

The Nourish to Flourish Impact

The Dr. G. W. Williams Secondary School



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Life and Vocational Skills Through Food and Friendship





Students who are part of the Community Classroom had an opportunity to expand their experience in the kitchen while connecting with the wider school community.

Wholesome snacks were prepared and served at a program that we named “Food and Friendship”, which is open to the school community and invites any students to visit enjoy some fresh food.

The Community Class and the hundreds of students that passed through the Food and Friendship program each week had an opportunity to try a variety of items while also learning about the benefits of sustainable eating and whole foods.

When the Food Friendship program first launched, we invited the school community to complete a survey and share what they may like to see served, in effort to be culturally inclusive.

The following slides exhibit some of the foods prepared.













Cinnamon Popcorn

Popcorn Kernels

100% whole grain

Cinnamon

Helps to stabilize blood sugar

Coconut Oil

Quick source of energy

Honey

In moderation, provides antioxidant properties





Breakfast Cookies



© Sally's Baking Addiction

Rolled Oats

High in fiber

Hemp Seeds

Good source of protein, fiber and minerals

Banana

High in potassium, fiber and vitamins

Coconut

Good source of fiber and minerals

Dark Chocolate Chips (organic and dairy free)

High in antioxidants and iron

Wow Butter

Source of plant based protein



Chia Seed GREEK YOGURT Parfaits

INGREDIENTS

Greek Yogurt (Canada)

High protein and supports gut health



Organic Chia Seeds (Imported)

Packed with fiber and healthy fats for brain and heart health



Hemp Seeds (Canada)

Good source of protein, vitamins, minerals and healthy fats



Strawberries and Blueberries (Canada)

Immune booster - high in Vitamin C and antioxidants



Granola (Canada)

Whole grains and fiber promote healthy digestion



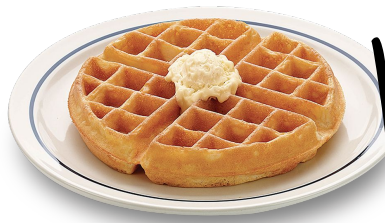
Honey (Canada)

Natural source of energy and antioxidants









WAFFLE MAKING INSTRUCTIONS



1. Lightly oil both sides of the waffle maker with a silicone brush.

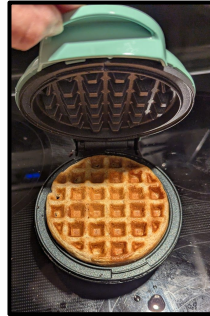


2. Put 2 spoons of batter in the middle of the waffle maker

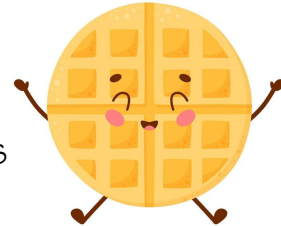
It should look something like this



3. Carefully close lid and set timer for
4 minutes



4. Carefully lift lid (caution - surface will be hot) waffle is done when golden brown. Remove waffle with tongs



ENJOY!



Muffin Pan Eggs





Overnight OATS



INGREDIENTS

Oat Milk (domestic and imported ingredients)

High in fiber, vitamin B and minerals



Organic Chia Seeds (Imported)

Packed with fiber and healthy fats for brain and heart health



Unsweetened Coconut (imported)

Contains healthy fats, fiber and essential minerals like manganese, copper, iron and selenium

Oats (Canada)

High in fiber, vitamin B and minerals

Maple Syrup (Canada)

Good source of minerals (calcium, copper, riboflavin and manganese)

Fresh Fruit (local and imported)

Natural source of energy, vitamins and antioxidants





BANNOCK

DONUTS

with

Ms.Dahl

Solidarity in Leadership Event



Several student clubs, including Student Council and the Asian Student Leadership Coalition, recently welcomed 120 Grade 8 students from our feeder schools for an exciting day of workshops! Highlights included a hands-on sushi-making activity and a fresh fruit spread prepared by our wonderful student volunteers—a perfect way to bring everyone together through great food.

