



Food Awareness Education Program

SCHOOL DISTRICT NO. 8
BUDGET PRESENTATION
FEB. 4, 2014

Presenter: Sophie De Pauw

Project Overview:



- Phase 1 of a multi-year program.
- Partnerships with Nelson Food Cupboard and Wildsight.



Project Overview:



Aims:

- To increase local food awareness of students in grades 5 and 6.
- To stimulate students to experience local food systems
- To make lasting connections in themselves and in their community.



Project Categories:



- **Citizenship:**

Group work with community partners such as the Nelson Food Cupboard to contribute to their gardening and harvesting programs contributes to the development of responsible citizens within our local community.

Project Categories:



- **Transitions:**

Regular field trips and experiences outside classroom with a shared altruistic purpose will promote positive interactions and confidence building in students.

Project Categories:



- **Critical Thinking Skills:**

Curriculum will include opportunities for problem solving and reflection. Students will have to consider social, economic and environmental factors to make decisions (eg: grocery shopping choices).

Project Categories:



- **Social and Emotional Well-being:**

Children that are able to make informed choices about their food consumption may develop the confidence to assert themselves on their own personal needs in and outside the classroom.

Why Food Awareness?



- Obesity in children and youth in Canadian schools.
- Increasing type 2 diabetes diagnoses in younger children aged 9 and 10.
- Nutrition and food education shown to effectively lower obesity rates, improve diets and increase physical activity.



Why Food Awareness?



- Food awareness program will combine nutritional, food system and security information that is pertinent to our region.
- Emergence of municipal food policies.
- Average age of a farmer in B.C. is 55.7 years.
- Reduction of 10.3% from 2006-2011 in number of Canadian farms.
- Effects of Climate change on agricultural land.

Why Food Awareness?



- Collaborative projects in B.C.:

Farm to School – Public Health Association of B.C.,

B.C. Fruit and Veggie Nutrition Program

B.C. Agriculture in the classroom program

Growing Chefs – Vancouver

Lifecycles Project Society – Victoria

Food for Life class Trafalgar– Mrs. W. Machado.

Project Outlook:



- Designed around 3 seasons of school year.
- Two grade 5/6 classrooms in SD8 in two different schools.
- Each season approximately 2 months with 8-10 hours of instruction and 6-8 hours of field trips and activities.
- Program will require an instructor, a coordinator and curriculum development time.



Project Outlook:



- Lessons designed for students to experience local food systems.
- Curriculum will include :
how food can be grown,
eaten,
digested,
preserved/processed,
packaged,
transported
discarded in our region.
- A component on abundance and scarcity of food in our community.



Program Success:



- Program evaluation to include all stakeholders involved : students, teachers, administrators, farmers, speakers, parents, community supporters.
- Students evaluated through fun exercises ie: shared journaling experiences, survey, 24 hr dietary recall or specific exercises.
- Focus groups and informal discussions reported.



Budget Outlook:



Phase 1 Program Curriculum Development	\$4000
Instructor Training	\$1000
Evaluation and validation of Phase 1	\$1500
Curriculum Revision	\$300
Illustrator/Graphic artist of program booklet	\$500
Facilitation and Coordination pay	\$3500
Guest speaker stipend/remuneration	\$500
Overhead (10%)	\$1500
Program materials – booklet, equipment	\$1000
Field trip costs	\$3000
Publicity/promotion	\$200
Total	\$17,000

Thank-you!



Additional References:



- Shaw TV clip here



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