

Classroom Journal

March 2018

How many students will receive food education through the School Food Education Project in 2017/18?

Prince Charles P.S. =	470
Aberdeen P.S. =	210
St. Anthony's =	550
St. Anne's =	600
Notre Dame =	170
Hebrew Day School =	50

IN-SCHOOL TOTAL = 2050

Fresh Food Frenzy =	350
HQ Field Trips =	1500

FIELD TRIP TOTAL = 1850

Family Activity Nights = 800

OVERALL TOTAL = 4700

(by June 30, 2018)

And that's not even including all our community programming!

2017/18 will be the biggest year in Growing Chefs! Ontario's history!

HQ Field Trips initiated in September 2017 and will host 1500 students in the first year

The new program model helped get more students off our waitlist and into the kitchen



Field Notes from the New Education Projects Coordinator

It Smells Like Carrots in Here

By Becca Minielly

I admit some nervousness about my first days leading the School Food Education Project. So many little people with so much energy and enthusiasm! Would it even be possible to engage them, to show them something fascinating? Would I speak clearly enough, so they felt empowered to participate in our activities? Would the food be tasty enough to encourage their curiosity for new flavours? I wondered if my nervousness towards the unknown is exactly how students feel every time we tall strangers in black aprons strut into their classrooms, wheeling along bins of bowls, vegetables and gas stoves.

Our first class was Full-Day-Kindergarten (FDK), in which we explored how Chefs use all five senses to experience food. After reviewing each of the senses, students were given samples of orange and purple carrot. More than one student informed me that carrots were *not* their favourite food. That aforementioned nervousness solidified into an icy lump in my throat. "How do you know which carrot is purple?" I asked with a shiver. "We see it!" they all giggled in unison, and my ice began to melt. Next we felt the carrots. "My carrot is slippery!", "this carrot is soft", "this one is lumpy". Next, we asked students to take a biiiig sniff of the orange carrot and tell us how it smelled. "It smells like a carrot," said one student in full seriousness. A few muffled giggles slipped out, and my icy nerves turned to spring-time slush. Then the same process with purple carrots. "It smells like a carrot," said the same student, with just as much seriousness. This time, laughter exploded! Even if the carrot is purple, it's still a carrot! Almost done, we then asked the students to hear their carrots. But of course, carrots don't talk. No sound could be heard until... one... two... three... CRUNCH! Every single student took one big bite of their food. And they did the same with grapes. And the same with apple. And the same with cucumber. All of a sudden, the FDK class was giggling and smiling and snacking on vegetables - even the students who "don't like carrots".

As we wheeled our gear out of the class, trailed by gleeful goodbyes, my spring-time slush melted entirely to reveal spring-time growth. My nerves were replaced with a fresh confidence and excitement for this program. I wondered - I hope - that my new confidence is exactly how students feel too. Food is simple. Food is fun. And food is a way to learn about not only health but personal growth, relationships with people, and environmental care too. Food makes a big impact. I am so proud to be part of an organization that leads the way for food education in London. My most sincere thanks to every partner who makes this work possible.

Becca Minielly started at Growing Chefs! as the Facility Coordinator for our King St. HQ. With a background in summer camp programming, sustainability studies and team leadership, Becca was keen to move into the Education Projects and Volunteer Coordinator role in September 2017. The entire Growing Chefs! School Food Education Project team includes Chef Marisa Verbeem, Phoebe Say, Andrew Fleet, Chef Katherine Jones, Chef Ryan Wishak, Lena Gahwi and Sharlaine Murga with extra support from all other Growing Chefs! Staff. Special thanks to all the dedicated and enthusiastic volunteers who have partnered to get kids excited about healthy, wholesome food. We're all better together!



GrowingChefsOntario



Growing Chefs! Ontario



growingchefsontario.ca

What's Cooking for 2018/19?

All photos
courtesy of
Phoebe Say



We will
continue
integrating
sustainable
practices into all
activities



We will develop
resources for teachers
to continue food
education in their
classrooms



We will pilot
a second FDK
visit in 2017/18 to
be integrated in
2018/19



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