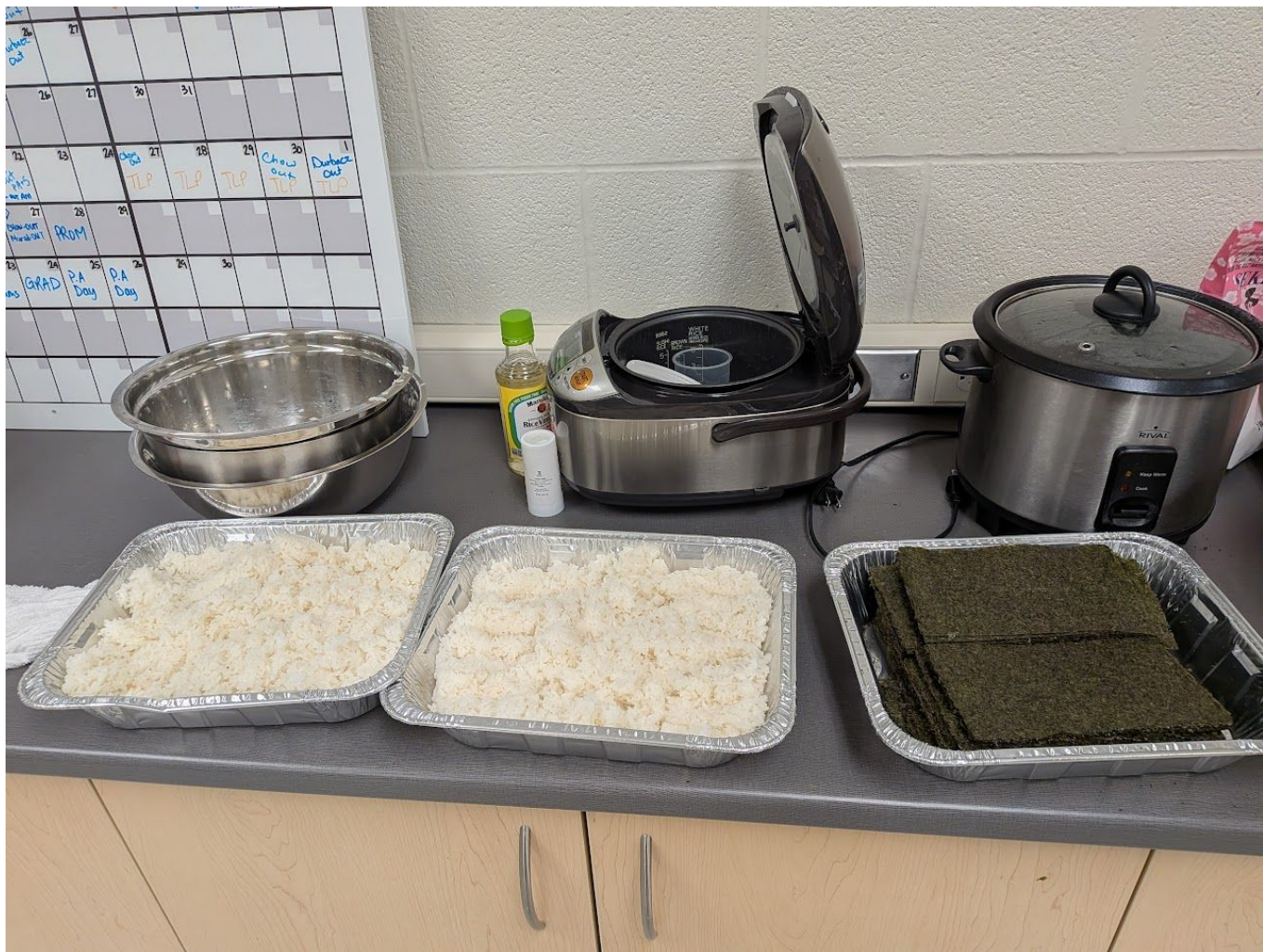


Fresh fruit buffet prepared and shared by student volunteers, in effort to bring current and future students together.

