

#### **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.



#### • 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.

#### • Transitions:

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

#### • 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).

#### 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.

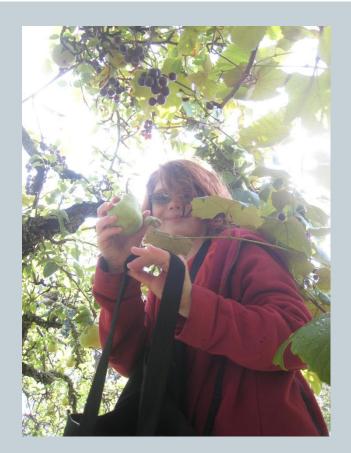
## **Project Outlook:**

- 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!



Food Awareness Education Program - Phase 1

#### Additional References:

Shaw TV clip here

