



Andrew Fleet,
Executive Director



A woman with a braid, wearing a light blue shirt, stands behind two young girls. The girl on the left, with red hair, holds a green basket of raspberries. The girl on the right, with blonde hair and blue glasses, points towards the camera. They are at an outdoor market stall with various produce visible in the background.

Our Mission

*To get kids
excited about healthy,
wholesome food!*



Vision & Values



Vision

To build and maintain a healthy, empowered community that is engaged with our food system.

Core Values

- **Community:** To engage, strengthen and support communities in their ongoing conversations around food.
- **Food:** To celebrate the positive change that we can create through food.
- **Health:** To foster healthy bodies and minds through positive relationships with food.

The Impact of food education



Aids in the development of skills in:

- Math
- History
- Literacy
- Science
- Geography
- Art

To encourage your children to develop better eating habits, it can help to learn about:

- How we grow food
- Where food comes from
- The different names given to foods
- How we use our senses with food
- The history of different foods
- What they mean in different cultures

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or
canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



Bread
1 slice (35 g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or ½ tortilla (35 g)



Cooked rice,
bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta
or couscous
125 mL (½ cup)



Milk or powdered
milk (reconstituted)
250 mL (1 cup)



Canned milk
(evaporated)
125 mL (½ cup)



Fortified soy
beverage
250 mL (1 cup)



Yogurt
175 g
(¾ cup)



Kefir
175 g
(¾ cup)



Cheese
50 g (1½ oz.)



Cooked fish, shellfish,
poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
50 g or
175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts
and seeds
60 mL (¼ cup)

Oils and Fats

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



START GO

Kellogg's

FROOT
LOOPS

CEREAL STRAWS

Fruity, crunchy tubes for
milk-sippin' fun!

Naturally & Artificially Flavored

24 Cereal
Wafer Straws

NET WT. 8.8 OZ. (250g)

ALLERGY INFORMATION
Contains wheat, milk/egg
and soy ingredients. May
contain tree nuts and peanuts.

adidas

Sports Tee

FREE

By Mail with 8 Tokens

(See back for details)



Betty Crocker



ENLARGED TO
SHOW DETAIL

FRUIT GISHMERS FLAVOR SHOCK

FRUIT
FLAVORED
SNACKS

TRY IT.



Sweet?

SOUR?

IF YOU
DARE!

DOUBLE DARE BERRY
NATURALLY FLAVORED



GOOD SOURCE OF
VITAMIN C
90 CALORIES
PER POUCH
LOW FAT
GLUTEN FREE

6 - 0.9 OZ (25.5g) POUCHES NET WT 5.4 OZ (153g)

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL ($\frac{1}{2}$ cup)



Leafy vegetables
Cooked: 125 mL ($\frac{1}{2}$ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or
canned fruits
1 fruit or 125 mL ($\frac{1}{2}$ cup)



100% Juice
125 mL ($\frac{1}{2}$ cup)



Bread
1 slice (35 g)



Bagel
 $\frac{1}{2}$ bagel (45 g)



Flat breads
 $\frac{1}{2}$ pita or $\frac{1}{2}$ tortilla (35 g)



Cooked rice,
bulgur or quinoa
125 mL ($\frac{1}{2}$ cup)



Cereal
Cold: 30 g
Hot: 175 mL ($\frac{3}{4}$ cup)



Cooked pasta
or couscous
125 mL ($\frac{1}{2}$ cup)



Milk or powdered
milk (reconstituted)
250 mL (1 cup)



Canned milk
(evaporated)
125 mL ($\frac{1}{2}$ cup)



Fortified soy
beverage
250 mL (1 cup)



Yogurt
175 g
($\frac{3}{4}$ cup)



Kefir
175 g
($\frac{3}{4}$ cup)



Cheese
50 g (1 $\frac{1}{2}$ oz.)



Cooked fish, shellfish,
poultry, lean meat
75 g (2 $\frac{1}{2}$ oz.)/125 mL ($\frac{1}{2}$ cup)



Cooked legumes
175 mL ($\frac{3}{4}$ cup)



Tofu
50 g or
175 mL ($\frac{3}{4}$ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts
and seeds
60 mL ($\frac{1}{4}$ cup)

Oils and Fats

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- Limit butter, hard margarine, lard and shortening.



