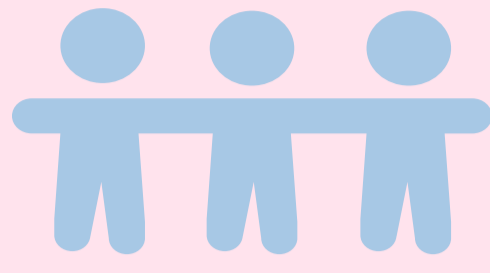




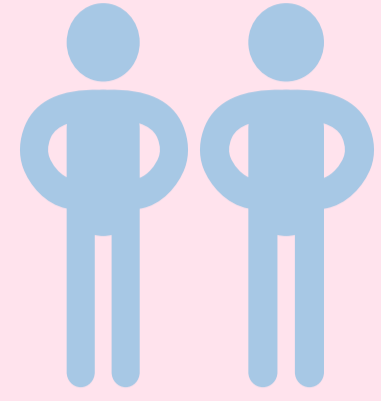
# WINDERMERE AFTER SCHOOL COOKING PROGRAM



2 elementary schools



24 elementary students



6 LFS mentors

## Objective

Conduct meaningful after school cooking programs to increase elementary students' basic food literacy. [1]

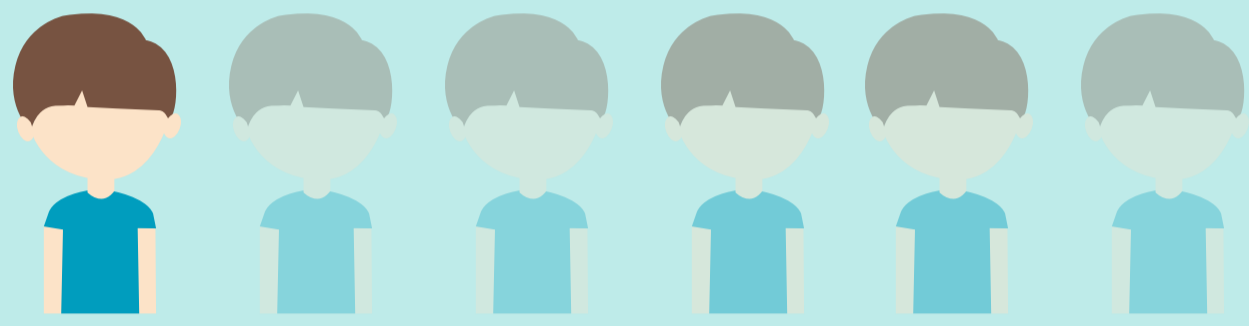
## About

Community Schools Team (CST) supports students' social-emotional learning and community connectedness

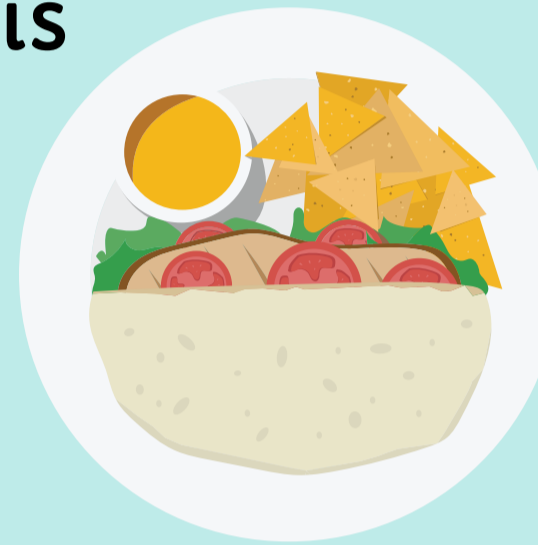
Windermere CST supports students located in the Renfrew-Collingwood neighbourhood [6]

## Significance

- Community food security: when all community residents have access to enough, healthy, safe food through a sustainable food system [2].



1 out of every 6 BC children is affected by some level of food insecurity [4].



- Food Literacy: having the

✓ knowledge to ✓ choose food  
 ✓ skills to ✓ grow food  
 ✓ attitudes to ✓ prepare food

to support ✓ health  
 ✓ community environment [5]

Our cooking programs:

- ✓ improve food literacy which will encourage healthier choices in the diet

- ✓ lead to better health outcomes and food skills

- ✓ address food insecurity that'll help us attain community food security [5]

## Approach

Met with community partner (Late Sep 2019)



Identified elementary schools



Developed program plans including recipes and activities (Early Oct 2019)

Carried out workshops (Mid-Oct to end of Nov 2019)



Collection of feedback (End of Nov 2019)

## Cooking Program Structure



pre-program worksheet

✓ emotional check-in

✓ cooking time!

✓ food literacy games



post-program worksheet

Results!

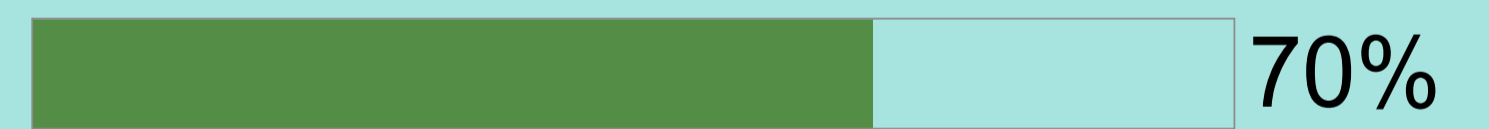
## Results



✓ 10 workshops

✓ theme: food literacy

% students who had basic food knowledge



% students who had basic food safety skills



"Cooking is so fun and easy! The vegan muffins are so yummy I want to make it again at home!"  
- Anonymous student

## Take Home Message

Our cooking programs increased students' food literacy and contributes to better community food security. These programs should be implemented continuously.