




# Field to Table Schools Field News

Fall 2008

-  Are you interested in enhancing your students' understandings of the food system?
-  Would you like to explore nutrition and healthy recipes in exciting ways?
-  Are you interested in finding out more information about composting, using classroom worm bins or starting up a school garden?

**Field to Table Schools would love to help.  
Contact us to book a workshop, tour or teacher training**

## Upcoming training workshops

All workshops are free and open to teachers, parents, students and community members. Participants will leave with resource packages and replicable, curriculum linked activities and ideas.

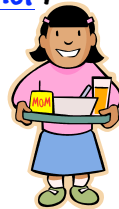
Workshops will take place at FoodShare's offices at 90 Croatia Street (one block west of Dufferin subway) - Dinner will be served

### Monday October 6, 4:30-6:30 **An Introduction to Field to Table Schools**

Join us to learn all about our new programs including our

- Climate Change School Food Garden Program
- Field Trips
- Free in class workshops and activities
- Guardians of the Greenbelt Program
- The Great Big Crunch
- And more

Please contact Meredith Hayes to register or for more details at 416-363-6441 ext 240 or [meredith@foodshare.net](mailto:meredith@foodshare.net). Please include school and grade level



### Monday October 27, 4:30-6:30 **Naturally Nutrition**

Gain fun and interactive ways of teaching basic nutrition, healthy snack ideas, the Canadian Food Guide and more. Perfect for teachers interested in bringing nutrition education to life. Please contact Carolynne Crawley to register or for more details at 416-363-6441 ext 252 or [carolynne@foodshare.net](mailto:carolynne@foodshare.net). Please include school and grade level

### Monday November 24, 4:30 -6:30 **Food and the Environment**

Join us to learn how you can incorporate food education into your classroom as a delicious tool for environmental stewardship. This workshop will include tips on establishing worm bins and compost programs, benefits of local produce and more.

Come away with a number of activities that link to social science, fine arts and science expectations. And learn how your school can get involved with our climate change footprint gardens.

Please contact Michael Lewis to register or for more details at 416-363-6441 ext 238 or [Michael@foodshare.net](mailto:Michael@foodshare.net)

### Food for Thought Book Drop

Sign out Field to Table Schools' great collection of books on the food system. The books are available for a month long loan and come with an interactive food system display perfect for the library or classroom.



If there are any resources you can recommend we are always looking to expand our library and would love to hear your suggestions



## Some of our Field to Table Schools Programs Include:

### Learning from the Local

Connects students with local farmers and producers.

### Healthy Lunch Challenge

Students learn about basic nutrition, how to make food that is healthy for both them and their environment

### Composting in the Classroom

Explores the world of outdoor and indoor composting and how to establish school compost programs

### Growing Together

Supports the development of school food gardens through curriculum support, resources, site evaluation and tips on design






### Food Source Sleuths

Students investigate where their food comes from, how it is grown, transported, processed and more.



## Join the Guardians of the Greenbelt Program

Do you want your class to learn about:

-  **Where** their food comes from
-  **How** their food is grown, harvested, preserved and prepared
-  **When** certain foods are in season
-  **Who** in their community is working with food
-  **And Why** the Greenbelt is so important

Contact Field to Table Schools for more information on how you can become involved in this exciting program, which includes a series of in class workshops, activities, recipes, tastings, connections with a local farmer and a visit to FoodShare.






Please call or email Mona Hashim, Field to Table Schools Organizer for more information at 416-363-6441 ext 247 or by email at [mona@foodshare.net](mailto:mona@foodshare.net)

## FoodTour at FoodShare

Bring your class for a fun, interactive and free tour of FoodShare

Students will have an opportunity to:



-  Learn how our warehouse runs including where the fresh fruits and vegetables for our Good Food Boxes come from.
-  Help out with our outdoor composting and indoor worm compost bins
-  Visit our kitchen and prepare a healthy snack
-  Learn about FoodShare's different programs and how we work with the community
-  Engage with numerous food themed activities, crafts and more...

If there is a FoodShare program that is particularly relevant for your class, such as composting, nutrition, food culture, food and the environment, etc. we would be happy to tailor our tour to meet your needs. Tours will begin in October.

For more information on the Field to Table Schools Program please contact Meredith Hayes at 416-363-6441 ext. 240 or email [meredith@foodshare.net](mailto:meredith@foodshare.net)