



punks growing food

Teaching Food Literacy



Real work
Real money



Fresh from scratch ingredients featuring local and Ontario products.

A COLLABORATION BETWEEN THE CAFETERIA, FOODS CLASSES, COMMUNITY ORGANIZATIONS, LOCAL PRODUCERS AND DISTRIBUTORS.

FOOD THAT KIDS EAT:

- Central to the model is the notion that young people appreciate good food.
- Offering delicious, creative, seasonal and flavourful menu options.
- Increasing food literacy and developing an appreciation for where food comes from and our connection to it.




Alternative Avenues for Local Food in Schools: Ingredients for Success

- Farm to Caf
- CSA at Henry St. School
- Field to Fork
- Farm to school
- Friday Fry Day
- Focus on Garlic
- Local Food Month
- School Gardens

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

ALTERNATIVE AVENUES Local Food Pilot: Farm to Caf

SCHOOL PROFILE



School Name
Sir Winston Churchill
CVI, Superior CVI,
Westgate CVI,
Hammarckjold High
school.

School Board
Lakehead Public
Schools, Thunder
Bay, Ontario

School Program
Food and Nutrition
Classes and
Cafeteria

The Farm to Caf (F2C) program is a collaborative project that provides a \$5 local lunch special in high school cafeterias. Partners include teachers and students in the foods and nutrition classes, cafeteria managers, the Lakehead Public School Board and Roots to Harvest, a community food organization in Thunder Bay. Stakeholders set a menu and schedule, cafeteria managers order food; and the foods and nutrition classes help prepare meals with fresh and local ingredients, which typically take more time than regular cafeteria menu items. Students work alongside cafeteria staff to prepare and serve 50-70 meals to students and staff at each school, one day each month.

This project emerged out of a decision in 2013 by several food and nutrition teachers and Roots to Harvest to address the need for healthy local food in the cafeterias and for more hands on cooking time for students in Food and Nutrition classes. Considerable effort was needed to establish ordering and delivery procedures that accommodate the existing order and delivery infrastructure of both the local producers, distributors, and cafeterias.

Roots to Harvest and the teachers leveraged the learning opportunities around local though food literacy workshops, promotional events, and field trips to local farms. By providing hands on experience with local food through the Farm to Caf program, students were able make connections that deepen their understanding of local food.

"It's only October and I've had 14 cooking days with my grade 10s. I would never be able to cook that much on my food budget. The F2C project gives us more opportunities to cook, which is where the kids really shine."

Nancy White, Food and Nutrition teacher at Superior CVI

Ingredients for Success:



Student friendly recipes. Familiar tastes and textures (i.e. hamburgers and pulled pork) are preferable to less familiar tastes for young people and the specific audience (ex. bean sprout paste).



Find the win-win. Students fill the "labour gap" created by using more fresh and whole foods in the cafeteria so it is a win-win for the school and the cafeteria managers.



Embed project in the whole school. Promotions before the event and feedback from students on flavours and combinations are part of the program (i.e. announcements, free taste tests, etc.).



Community collaboration and relationships with stakeholders. Building relationships between cafeteria managers and teachers so that meal prep tasks can be delegated between the cafeteria and classes effectively.



Integrate food literacy and local food purchasing. Purchasing local food from Thunder Bay producers is a key component of the program. At the same time, students learn about the foods, prepare them, and serve.



What we have found works best

- Teacher champions – teacher initiated
- Administrative and school board support
- Good relationships with producers/farmers
- Get students – cooking, growing, tasting
- Flexibility and Creativity



Where to Find Cool Stuff:

Eat Your Weeds, Blender Bike Smoothies, Signature Salads

<http://foodshare.net/custom/uploads/2015/10/EatYourWeeds.pdf>

<http://foodshare.net/program/educator/>

Farm to Caf

<http://www.rootstoharvest.org/farm-to-caf-thunder-bay.html>

Recipe Ideas from Northwestern Ontario

Cooking with the Good Food Box Manual

<http://www.tbdhu.com/resource/cooking-good-food-box-recipes>

Adventures in Cooking Manual

<http://www.tbdhu.com/resource/adventures-cooking-menu>