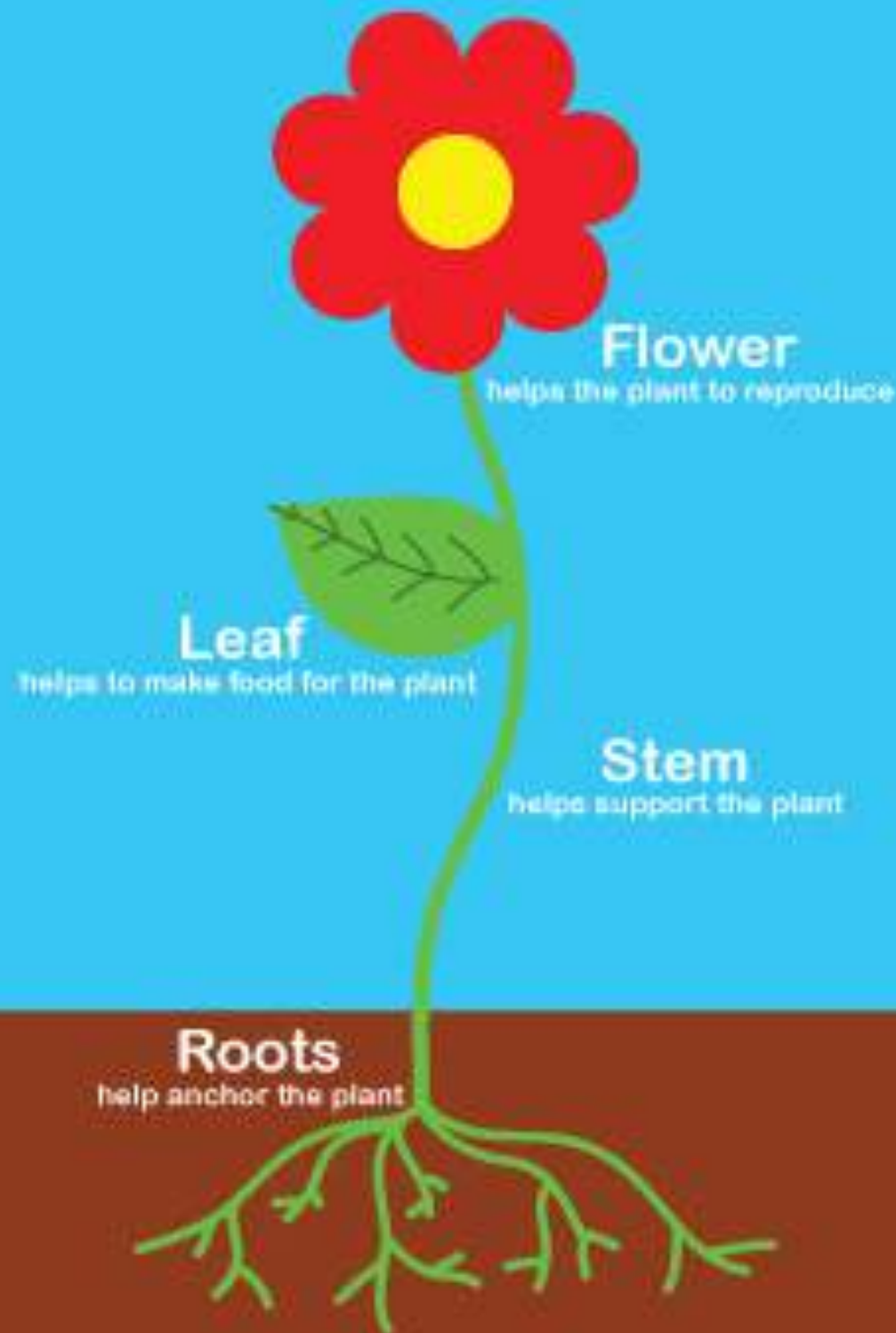
Parts of a Plant



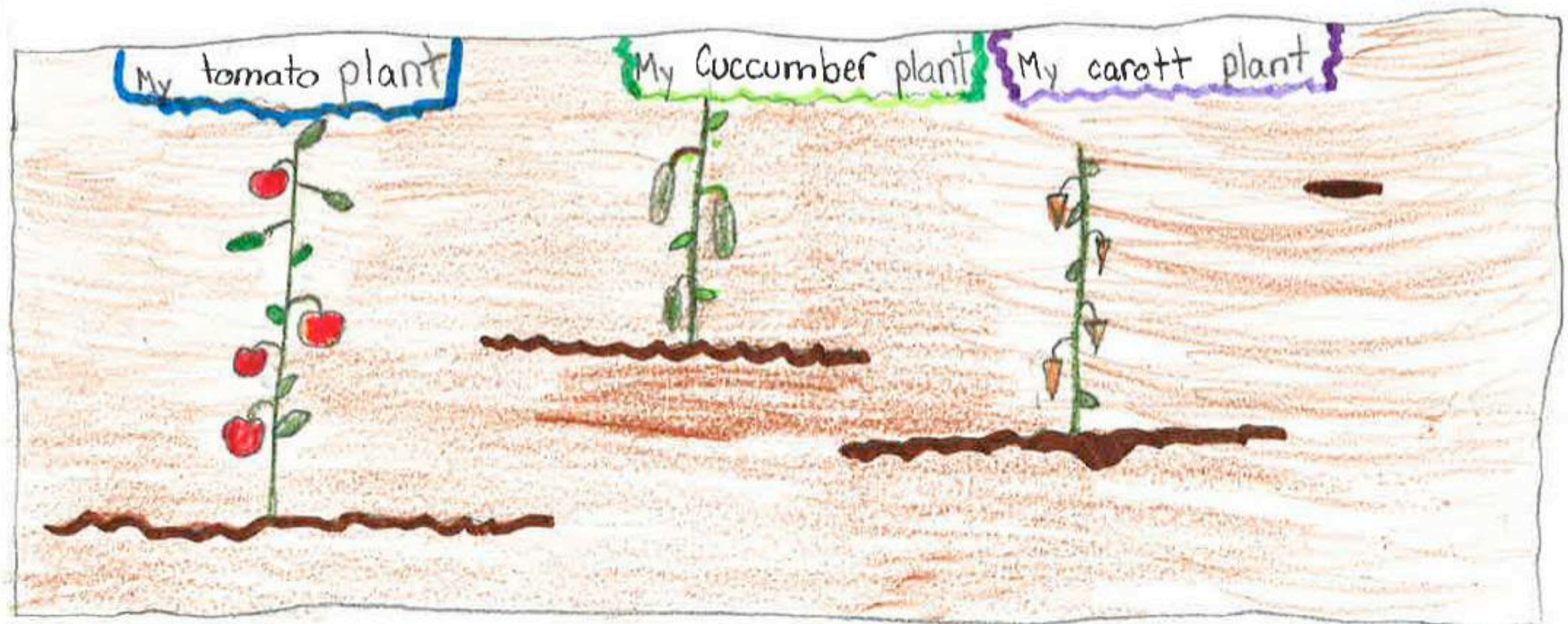
Plants are **living things**. All the parts of a plant need to work together to keep the plant healthy.

Plants reproduce by making **seeds** in the **flower**. The **leaves** need air, light, water and warmth to make **food**. The **stem** has little tubes inside it. **Water** can travel up these tubes to reach the leaves. The **roots** hold the plant in the **soil**, and take in water from the **soil**.

Plants also make new materials to help them grow using **water**, **air** and **light**. The new materials are made in the **leaves**. The process of making them is called **photosynthesis**.



This is a picture of my garden at home!





