



Classroom Gardening Project

The primary focus of *Growing Chefs! Ontario* is on our in-class vegetable gardening and cooking program. In this project, teams of three chef and community volunteers are paired with elementary school classrooms.

On their first visit, the chefs help the students plant small, fast-growing indoor vegetable gardens, composed of plants like arugula, beans, peas, and beets.

Over the course of three and a half months, the chefs visit the classroom every few weeks, helping the students tend to their gardens and engaging them in games, lessons and activities focusing on plant growth, vegetable exploration, sustainability and nutrition.

At the end of the project, the students harvest their vegetables, and the chefs teach them to prepare a delicious meal with what they have grown. Students are given a set of locally sourced, seasonal recipes compiled by our chef volunteers, to take home and share with their families.

Growing Chefs! has developed a comprehensive set of lesson plans for volunteers, handouts, teacher resources and letters to parents. These educational materials are used to guide and support our chef volunteers through their classroom experiences.