



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!

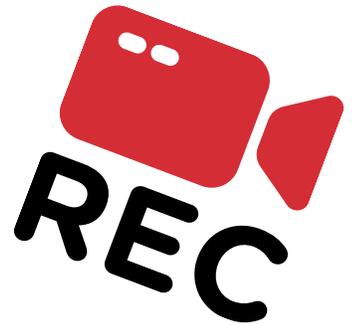


By the Numbers

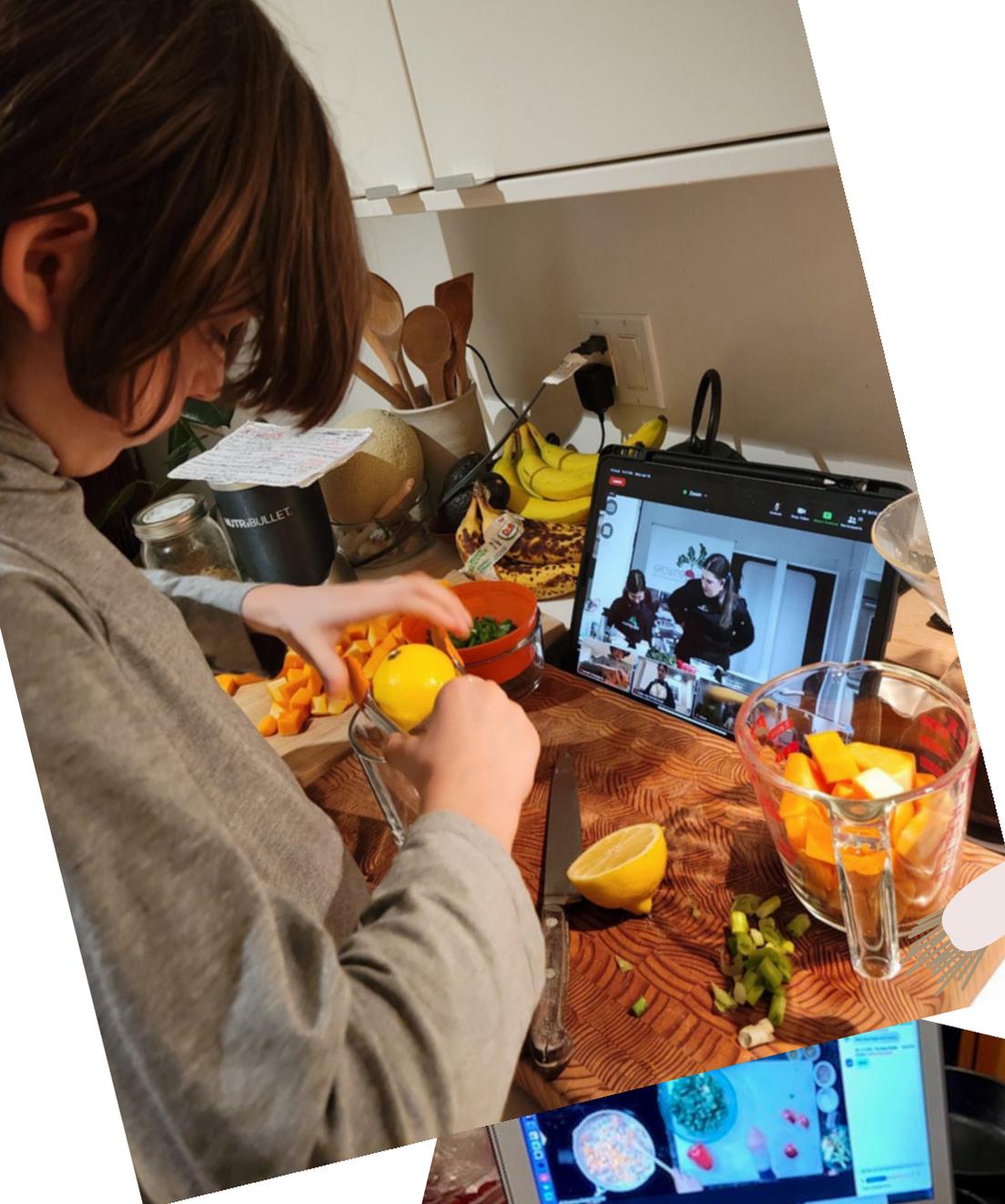


Virtual Programming

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!

