

Growing Local Food Literacy Off of School Grounds



ecosource

Growing a Green Community



Ecosource is an innovative environmental organization bringing green living to our community.

We specialize in fun, hands-on programs that focus on how each of us can change our daily habits to become better environmental citizens.

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waste reduction



youth leadership



urban agriculture



teacher education



local food in schools



community gardens



focus areas

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Ecosource Gardens & Agriculture



- Ecosource has been leading the development of community gardening programs in partnership with the City of Mississauga Parks Department since 2006.
- In total, Ecosource currently facilitates 6 community food growing spaces across the City of Mississauga – 5 community gardens and 1 urban agriculture teaching spaces.

Gardening without a garden

Start SMALL and build capacity!

- Set-up **container gardens** on-site
- Create mobile planters
- Plant simple and quick growing plants
- Use non-traditional planting spaces, such as recycling bins, trays, pop bottles
- Grow pea shoots without soil using baby blanket



Off-site gardening tool kit

- Pack pictures, photographs, and stories to help animate the space
- Safety kit – first aid kit, sunscreen, poncho, emergency plan
- Water jug
- Handwashing materials
- Snack materials – compost bin, napkins, table clothes
- Picnic blanket – mats for sitting space
- Extra hats, sunscreen, and long sleeve shirts



*Access ReRooted in Play Companion Guide (pg. 17) - <http://ecosource.ca/about-us/publications/>

Partnering with off-site locations

- Environmental organizations
- Conservation areas
- Food banks
- Local cafes or restaurants
- Local farms
- Other schools
- Community hubs (libraries, community centres, places of worship, etc.)



Hillside Community Garden and Hillside Senior Public School



General overview of off-site programs

- Introduction
- Stretch
- Games
- Snack/break
- Garden work
- Take-home activity



High school

WHAT DOES
FOOD SECURITY
MEAN TO ME?



Stable Jobs in the Food Service Sector



Making sure that the **workers who cook and prepare food** feel financially secure and stable and can continue doing that work



Locally-Grown Food



Food that **doesn't have to travel long distances** to reach my plate



Variety of Food



Access to lots of different kinds of food for different kinds of cuisine



Food Growing Education in my Community



Being able to **learn how to grow food**



A Grocery Store within Walking Distance



Food that is **available close to my home** and that I can comfortably access



retrieved from <http://www.baschmetra.com/2016/05/11/0902/>

Affordable Food



Food that I can **comfortably afford** without sacrificing my quality of life



ppr bank image created by Hao-Pin Lin from Noun Project

Elementary – Plant 101 Workout



ReRooted in Play Activity Guide (pg. 33)
<http://ecosource.ca/about-us/publications/>



Access ReRooted in Play Companion
Guide – Mobile Programs (pg. 16)
<http://ecosource.ca/about-us/publications/>

BEES & ME

Did you know that one bite out of every three has been pollinated by bees? Many flowering crops need to be pollinated by insects, including bees, butterflies, and moths, in order to produce fruit. It is important to protect these bugs in order to ensure the sustainability of our food system. Pollinators are attracted to flowers by their colour and scent. Once there, they drink the nectar and in the process pick up pollen on their bodies. Bumblebees actually vibrate their wings and thorax (the middle segment of their body) to shake the pollen off the flower's anthers. The bees carry this to the next flower, where pollination occurs, and then groom the remainder off their bodies to feed their larvae.

CHALLENGE!

Hum like a bee! Sit cross-legged with your back straight and abdomen open. Keeping your lips closed and throat open, breathe through your nostrils in one long, steady breath. Hold your breath for a moment. Exhale through your nostrils, making a humming sound. Repeat for several breaths.



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The ReRooted in Play project is led by Ecosource with support from the MIAG Centre for Diverse Women's Futures, Credit Valley Conservation, Faith Corps, the Heart and Stroke Foundation, and the City of Mississauga. This project is generously supported by the Government of Ontario Ministry of Tourism, Culture and Sport. Image retrieved online at www.igorbird.com



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THIRSTY ROOT WALK

Roots are very important to plants. They help anchor the plant in place as well as function as its lifeline to important nutrients in the soil. Roots also act like straws drawing water from the ground up the leaves. They do this by a process called transpiration. The leaves of plants have little pores called stomata. When the stomata open to let in carbon dioxide, a difference in pressure is created and water from the roots is pulled up to fill the empty space.

CHALLENGE!

Walk along the skipping rope, toe to heel, while carrying a cup of water. Try to transfer all the water from one container to the other. Balance the cup on the palm of your hand to make the game more challenging. Don't waste a drop!



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ReRooted in Play Activity Guide – Appendix 3 <http://ecosource.ca/about-us/publications/>

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Funding opportunities



<http://www.ontarioecoschools.org/tools-resources/funding-opportunities/>



<https://fef.td.com/funding/>
Submission deadline: July 15th



<https://www.wholekidsfoundation.org/landing-pages/grants-landing-page>



<http://www.greenapple.metro.ca/home.en.html>

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Learn More

To learn more about Ecosource programs and opportunities to get involved, connect with us on...



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“I really want to use our school garden to teach my class about things like local food systems and health... But using the garden can be overwhelming and student interest is all over the place. Are there any tips for how to make food literacy with the school garden more manageable, and how I can better engage my students in the garden (without it taking up all of my time)?”