# Teaching Local Tood Literacy

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#### waste reduction



teacher education



#### youth leadership



local food in schools



#### urban agriculture



community gardens



## FOOD LITERACY IN ELEMENTARY CLASSROOMS

#### **Activity guide:**

- Food Literacy
- Outdoor play
- Health
- Physical Literacy
- Ecosystems
- Gardening

#### Highlights:

- Classroom Ready Activities
- Resources included
- Family Friendly

#### Free download:

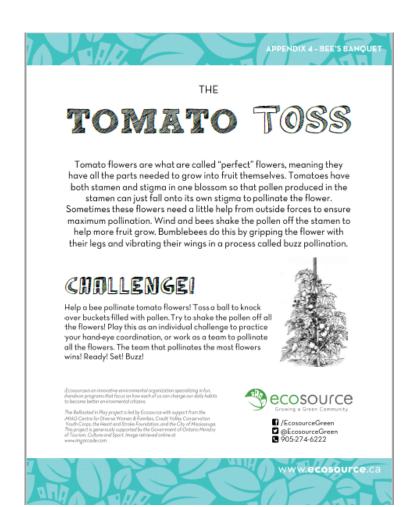
http://ecosource.ca/aboutus/publications



# Flower Power

#### Bee's Banquet:

- Found in ReRooted in Play page 38 and Appendix 4.
- Collection of kinesthetic challenges that relate to environmental concepts such as pollination and seed dispersal.
- Easily modified for different age groups and settings.
- Challenge cards with prior knowledge are included in the Appendix.



## FOOD LITERACY IN ELEMENTARY CLASSROOMS

#### **Activity guide:**

- Food Literacy
- Health
- Physical Literacy
- Ecosystems
- Gardening

#### Highlights:

- Bilingual
- English Activities with French additions
- Structured by the seasons
- Classroom Ready Activities
- Resources included

#### Free download:

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# Farm to Table Relay Race

- Found in Jardin de L'Éducation page 45 and Annexe K.
- Curriculum connections: phys ed, science, literacy, social studies
- Easily modified for different age groups and settings. Include fact sharing aspect for older grades.
- ALL game materials available for free download.
- NEW: supplemental resources coming soon.

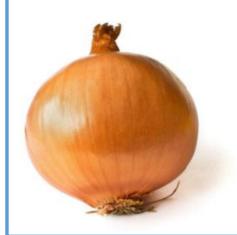
#### **BLUEBERRIES**

Blueberries are a delicious treat, and they're good for you, too! Not only do blueberries have many vitamins and nutrients, they are also powerful antioxidants. This means they help get rid of harmful free radicals from the body that can cause disease. Locally-grown blueberries are available between July and September.



#### **OIGNON**

Les oignons sont très nutritifs et nous aident maintenir notre système digestif en santé. Les sucres complexes qui sont abondants dans les oignons, nourrissent les «bonnes bactéries» dans les gros intestins, ce qui renforce le système immunitaire. Les oignons locaux sont disponibles toute l'année.



# OTHER RESOURCES



#### FREE DOWNLOAD:

http://ecosource.ca/about-us/publications

# Q&A

I'd like to set up a trip or two to a farm that has an educational component built into the experience. But, like most teachers, I don't have the funding, resources or time to go on field trips or even to start looking into this kind of thing. What are my possibilities?

#### What if I don't know where to go?

- Check out your local farmer's market website
- Regional Farm Maps
- Ontario Federation of Agriculture (search "county federation sites")
- Ask your Local Business Development group
- Local 4H
- Co-Op teachers
- CRAFT
- The Ontario Student Nutrition Program





# What if I don't have money to pay for a farm trip?

- Be creative!
  - Outdoor Ed funding
  - SHSM programs
  - o Fill the bus!



# Things to keep in mind when planning your farm trip:

- Bus Drop-Off Procedure
- Accessibility Needs
- Safety concerns: Shelter, bathrooms, handwashing, farm animals/loose animals, heavy machinery, insurance
- Dress appropriately!
- Are you looking for a more established educational farm or a smaller scale farm?
- Will a hands-on activity be included?
- Can you provide the farmer with an honorarium?



# A farm trip is too much. What can I do instead?

- Go to a nearby farmer's market
- Visit a local community garden
- Visit a greenhouse
- Visit a local grocery store
- Bring a visitor in to speak to your class
- Watch a documentary film
- Follow a farm blog
- Bring your horticulture or agriculture teacher into your class