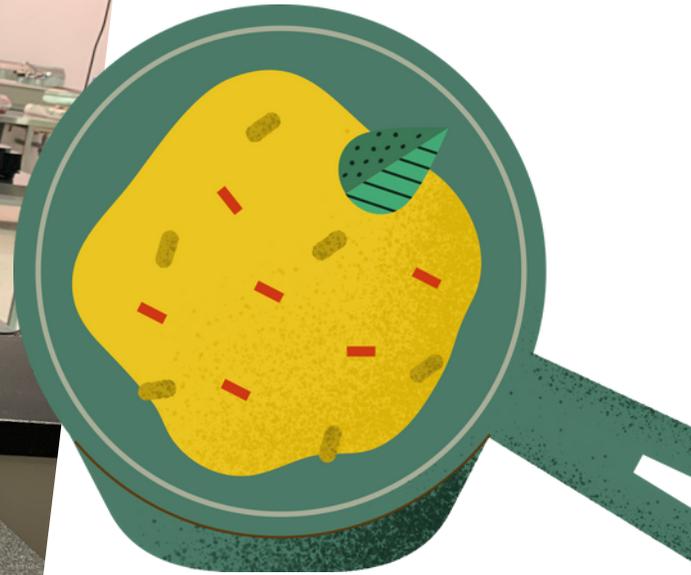
The joy of virtual programming is being able to engage with children and their families at home in their own kitchens. By participating in our webinars, families have the opportunity to see firsthand how capable and confident their growing chefs can be in the kitchen! Families also get to see how easy 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!



