals with their grants and build self-sufficiency
- To create a legacy of family giving that extends over many generations

Having been supporters of Growing Chefs! for over ten years, Shelley started with an appreciation for healthy eating and nutrition and wanted to find ways to support organizations that help families with food literacy. They have been amazed as we've continued to mature and reach thousands of children and families every year.

Sadly, Rick passed away from pancreatic cancer in 2020, but his legacy continues to live on through the Baker Centre for Pancreatic Cancer and through the lives he has undoubtedly changed because of his ability to recognize an opportunity and stop at nothing to see it realized.

Sponsor Spotlight



Libro exists to grow prosperity in southwestern Ontario by transforming banking. Libro invests 100% of profits back into the people, businesses and communities they serve. One of the ways they do this is by supporting organizations that are making a positive local impact. Through their Annual Grants program, Libro funds initiatives helping address local priorities aligned with their pillars of financial resilience, employment, local food accessibility and housing.

Since 2012, Libro has been a strong supporter of Growing Chefs! Food Education Projects. With Libro's generous support, our Community Food Box program has been able to flourish and grow. Together with Libro and the Ontario Student Nutrition Program Southwest Region, Growing Chefs! Ontario is increasing local food accessibility in our community.

Help Us Grow!

Growing Chefs! Ontario needs your support! We are a registered non-profit charity based in London, Ontario; incorporated since 2008. We rely on the support of individuals, corporations and our community in order to operate.

For 15 years, we have been creating and providing impactful, hands-on cooking and food literacy programming for families and schools in our community and beyond, regardless of financial, social or logistical barriers.

Growing Chefs! Ontario continues to be funded through contributions from local businesses and organizations, as well as our own fundraising efforts. It is very important to us that our programs be offered at no cost to schools/ families so as not to exclude anyone from being able to participate.

We are currently in the process of fundraising for our 2022–23 Food Education Programs! Help us reach over 10,000 participants again this year! Reach out to us directly to discuss, or make a direct donation [here](#), with our thanks!

Growing Chefs! Ontario
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Growing Chefs! Ontario



@growingchefsontario



@GrowingChefsON

The 2021-2022 School Food Education Project
is presented by our Title Sponsor:



With the generosity of the following Community and Corporate
Sponsors:



Colborne Street United Church
Local Outreach Committee



We are fortunate to have the generous support of Grants,
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We are fortunate to have the generous in-kind support of:



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



Growing Chefs! Ontario is a registered charity in London, Ontario and has been incorporated since 2008

Changing the way children, youth, families and the community learn about and develop healthy relationships with food

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