



Sprouting Chefs AGM

Founder's Message for AGM 2019

Pausing to reflect on the previous year is always a chance to come into a place of gratitude and celebrate the various milestones we have achieved. Since 2011, we have been able to cultivate and develop a school garden program model that has now been echoed in several schools around the Burnaby area. A wide variety of crops have both been planted and enjoyed by multiple children as well as gardens established in multiple schools. Cooking is now a part of the culture of Forest Grove Elementary with 5 Community Lunches and an After School Cooking Class program with families who have been a part of the program for the past 4 years. The Forest Grove community has been engaged and connected via the Garden Club since 2012 which has deepened the connection of children to the nature that surrounds them. To now be able to say we are duplicating this experience at Edmond's Community School is a wonderful acknowledgement. Our Wellness and Cooking camps have also provided many children outside of our regular programs with the holistic experience of physical health, eating well and social emotional balance.



None of these achievements would be possible without the support of you – our supporters, our volunteers, our staff and our very generous donors. I would like to thank and acknowledge the volunteer teens who have been so helpful during the school year and summer camps. To our new and current staff members helping us in our cooking programs, you are a part of the reason so many of our kids keep returning. To our generous donors and funders, it is because of your support in our programs and vision that we can both continue to cultivate our existing programs while establishing a few new programs as well. And to our existing Board Members I am grateful for the guidance and support in evolving our organization.

Thank you for your contribution to all that we have accomplished. Your ongoing support will help ensure we help teach alternate ways of learning and being to the children of the schools we are fortunate to teach in.

Barb McMahon, Founder Visionary – Sprouting Chefs Society

Sprouting Chefs Society recognizes the unceded traditional lands of the Musqueam, Squamish, Coast Salish and Tsleil-Waututh First Nations on which we teach, learn, play and connect

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Program Highlights

Goals Achieved for 2019 Year

- 🌱 4 Weeks of Summer Cooking and Wellness Camps in July and August of 2019
- 🌱 New Website with Resource Tools for Teachers and Parents launched in September 2019
- 🌱 Recipient of the Telus Friendly Futures Foundation Grant - **\$20,000**
- 🌱 TD Friends of the Environment Grant - **\$4,100**
- 🌱 McGrane Pearson Endowment Fund of **\$5,000** for Forest Grove School Garden Program

These funds were instrumental in allowing for:

Holistic Learning and Community Development

- 🌱 Mindfulness Activities Introduced and Delivered to Forest Grove and Edmond's during the Spring and Fall Seasons including lessons on Gratitude, Peace, Love, Forgiveness, Confidence and Courage
- 🌱 Spring Community Lunch at Forest Grove Elementary via a grant awarded from Metropolis at Metrotown **\$2,000**
- 🌱 Garden Club Programs at Forest Grove, Windsor, Seaview Elementary delivered to 50 participants and their families

After School Cooking Class Program

- 🌱 After School Cooking Class Program at Forest Grove Elementary generated a revenue of **\$12,212.75**, a **20% increase** from last year with many returning students
- 🌱 SOS Children's Village After School Cooking Workshops for 25 students in the Spring 2019; 20 recipes taught using a variety of local ingredients **\$1,400** direct revenue

Cooking Workshops for Teens

- 🌱 City of Burnaby Teen Workshop via Creative Toolbox 20 leadership students in the Burnaby area
- 🌱 Study Buddy International – 33 International Students from the Philippines

Seed to Table Program

- 🌱 20 Varieties of local crops planted in 5 school gardens with school garden seed classes, equaling about 1700 children
- 🌱 Harvesting and Tasting Classes at 3 schools 650 students

Summer Wellness and Cooking Camp

- Summer Cooking Camps operated out of Camp Capilano in North Vancouver and True Nosh Studios in Vancouver generating a revenue of **\$9,626.21**

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2020 Strategy and Planning - Fewer, Bigger, Better

Our focus for 2020 is to cultivate and sustain our existing programs within our main 4 Burnaby Schools: Forest Grove, Edmonds Community School, Windsor and Lochdale Community School. The opportunity to positively change the lives of children and the communities they are growing up in can be seen via our Seed to Table Program which takes place throughout the year with a variety of valuable learning activities. These holistic ways of educating students include improving the lives of youth physically by providing lessons on how food heals our bodies, mentally using the gardens and nature as platforms to connect with deeper thoughts about how we are connected to nature and the inner spirit of children through conversations of mindfulness with themes of Gratitude, Peace, Forgiveness, Love, Confidence and Courage. The benefits of focusing on a whole school as unique as each one is can be seen in the comments and feedback of those students who have gone through the program.

Justin, volunteer from Whole Foods Market Burnaby, student from first cooking class in 2009 “I now eat tomatoes because of that cooking class!”

Amanda, parent of Gr. 3 Student at Forest Grove: “Tristen finally ate the tomato sauce at the Community Lunch! Can I get the recipe so he can keep eating it at home?!”

Martha, parent of Gr. 5 student (Jeremy Wismer), 4th year cooking student at Forest Grove “This is such a valuable program. Jeremy has such a hard time getting up for school most days but on days when it is the Community Lunch or Cooking Class, he reminds me to be on time and gets to school early!”

By focusing on fewer schools we have a unique opportunity to engage with the whole school community from kindergarten to Grade 7. Here we can evaluate and gauge the learning of the whole child from the time they enter the school to when they leave and possibly even when some return as volunteers and Enviromentors to cooking class, garden club or camp activities. Whereas visiting 1 class group or 1 school each year and not returning does not set either the school or ourselves up for success or sustainability. It is unknown how well a garden will grow if we only visit once and only have a brief amount of time with a class group and teacher to teach all there is to know to grow about how to grow successful garden or teach any lessons on how to be well or eat well after 1 cooking class.