 **LIVE STREAMING**



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

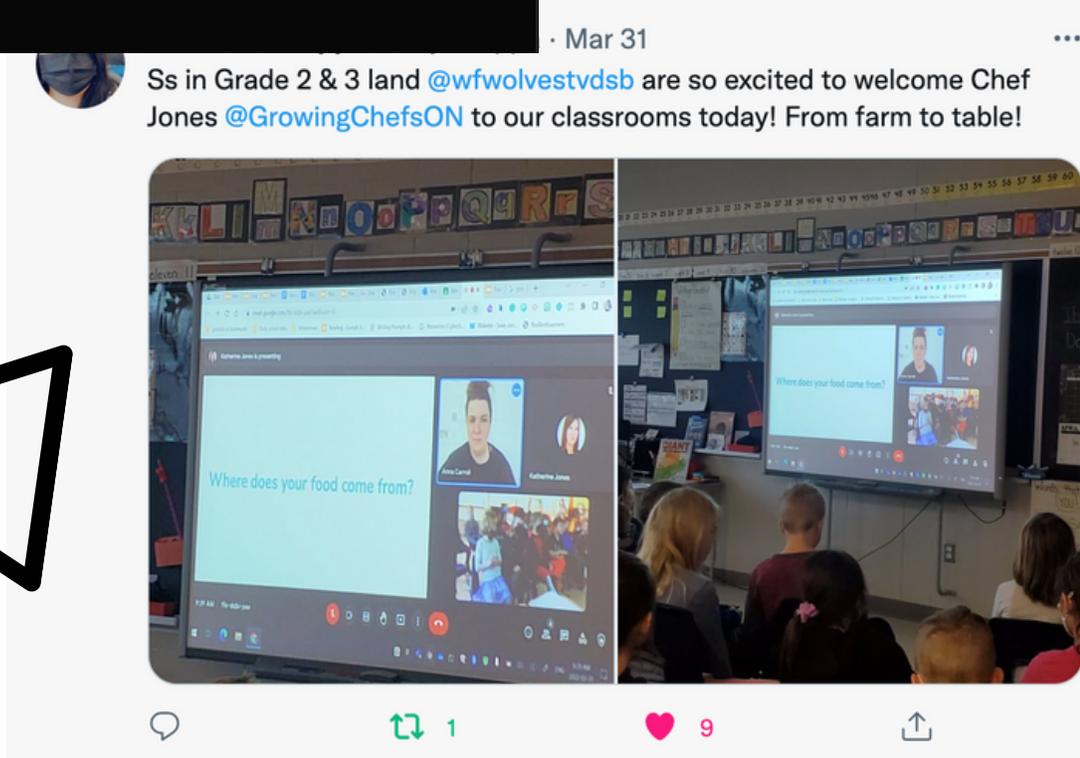
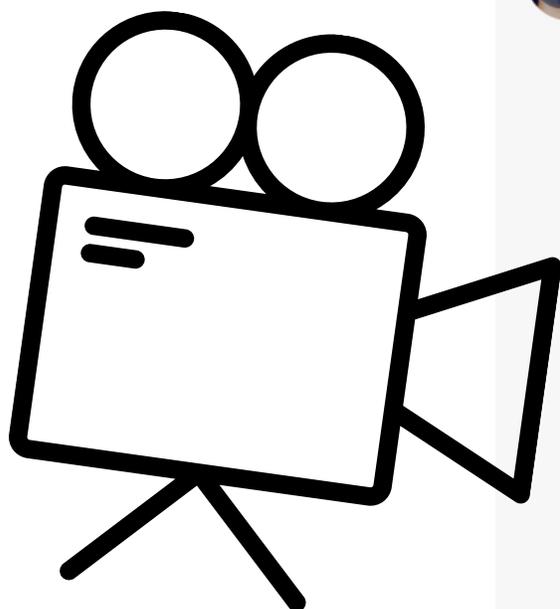
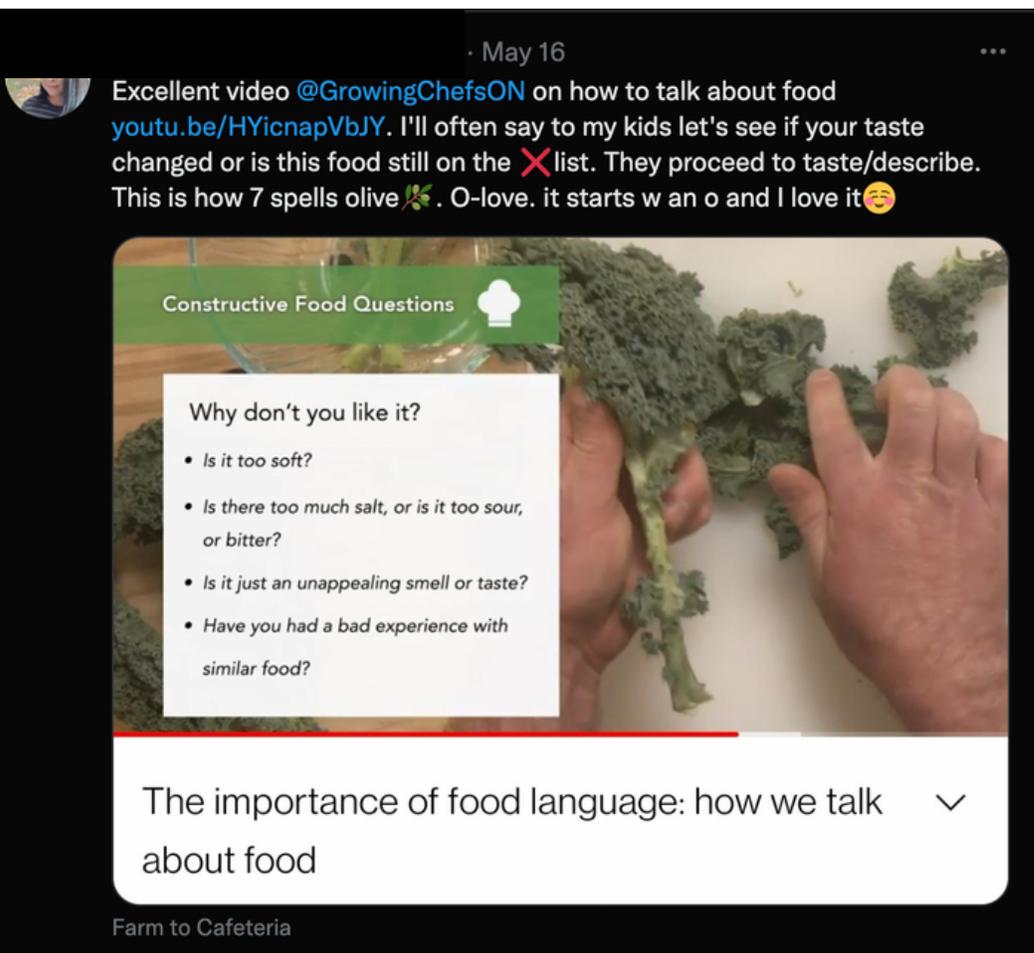


Enjoy!

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!



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.

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BENEFACTION

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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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