


Elementary School Name:		<p>Each of the following workshops are available free of charge for in class visits. Please provide details of any food allergies or dietary restrictions that may be of concern for all workshops.</p> <p>If you would like to visit FoodShare for a tour of our facilities and to participate in some of the following workshops the cost will be \$2 per student for a half day visit, \$3 per student for a full day visit or \$5 per student for any workshop plus lunch.</p> <p>Please send completed forms to: Brooke Ziebell, FTTS, FoodShare, 90 Croatia St, Toronto, M6H 1K9, brooke@foodshare.net, or fax: 416.363.0474.</p>
School Address:		
Teacher's Name, Phone and Email:		
Grade Level/s Attending:	Number of Students:	

 Fall/Winter Seasonal Program Menu	Notes/Comments	Preferred dates and location	
		Date	In Class OR At FoodShare
Local Motive Train – Students will learn the “nuts and bolts” of local food in this workshop, making their own Ontario produce wheels, using their senses to “cho-cho-choose” the local, learning about the food transport system and discussing “The Little Engine That Could”! <i>This workshop is best suited to grades 1-4.</i>			
Growing Together - An overview of Urban Agriculture and School Footprint Gardens, this hands-on workshop introduces students to exciting programs happening in Toronto and around the world. Students will be provided with tangible examples of how they can get involved from backyard composting, garden plots, urban apiaries and sprouting. <i>This workshop is best suited to grades 5 and 6 in the Fall.</i>			
FoodPrints - This workshop explores the social, nutritional, environmental and economical benefits of supporting our local food system. Going beyond ecological footprints, <i>FoodPrints</i> explores the effects of our food choices specifically. <i>This workshop is best suited to grades 5 and 6.</i>			
Food Cycles Farm Tour - This tour is a FoodShare-facilitated farm visit. Food Cycles in an urban farm, located at 70 Canuck Avenue (Sheppard and Keele), where students will learn all about growing seasonal produce, composting and aquaponics in a hands-on, interactive way. Please ask us for more details. <i>This workshop is suited for all ages in the Fall.</i>	<i>Schools will be responsible for student transport. FoodShare can offer a nutritious packed lunch for \$3/student.</i>		At Food Cycles (www.foodcycles.org)
Good Food Box Relay - Your students could get involved in FoodShare’s largest program, The Good Food Box. Come and learn about where food really comes from, the benefits of locally sourced produce, get in the kitchen to prepare a snack and of course, participate in a Good Food Box-packing race! <i>This workshop is suited for all ages.</i>			At FoodShare

Can you dig it? - This workshop is an exploration of soil as a vital resource and ways in which we can protect it and build our own. <i>This workshop is best suited to grades 1-4.</i>			
Grains on the Brain - An introduction to a variety of grains, including their history, how they are harvested, processed and prepared. <i>This workshop is suited to all ages.</i>			
Animals in the Foodsystem – Students will identify the different ways animals are involved in our food system and have a chance to prepare and sample some of their own butter. <i>This workshop is best suited - to JK-3.</i>			
Growing Food Roots - Students will delve deeper into the influence that culture has on our diet. The workshop also focusses on the different “food roots” that Toronto has with a group art piece to represent them. <i>This workshops is best suited to grades 4-6.</i>			
Cacao Culture - Chocolate doesn’t grow on trees! Or does it....? Students will love learning about the cacao tree, how chocolate is made and traded around the globe. Incorporating the ethical, cultural, and social issues surrounding chocolate, students will learn to appreciate this treat like never before. Oh yeah, did we mention the chocoalte taste tests? <i>This workshop is best suited to grades 5 and 6.</i>			
Guardians of the Greenbelt - Over the course of the year your students will learn all about the different foods available in Ontario, how they’re grown, how they’re harvested, prepared, preserved and most deliciously – how they taste. Please ask us for more details. <i>These workshops are best suited to grades 4-6.</i>	<i>These workshops run over the course of 1 year and include 8 different components.</i>		At FoodShare
Stone Soup - Students will learn about the importance of our community when eating, growing and sharing food. Students will listen to a story, help prepare their own stone soup and receive a take home package for someone special! <i>This workshop is best suited to grades 1-4.</i>			
Energy Detectives - Students become the detectives in this workshop, uncovering the hidden energy in the foods we eat. particularly apple cider Learn about the harvesting, growing, processing, transporting, selling and cooking that goes on before the finished product is enjoyed. <i>This workshop is best suited to grades 5 and 6.</i>			
Ultra Local - Students explore local food and urban food production as a way to shrink ecological footprints. Students will get to design their own urban food-scape and grow their own sprouts, it doesn’t get more local than that! <i>This workshop can be adapted to suit all grades.</i>			
Great Big Crunch – 1, 2, 3... Crunch! Learn about healthy eating and local and global food systems while following the journey from the apple seed, to the harvest, to the market, to the core. <i>This workshop is best suited to grades K-4.</i>	<i>The annual GBC will take place on March 11, 2010. But this workshop can be run anytime.</i>		
Tour of FoodShare – Visit our facility for a behind the scenes look at one of North America’s largest Food Security organizations. Students will experience the kitchen, garden, compost area and Good Food Box facility. <i>This workshop is suited for all ages.</i>			At FoodShare

Other Requests - Field to Table Schools are happy to take requests for new workshops. Ask us about arranging a personalized workshop for your class!

