




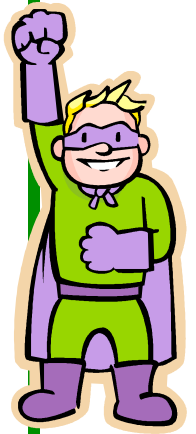


Guardians of the Greenbelt






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



We invite you and your students to join us as we embark on a journey to become 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.

If your class takes on the challenge to become Guardians of the Greenbelt they will benefit from the following:

-  A series of in class workshops on local food including tasting, planting and preparing a variety of foods
-  A chance to communicate with a local farmer or producer
-  Visit Everdale's/FoodShare's education centre including a tour of our large scale compost operation, our warehouse where we distribute fresh fruit and vegetables and our full scale industrial kitchen where they will prepare a delicious and nutritious recipe made from Greenbelt ingredients
-  Sample honey from our urban apiary and learn all about the important role pollinators play in our food system
-  Learn where to find and purchase local food and the environmental benefits of eating local

The goal of the Guardians program is that students will enhance their understanding of the Greenbelt, while fostering stewardship and strengthening an interest in nutritious, healthy eating and an understanding about where our food comes from.



How Does the Program Work?

Register your class for the program by contacting us at Field to Table Schools/Everdale and select two or more workshops from the following menu. You will receive activities, food samples and issues of the Green Guardian comic strip to support the themes you have chosen.

Join us for a field trip to make the final steps towards certification. All workshops and activities can be tailored to the grade and age of your class – however some themes may be more helpful in meeting your curriculum expectations than others.

At the beginning of the program each student will be issued a Guardian green belt – as they complete different themes in the program they will receive a button to attach to their belt – collecting knowledge and experience towards certification as a **Guardian of the Greenbelt.**



If you are interested in this program please fax or email this registration form to Field to Table Schools c/o FoodShare at 416-363-0474 or to mona@foodshare.net

Please select from the following workshops. We encourage classes to sign up for a minimum of two in class workshops as well as a visit to FoodShare to receive the full benefit of the program, however we are more than happy to work in whatever configuration you would prefer.

We offer a wide range of activities exploring local food from soil, to seed, to harvest, to table. Students will learn about the role we play in our local food system, the different jobs associated with these themes and how they can get involved.

School Name: _____

School Address: _____

Teacher Name and Contact Information: _____

Grade Level/s: _____ **Number of Students:** _____

Allergies or Dietary Restrictions: _____

Each of the following workshops are available free of charge for in class visits. Each workshop includes a healthy snack as detailed in the brief descriptions below.

Please provide details of any food allergies or dietary restrictions that may be of concern.

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 a full day plus lunch.

Workshop Menu – Please place a check mark next to the workshop/s you would like to book. Upon receipt of your registration we will contact you to confirm bookings and provide further details including a detailed workshop outline and schedule. Each workshop is one hour in length but alternative schedules may be designed upon request.

Preferred dates and location –
In class or at FoodShare

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	Date	IC	FS
Rotten Apple Party – A hands on lesson on the benefits and practices of indoor and outdoor composting. (Apples)			
Can you Dig It? - An exploration of soil as a vital resource and ways in which we can protect it and build our own. (Carrots)			
Roots, Shoots, Bulbs and Fruits – Learning to identify plant parts, their functions and how to prepare a variety of local fruits and vegetables. (Plant Part Salad)			
Pollination Patrol – A look at the important role pollinators play in our food system (Honey)			
Grains on the Brain – An introduction to a variety of grains, including their history, how they are harvested, processed and prepared. (3 Grain Salad)			
Animals in our food system – 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 (Butter and Bread)			
Seed Sleuths – Investigate the life cycle of a seed including planting techniques, germination, dispersion and species identification. (Pea/Sunflower Sprouts)			
Ultra Local - This workshop explores urban food production as a way to <i>really</i> shrink your ecological footprint. Students will get to design an urban food-scape <i>and</i> grow their own sprouts or try their hands at preserving local produce.			
Guardians of the Greenbelt – Students will explore and develop ways in which they can become stewards of local food.			