Funding has allowed us to begin this whole school whole child learning process at Edmonds Community School this year through a generous \$20,000 grant via the Telus Friendly Futures Foundation. Funding has allowed us to facilitate our program throughout the school year starting in the spring of 2019 through to June 2020. We are hopeful this funding will continue with an invitation to re apply in early February 2020.

Results will be gauged with our new website feature with the ability for teachers and students to complete online forms evaluating the learning both before the program started, during the program and near the end of the school year in 2020.

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As we have been in Forest Grove since 2011, positive feedback is beginning to come in with the older students graduating in Gr. 7 in the areas of eating habits, fruit and vegetable knowledge, cooking and gardening skills.

Overall our focus with each of our individual activities and experiences with students follows the following recipes for success:

-  **Engagement:** creating spaces for all children to have a voice and to be heard. We have seen this in our cooking classes, camps, gardens, inside the classroom in circles of truths and at the Forest Grove Labyrinth where children who are always heard or feel comfortable to speak are sharing what they know.
-  **Connection:** with our inner selves, each other, and via nature.
-  **Relationship Building:** the relationships we have with some of our Garden Club and After School Cooking Class students extend past these activities
-  **Community:** coming together to unite around a common goal. This is evident in our Garden Clubs, walking together at Climate Strikes, making salsa during lunch hours and at our Community Lunch Events at Forest Grove.
-  **Climate Action:** was a main topic last spring with each of our intermediate classes. Greta Thunberg started a movement last year which swept us all in the hope that the youth around the world could be inspired into positive action. Conversations were introduced in our seed classes and expanded into the strikes that were held in May and September 2019. We now look forward to connecting with even more youth to inspire them with more solutions to help save our world via the Forest Gourmet program on Galiano Island at the Nature Conservancy with our partner, Fireside Adventures.
-  **Self Care:** with our older youth, discussing how tuning in to what our bodies, minds and hearts need on a daily or moment to moment basis has become a focus. Food is medicine and medicine can be food. Learning and listening to our bodies, honoring our feelings and expressing our joys and sorrows are all a part of our holistic approach to learning life's lessons.

Looking forward to 2020 we are excited about the opportunity to start a new after school cooking program at **Stratford Hall in Vancouver** in a new learning lab kitchen facility Sprouting Chefs consulted with 2 years prior. Our partnership with Fireside Adventures and Creative Toolbox also continues to strengthen with workshops for future teen leaders in the City of Burnaby and a new location they have secured on Galiano Island at the Nature Conservancy. This space is extra exciting for us with access to a food forest, indigenous garden space and variety of local island farms to source as many seasonal ingredients for our summer cooking camp as possible.

We see the potential for our summer camps as they expand to be a source of subsidizing our in-school programs which will allow for less dependency on grants. Enablers to this part of our plan that are key are the continuation of having strong staff leaders such as Rebecca Douglas and the new hires we had from 2019 to continue to be a part of our team. Skills and qualities that we have identified as being necessary for this strength and empowerment are: a passion for children and youth, knowledge and experience working with healthy food, knowledge and understanding in education and finally finding future staff with a deep knowledge and understanding in permaculture, urban gardening and school gardens in general.

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Sprouting Chefs

A focus on ensuring that these camps are registered with enough campers to also achieve the goal of residual funds to subsidize our school programs will be instrumental. The potential results are an estimated \$42,000 in revenue that could offset and allow for our school Seed to Table Programs to thrive; especially in those schools with limited access to funds.

Although it has been a year of change on a board level of our organization with the departure of key members, we are excited for the new and continuing opportunities to positively affect the lives of the youth we are fortunate to engage with.

As always, our fuel, our inspiration and our drive to thrive is the children and families we serve.



The year ahead for these programs includes:

- Stratford Hall for Winter 2020 with Rebecca Douglas as chef leaders for a 7 to 10 yr old program.

Financial Report and Annual Budget - See Attached via Khalid Hosenbocus

Acknowledgement of Sponsors/Funders/Partners

- 🌸 **TD Friends of the Environment** - \$4,100 used for Windsor Seed Classes as well as Harvesting and Tasting classes at the end of the year, Lochdale Seed Classes
- 🌸 **Telus Friendly Future Foundation Grant** - \$20,000
- 🌸 **McGrane Pearson Endowment Fund via the Vancouver Foundation:** \$5,000
 - for the past 5 years, 2 board members on this endowment fund have sponsored the Forest Grove School Garden Club allowing the after school program to be a free service to the Forest Grove community.

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- **Fireside Adventures:** and Sprouting Chefs will be teaming up again this summer to collaborate on a summer camp experience for youth ages 7 to 17 at the Galiano Nature Conservancy. Fireside is developing a unique opportunity for high school students to gain science credits through their program as it will focus heavily on Climate Change and Climate Action.

Board of Directors

Khalid Hosenbocus – Treasurer, Finance Manager, Save On Foods

Jocelyn Robertson – Secretary, Daiya Foods

Barb McMahon – Executive Director

Vision - Wishlist

Home Base Location for Sprouting Chefs: kitchen facility for after school cooking classes and summer camps, storage, office space, garden space for teacher workshops, Labyrinth with Reflection Areas

5-year Funding for the Model Program at Forest Grove Elementary

Individual School Funding for 3 School Garden Programs

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