8 full schools
14 field trip classes
3,000 students served
360 volunteer hours

School Projects































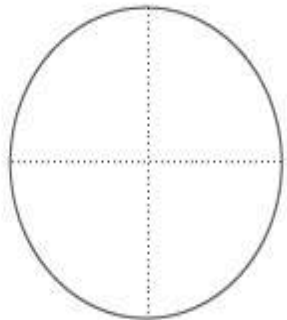
Delicious Math



SALAD DRESSING

____ PART ACID

____ PART OIL



ACID

OIL

4

4

THE
Recipe

____ TBSP ACID

____ TBSP OIL



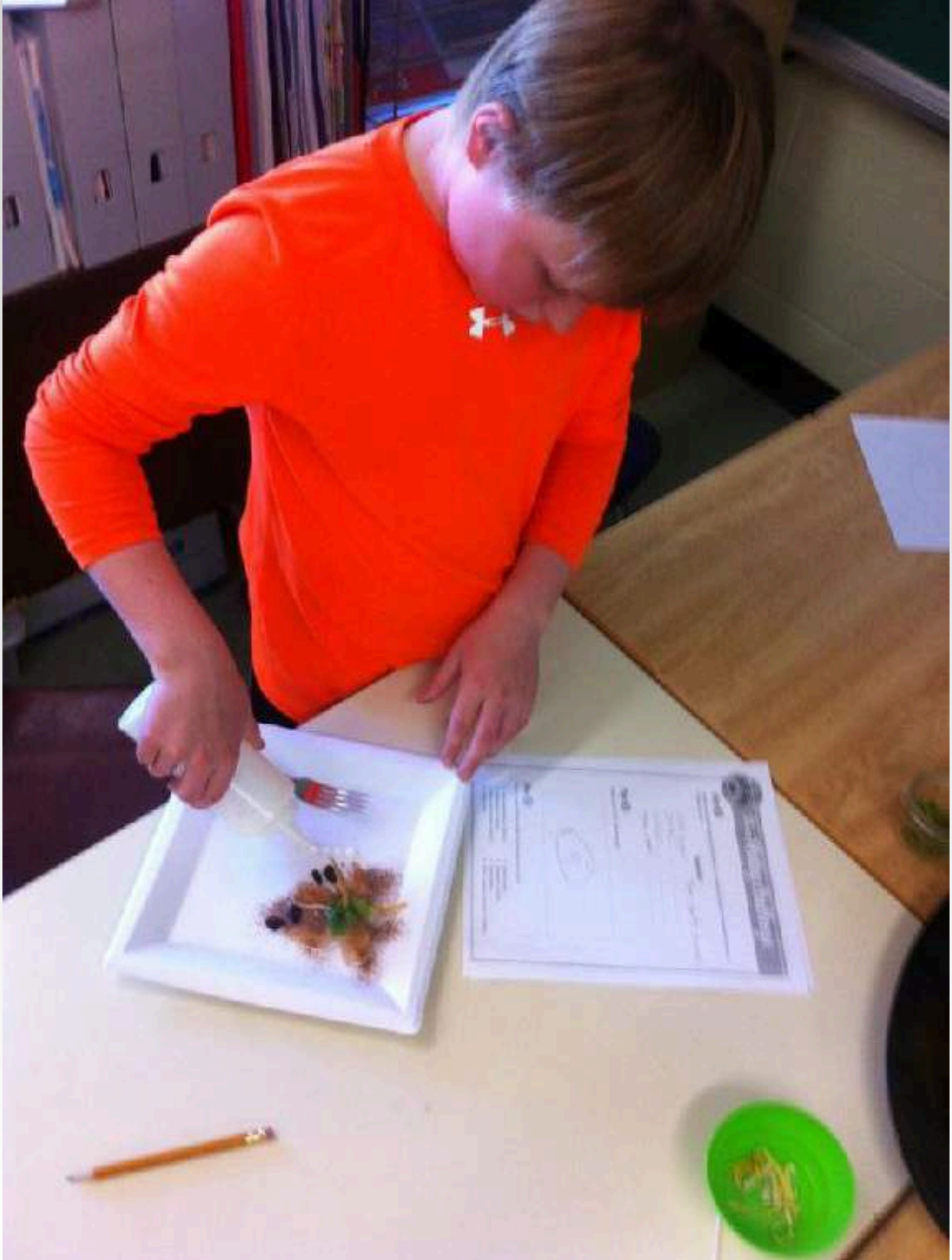






























131 workshops
3,900 participants
21 partner
organizations

Growing Communities



MENU	
Crepes	
4 Eggs	
3/4 Cup Milk	
1/4 tsp Vanilla	
2 Tbsp butter	
1 Cup flour	
1/4 Cup Sugar	
Pinch Salt	
Bumbleberry	
Green cheese	
Bumbleberry Jam	
Cream Cheese	
Heavy Cream	
Stir Fry	
1 Tbsp minced ginger	
1 Tbsp minced garlic	
1/2 Cup Orange Juice	
1 Tbsp Soy Sauce	
2 Tbsp Rice Vinegar	
2 Tbsp Honey	
2 Tbsp Sherry	
Add to the mixture	

Cooking Tips



There are many ways to involve children in the kitchen:

- Let children "chop," peel, stir, pour, and knead (small motor skills)
- Point out that you must complete the steps in a recipe in a certain order to get the desired end product (sequencing, pre-math skill)
- Ask open-ended questions (problem solving & critical thinking skills)
- Be sure each child gets a chance to help in the activity (cooperation)
- Let the children help with the clean-up (encourages independence, self-sufficiency, respect)
- When you've finished the recipe, enjoy the food together and congratulate them on their creation (what a delicious celebration!)



Today's Activity



A dual approach to today's activity:

- 1) math skills (measuring the ingredients)
- 2) literacy skills (following a step-by-step recipe)

You can always learn more from your food!

Using tomatoes as an example:

- What climate do tomatoes grow in? (Geography)
- What times of year are they fresh and local? (Geography)
- What plant family does the tomato belong to? (Science)
- Did you know the margherita pizza was created in 1889 in honour of Queen Margherita, made to represent the colours of the Italian flag? (History & Art)
- The Spanish, who had discovered them in South America, introduced tomatoes to Italy. (History & Geography)
- Tomato paste wasn't made until the 18th century, and tomatoes weren't used in pasta sauce until the early 19th century! (History)



Setting Up & getting ready



Mise-en-place

- "put in place" or to set up.
- In a professional kitchen: Organizing and arranging the ingredients and equipment needed to prepare each dish.
- Also a very effective in home kitchen method. How you set up before cooking will determine your success!

For children:

- Measuring cups & spoons
- Ingredients - washed, chopped & divided into bowl
- Wooden spoons for stirring
- Safe chopper and cutting board
- Clothes to wipe up any mess
- Spoons for tasting

Thank you!

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Growing Chefs! is a registered charity.

