



# School Food Education Project



PARTNERS IN FOOD & AGRICULTURAL EDUCATION

2016/2017



The 2016-17 School Food Education Project is now finished!!!

## SCHOOL PROJECT FEEDBACK

Here at Growing Chefs! HQ we make it a top priority to evaluate our projects. We want to ensure that we are always improving upon our work, so that we can have the greatest impact on the students, teachers, schools and community members we work with. One of the ways we conduct this evaluation is through surveys. Here is what some School Project participants wanted to share with us!

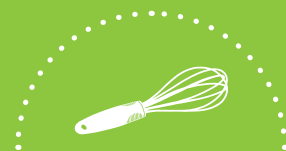
"Staff were well informed about what they taught the kids and they built good relationships with the students. The program teaches kids to be accountable for their own nutrition and educates them on how to use vegetables in a way that is appealing and fun"  
- Classroom teacher,  
Sir G.E Cartier School

"The program impacted students' creative learning and positive thinking skills. Outstanding program. I want them back."  
- St Michael's Catholic School,  
Principal

"I would love more time to be spent with the program and more visits to our classroom. They did so well to help the students out and see that there are meals they can actually make at home. Many of our kids don't get this education in their homes, this was wonderful."  
- Classroom teacher, FD Roosevelt  
Public School

*Here is your window into the classroom.*

*Come explore what your support has made possible!*



Grade  
5 & 6  
Lesson

## **THE BIG IDEA**

Our poached pears that we made in our first lesson now make their final debut - as works of art! In this lesson, the Growing Chefs! team teaches the students how creativity plays a role in the kitchen too, by means of different approaches to plating.

Using the Growing Chefs! team's homemade ingredients (like clementine dust and candied citrus zest), the students use what they've learned to transform the pears into edible works of art. These desserts didn't last long however - no matter how beautiful they looked!

**We hope you've enjoyed seeing what your support has done for these students!**



This year we've been able to gather some helpful insight into how we can support teachers in the extension of food education activities in their classrooms even when we aren't there to facilitate it. With this foundation we are able to continue reaching out to new schools and children that haven't yet received our program!

Thank you so much for your support this year. You made it possible for us to reach 3,200+ children through the School Food Education Project alone. Without the support of sponsors like you, this project wouldn't be possible. Thank you for helping us contribute to a healthier community!

*“First pear I’ve ever had -  
best pear I’ve ever had!”*



## THE BIG IDEA

When we come back to visit these students we love to learn about the stir fry recipes that they’ve created in their kitchens at home. It’s a good thing they’ve been practicing too because this lesson is centered around a friendly class cooking challenge. The students are given mystery ingredients and a guiding recipe - it’s up to them to decide what flavour profile they would like to achieve and adjust the ingredient amounts accordingly. Students came to try a variety of new flavours and left with the confidence to tailor recipes to their individual tastes!

## Word in the kitchen

**Here is a message from one of our School Champions, Catherine Sulkowski of Eagle Heights Public School, about the impact of the program:**

“

Growing Chefs! were very impressive in our school! Students loved the lessons, enjoyed cooking and tasting the food and trying the infused water. The staff were very kind, approachable, knowledgeable and fun! The students looked forward to working with them and I think that this helped to increase the interest and enthusiasm generated by the hands-on approach in their lessons. Many of the students that I spoke with were excited to try what they learned at home. Lessons were organized and well-prepared. Each lesson was specifically linked to grade appropriate curriculum expectations, making it easy for teachers to see where the lesson fit into the expectations for their grade. Teachers were given an overview in advance so that they knew what to expect. Scheduling and communication in advance of their visit was well supported, professional and positive. In setting up the visit, they were very flexible and eager to accommodate the specific needs of our school. Overall, the entire experience was one that our whole school thoroughly enjoyed! We are so grateful!!!”

”

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