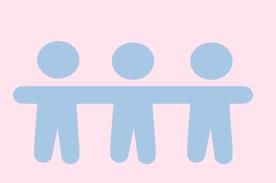


WINDERMERE AFTER SCHOOL COOKING PROGRAM









6 LFS mentors elementary students

<u>Objective</u>

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

About

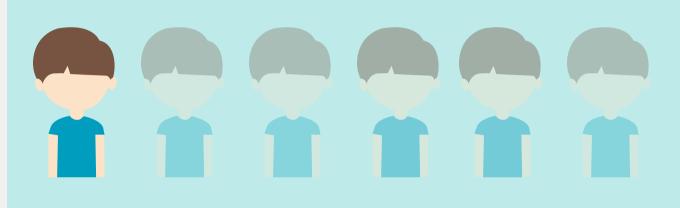
Community Schools Team (CST) supports students' social-emotional learning and community connectedness

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

<u>Significance</u>

schools

• Community food security: when <u>all</u> 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 √ skills to √ attitudes

√ choose food √ grow food 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]

<u>Approach</u>

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



√emotional check-in



pre-program worksheet

√ food literacy games



post-program worksheet

Results



√ 10 workshops

√ theme: food literacy

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

% students who had basic food knowledge

70%

100%

% students who had basic food safety skills

80%

100%

Take Home Message

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

1. Faculty of Land and Food Systems. (2019). Windermere Secondary - Afterschool Cooking Program. Retrieved from: https://lfs350.landfood.ubc.ca/community-

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2. Hamm MW, Bellows AC. Community food security and nutrition educators. J Nutr Educ Behav. 2003;35(1):37-43.
3. Windermere Secondary School. (n.d.). Retrieved November 24, 2019, from https://www.vsb.bc.ca/schools/windermere/pages/default.aspx.
4. 1.PROOF.(n.d.).Food insecurity in canada. Retrieved from http://proof.utoronto.ca/food-insecurity/
5. Brichta, J., & Howard, A. (2013, October 28). What's to Eat? Improving Food Literacy in Canada. Retrieved from https://www.conferenceboard.ca/e-5. Brichta, J., & Floward, 7. (library/abstract.aspx?did=5727.

6. Community School Teams. (n.d.). Retrieved from https://www.vsb.bc.ca/Student_Support/Extra_Curricular_Programs/Community_School_Teams/Pages/Default.aspx.