


School or Organization 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 if workshops include lunch.</p> <p>_____</p> <p>Please send completed forms to: Brooke Ziebell, FTTS, FoodShare, 90 Croatia St, Toronto, Ontario, M6H 1K9, brooke@foodshare.net, or fax: 416.363.0474.</p>
School or Organization Address:		
Teacher's Name, Phone and Email:		
Age of those attending:	Number of participants:	

 <u>Youth Program Menu</u>	Notes/Comments	Preferred dates and location	
		Date	In Class OR At FoodShare
<p>Recipe for Change - An introduction to Food Security and Food Justice - This workshop provides students with an overview of the food security movement, while profiling exciting individual, community, and government strategies employed to address access to good, healthy food for all.</p>			
<p>Volunteer Opportunities at FoodShare - Students will learn about our organization while earning volunteer hours which may include packing the Good Food Box, working with our composting and garden projects or supporting any number of FoodShare's daily operations. Volunteer opportunities are subject to availability and may differ throughout the seasons.</p>			At FoodShare
<p>Learning from the Local - This workshop explores the social, environmental and economic benefits of supporting our Local Food System and is best suited to the Fall months.</p>			

<p>Growing Together - An Overview of Urban Agriculture and School Growing Projects - This hands on workshop introduces students to exciting urban agriculture programs happening in Toronto and around the world – providing students with tangible examples of how they can get involved from backyard composting, garden plots, urban apiaries and sprouting.</p>			
<p>Navigating Nutritious Eating - Get involved with a variety of hands on workshops on healthy food choices including shopping and budgeting tips and simple nutrition facts.</p>	<p><i>Supermarket tours can be arranged on request.</i></p>		
<p>What Toronto Eats - What do people eat in Toronto? How much do they spend on a week’s worth of groceries? Why does it vary so much? This session will help answer these questions by observing, analyzing and creating pictures of various Torontonians’ groceries.</p>			
<p>FoodPrints - Students learn about the effect that our food choices have on the environment and ways to minimize our “FoodPrints” through urban agriculture principles.</p>			
<p>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 warehouse facility.</p>			<p>At FoodShare</p>
<p>Other Requests - Field to Table Schools are happy to take requests for new workshops. Ask us about arranging a personalized, curriculum linked workshop for your group!</p>	<p><i>Your Workshop Idea/s:</i></p>		