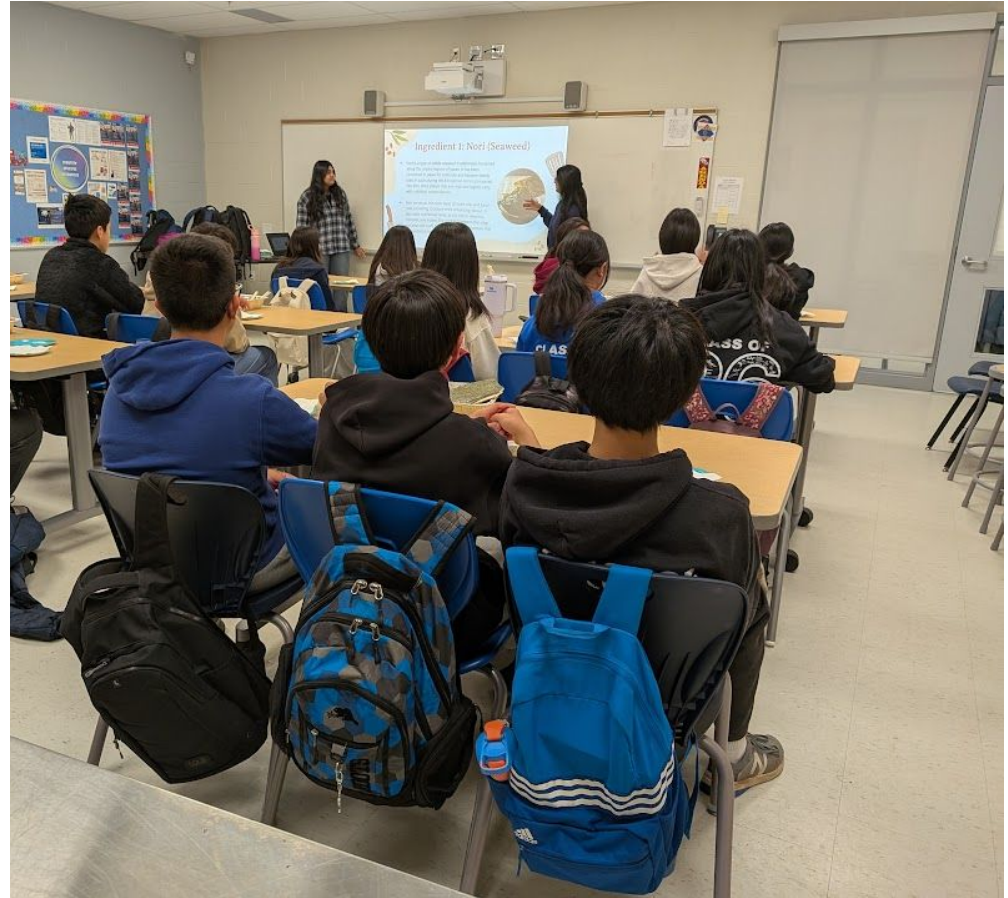
Preparing for the sushi making workshop that included 60+ students.







Students leading the sushi making activity.
Sharing the significance, tradition and facts
about sushi.





Dates were given away at the end of the Leadership in Solidarity Conference





Hydroponic Tower

Communal Garden

Students planted a variety of seeds (e.g., lettuce, spinach, edible flowers, basil) and then transplanted the seedlings to a hydroponic system using water bottles, until they grew big enough to transplant to a hydroponic tower.



This opportunity helped students understand the process and science behind growing your own food and how sustainable this can be. Here are the plants several weeks after being planted as seeds.





The hydroponic tower is housed in the library, where many students admire the abundance and calming sounds of the water. The tower was maintained by a student volunteer. Below is a photo of the lettuce we harvested that became part of a big salad buffet.





Here are
some
photos of
the edible
flowers we
planted.

