

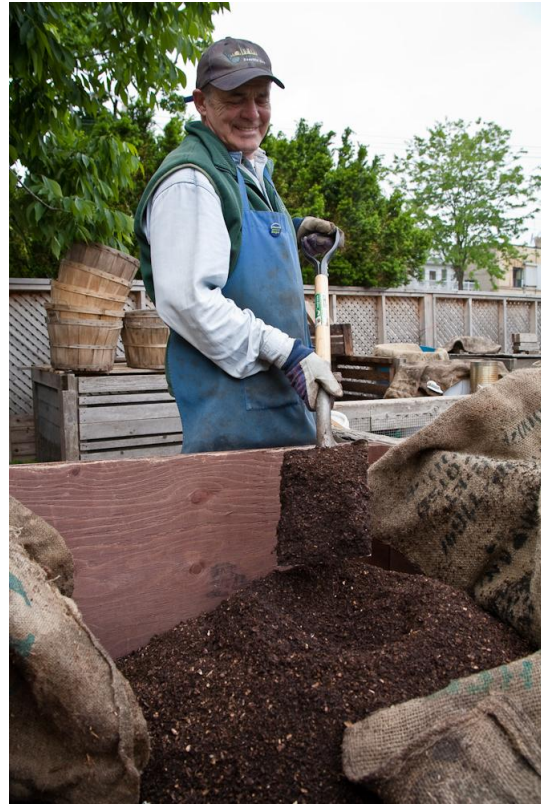
FOODSHARE TORONTO

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COOKING | FRESH PRODUCE | GROWING | SCHOOLS



# FIELD TO TABLE SCHOOLS





SCHOOL GROWN



**Cooking & Tasting**



**Soil & Composting**



**Plants & Gardening**



**Food: Outside the Box**

# FOOD LITERACY EDUCATION

- 1 Highlighting **vegetables and fruits** whenever possible, which often means integrating them into well-known recipes that students love.
- 2 Broadening culinary horizons with new ingredients, while at the same time, honouring the **cultural importance** of the foods we choose and the foods we eat at home.
- 3 **Choosing local food** whenever possible, but also understanding that importing is often necessary in a chilly winter climate and variety is the spice of life.
- 4 Highlighting the benefits of **ethically or sustainably raised and grown food**, but understanding that affordability and accessibility are key.
- 5 Understanding the long-term system change needed in our current food system, but always ending with an uplifting discussion around **what we can do to make positive changes**.

FIELD TO TABLE SCHOOLS - "TOP 5"

School Events

Special Guests

Gardens & Compost



In-Class Workshops

Local Community Events

Local Tastings

Student Nutrition & Cafeterias

Field Trips

Share Ideas & Resources

HOW CAN YOU CELEBRATE LOCAL?

**Tool/Skill:** Learn how a garlic press is used.

**Lingo:** Explain the culinary terms *sauté* and *mince*.

**Tool/Skill:** Try using a wok to sauté some crushed garlic for making a stir-fry.



**GARLIC**

**Field to Table:** Give a brief overview of how garlic grows, when it's planted and harvested.

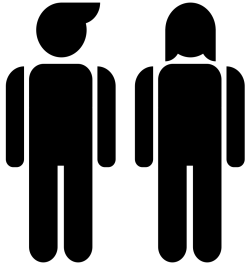
**Hands-On:** Do a sensory activity comparing the raw garlic clove to the chopped and sautéed version.

**Extension:** Do some garlic math (multiplication) to calculate next year's yield!

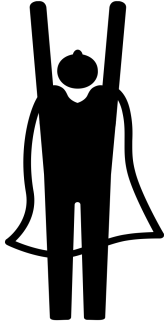
COOKING & TASTING - A CASESTUDY



Valuing Youth  
Experience



Champions



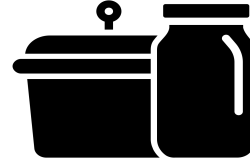
Funding  
Sources



Making your  
product  
accessible



Value Adding



Diverse Sales



EXPERIENTIAL LEARNING THROUGH  
SOCIAL ENTERPRISE - A CASE STUDY