



CHEFS IN THE CLASSROOM
edible education
2019 ANNUAL REVIEW



Crystal

Jamie

RAH

KE

Olivia

DANCE
ALL DAY!

Love
Summer
Sunshine



Chefs in the Classroom - edible education is entering its fifth year in spring 2020.



The Okanagan Chefs Association launched an initiative entitled 'Chefs in the Classroom - edible education' in Spring 2016.

Modelled after other successful edible education classes all over North America, Chefs in the Classroom is unique in that it is an Okanagan inspired, hands-on curriculum with links to our Indigenous community and practices. The highlight of the 6-lesson course is a field trip to a working farm with lunch hosted by our chefs and volunteer teams.

Our Mission

To educate children in our community how to grow, cook and eat local foods.

Our Vision

To grow healthy children in our community.

Our Goals

To introduce children to farming and gardening best-practices in our community.

To successfully continue to operate an annual Okanagan based edible education program.

Engage and inspire children through hands-on and interactive real-life experiences.

Through the efforts of over 70 volunteers, the Chefs in the Classroom (CIC) program in Spring 2019 was held in 9 Okanagan schools, influencing 207 students in grades 2/3 and 4.

Chefs in the Classroom is a program of the Okanagan Chefs Association which is a non-profit organization of chefs, cooks, junior chefs and associates whose primary purpose is to network and promote culinary professionalism, provide mentorship and promote culinary education.

9 schools, 210 students
& 70 volunteers

Chefs in the Classroom - edible education is 100% volunteer created, maintained and executed, and 100% funded by sponsors and grantors.

Chefs in the Classroom is the trademarked property of the Okanagan Chefs Association and obtained not-for-profit status March 13, 2019.





Thanks to the support of our volunteer teams, Spring 2019 took the Chefs in the Classroom - edible education to nine grade 2, 3, and 4 classrooms.

Kelowna

Belgo Elementary, Dorothea Walker Elementary, Pearson Road Elementary, Watson Road Elementary, Casorso Elementary

West Kelowna

Helen Gorman Elementary

Peachland

Peachland Elementary

Summerland

Trout Creek Elementary

Naramata

Naramata Elementary



“It was a great field trip. The students were really engaged and excited. The only thing that beat out the plants on the tour were the alpacas! I saw a lot of the students independently relating things back to the learning that had already taken place in the schools which is great they were drawing those connections.” Chantelle Desrosiers,
Central Okanagan School District Board of Education Trustee

The curriculum is based on 6 lessons over a 10-week period from April through June.

A team of 6 volunteers for each classroom, delivers five, 90-minute lessons on a Monday morning from 9:30 am - 11:00 am. The sixth lesson is a field trip to a farm.

Volunteer teams are made up of chefs, cooks, farmers/gardeners, nutritionists, educators, parents and other members of the community.

Each lesson includes hands-on activities, discussions, and materials to use in the classroom and home.

Lesson 1 - Let the fun begin! Students will learn how to plant seeds in containers for a garden, nutrition basics, and make a breakfast smoothie.

Lesson 2 - Vegetables! Students will learn about tasty vegetable options and why it is important to eat foods that are grown locally, rather than shipping them. Make a TLC sandwich (tomato, lettuce, cucumber)

Lesson 3 - Thinning, Transplanting, Composting and Cooking! Students learn more about garden care, the importance of bees and worms, and we use some of our tomatoes to make a yummy pasta sauce.

Lesson 4 - Vegetables & Cooking. Students learn the differences between raw and cooked vegetables. We'll also see how the gardens are growing. Soup is up this week.

Lesson 5 - Herbs & Flavour Combinations. We explore the world of herbs and learn how a combination of herbs with fruits or vegetables can enhance the flavour of our food. It's a cooking extravaganza. Students make scrambled eggs, tomato salad and fruit compote.

Lesson 6 - Farm Field Trip and Graduation Day! Our last lesson will include a field trip to a local farm, a farm tour, a chef-prepared lunch, and a graduation certificate.



The School District, parents and our young students have embraced the Chef in the Classroom program.

"You are all magicians! I don't know what sort of sorcery you are using in my son's class but he just asked for raw ASPARAGUS and lettuce tonight! He said he tried them with you in his class and he likes them!"

I am just completely blown away. You see Lennox is Autistic and has always been an extremely picky eater. He often gags and throws up on any new food especially vegetables, which has made him fear even trying many new foods. And leaves me often feeling defeated.

So to have him not just eat but ask for and enjoy these new veggies is incredible! He's also been showing a lot less fear in general round trying new food since you started in his class, and comes home excited to tell me all about what he did every week.

I seriously couldn't be more grateful and just wanted to thank you from the bottom of my heart for all the work you do. Clearly your program and the Chefs you have working with the kids are incredible. Thank you!!!"

Charity Hutchinson, Parent.

"They (Chefs in the Classroom) provide our grade three students with a garden to table experience working alongside local chefs. The opportunity to plan and cook nutritious meals using fresh local ingredients provides them with benefits that will last a lifetime."

Moyra Baxter, Chairperson, on behalf of School District 23 Board of Education

"It's been a real life-changer. It's been really fun now that I've learned to cook."

Shea Stewart, Student



Learn More

www.ChefsintheClassroom.com

To learn more about the program contact Chefs in the Classroom - edible education Chair, Debbie MacMillan

chefsintheclassroom@okanaganchefs.com

The Chefs in the Classroom - edible education program is the trademarked property of the Okanagan Chefs Association.

Thank you to our valued supporters who help make **Chefs in the Classroom – edible education** possible.



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