Brooks Farm Field Trip

(limited photos due to privacy preferences)

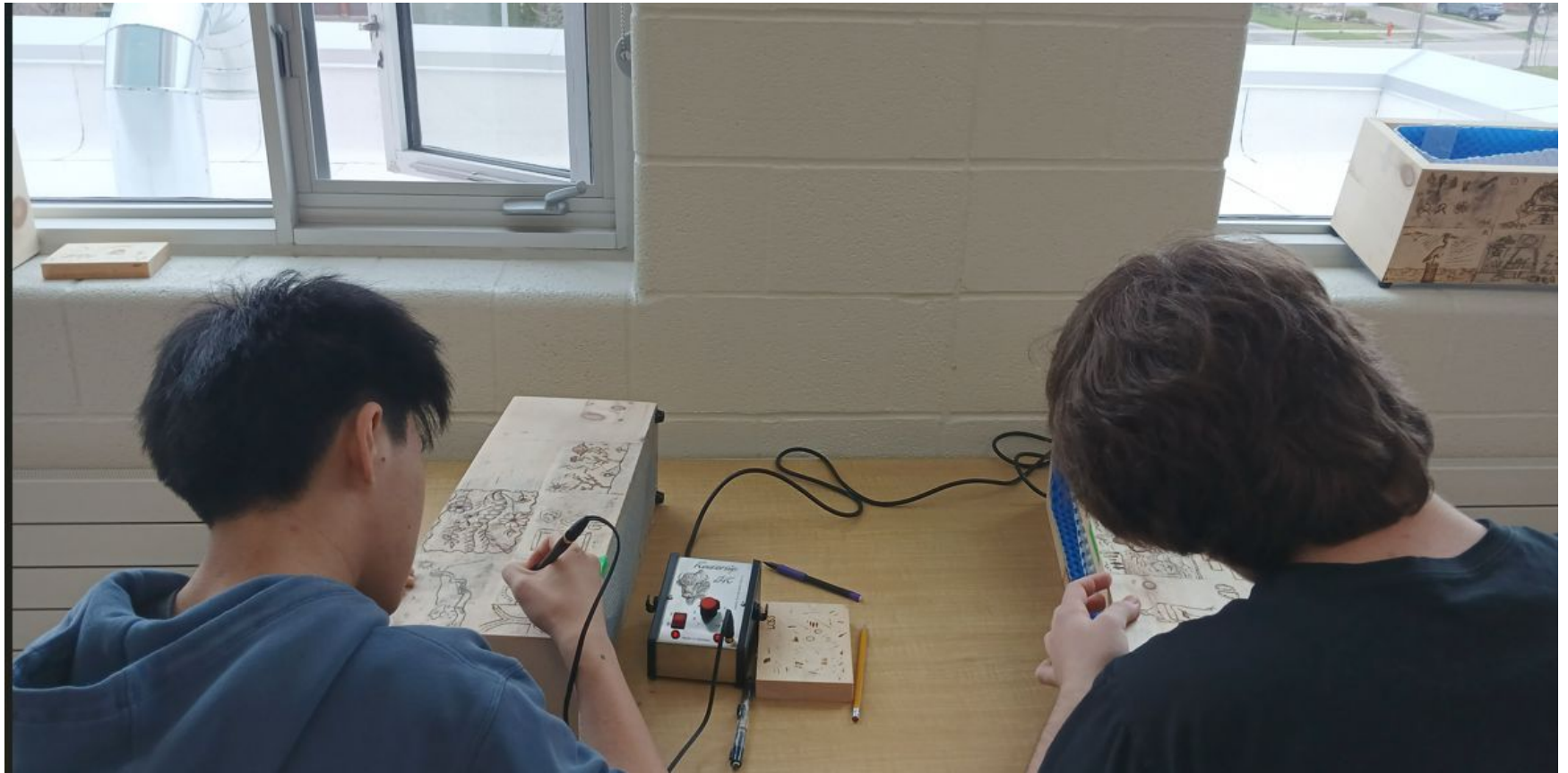


Custom Planter Boxes for Herbs and Greens



These custom planter boxes are a collaboration between the woodshop tech and English classes. Tech students built approximately 20 boxes, which were then decorated by English and other students with designs representing their personal identities and culture.

Distributed across multiple classrooms, these planters will house edible crops year-round—showcasing student perspectives while promoting sustainable, accessible food-growing practices.





One of the completed sides of the planter boxes. Showcasing artwork from multiple students.

Herbs and other edible plants will be planted here.

