



# School Food Education Project



WESTERN FAIR  
**district**  
be entertained™



GROWING **chefs!**  
CHEFS FOR CHILDREN'S URBAN AGRICULTURE

PARTNERS IN FOOD & AGRICULTURAL EDUCATION

## Classroom Journal

2019 Issue 4



...And that's a wrap!!

Another incredible, fun-filled and deliciously packed year of The School Food Education Project is in the books!

Here it is by the numbers -

Students engaged - 6500+

Schools participated - 53

Volunteer hours invested - 243

All made possible by you and your commitment to food education programming in our community!

**THANK YOU!**



The In-School program brought the Growing Chefs! team to 5 schools this year, with each class getting a hands-on lesson in the fall and another in the spring!

St. Thomas More CS, Parkview PS, Knollwood PS, Stoneybrook PS and Laurie Hawkins PS!





Love those  
Slegers'  
greens!!



Family Activity Nights are such amazing opportunities for students and their families to cook and learn new food skills together!

Chippewa PS, Hillcrest PS, St. Catherine of Sienna CS, Kensal Park FIPS and Tecumseh PS hosted Family Activity Nights this year!



Fresh Food Frenzy at the Covent Garden Market hosted classes from 12 schools this year - students met and talked with growers, learned about new-to-them vegetables and cooked lunch together in the Market Kitchen!

White Oaks FIPS, St. Anthony's FICS, St Theresa CS, East Carling PS, Arthur Ford PS, Prince Charles PS, Riverside PS, St. John FICS, Riverside PS, Ryerson PS, Westmount PS and KLC Home School Cooperative!

Agri-Education Week, hosted by our Title Sponsor - The Western Fair District - brought classes from 5 schools to the Agriplex to learn from farmers and growers and cook with the Growing Chefs! team en masse!!

Louise Arbour FIPS, West Nissouri PS, Tweedsmuir PS, John P. Roberts PS and A.J. Baker PS!!





Field Trips to HQ were amazing this year! Classes from the following 27 schools came to experience the entire seed to table journey and learned all about food systems!

- London Christian HS,
- Summers Corners PS,
- Parkview PS,
- Kettle Creek PS,
- Clarke Road HS,
- H.B. Beal HS,
- St. Catherine of Sienna CS,
- Sir John A. MacDonald PS,
- Port Stanley PS,
- Arthur Ford PS,
- Byron Northview PS,
- Wilberforce PS, Central PS,
- Princess Elizabeth PS,
- Tweedsmuir PS,
- Eva Circe Cote PS,
- St. Anthony FICS,
- Chippewa PS,
- Lord Roberts FIPS,
- Pierre Elliot Trudeau FIPS,
- Lord Nelson PS,
- Masonville PS,
- Mountsfield PS,
- Princess Anne FIPS,
- Asheley Oaks PS,
- Eagle Heights PS and
- Byron Northview PS!!

# Try this yummy treat that the grade 1 & 2 classes made together as they learned all about seeds!!



## “Cheesy” Popcorn

1 teaspoon vegetable oil (for popping corn)

½ cup popcorn kernels

¼ cup nutritional yeast

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon cumin

1 teaspoon paprika

1 teaspoon chili powder

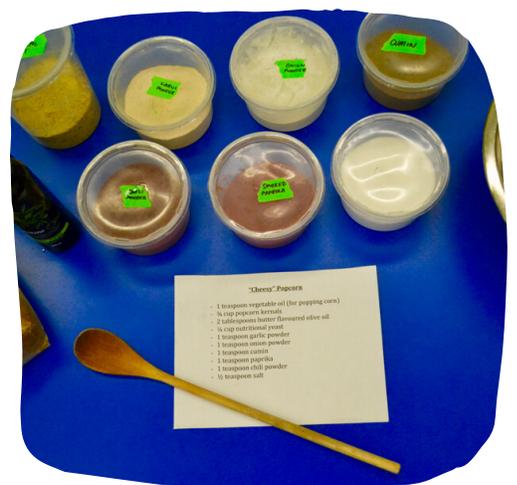
½ teaspoon salt

2 tablespoons butter flavoured olive oil (available at the Pristine Olive)

Pop corn in air popper or on stove using vegetable oil.

Mix all dry seasonings in one bowl.  
Add olive oil to popcorn before tossing with seasonings.

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:



The **Jill Wilcox** Foundation



*Auberge du Petit Prince Inc.*



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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.

