

SOW - planting this year's seeds

*Three ways your gift reaches children and families in
London and Middlesex today*

Annual giving is the heartbeat of Growing Chefs! Ontario. It is what keeps programs running, doors open and children learning – year after year, season after season.

Here is where your gift goes to work this year.

Food education programs

In classrooms, school gardens and community spaces across London and Middlesex, Growing Chefs! delivers hands-on food education that builds cooking skills, food knowledge and confidence in children and youth. Programs are curriculum-linked, backed by evidence and designed to meet children where they are – in their schools, their neighbourhoods and their communities.

A gift of \$500 provides equipment for a school to participate in one of our in-school cooking programs.

Food education subsidy fund

Growing Chefs! believes every child deserves to participate, regardless of their family's ability to pay. The subsidy fund makes that possible – ensuring that cost is never the reason a child misses out on a program that could change how they see food, and themselves.

A gift of \$60 covers the cost of one child's participation in a Community Cooking Class.

*Food education
programs*

*Learn to Grow;
Grow to Give*



*Food education
subsidy*

"It's exciting to open the bags, it's like a present! I thank you for all the love and care that you put into the vegetables. I feel lucky to receive them."

– Food box recipient

Learn to Grow; Grow to Give

Food education and food access belong together. Through Growing Chefs! urban farm and community garden programs, children and families learn to grow food, and that food goes directly back into the community – as fresh food boxes for families in need, as volunteer opportunities for people facing barriers to employment, and as a living classroom for the next generation of food-literate Londoners.

A monthly gift of \$100 provides bimonthly fresh food boxes to a family experiencing food insecurity.

"The students really enjoyed seeing how the garden was set up. They enjoyed tasting and sampling different things that were growing. We felt very welcomed with a sense of instant community."

– Kim A., secondary teacher

Ready to give?

Every gift, of any size, helps ensure that more children in London and Middlesex grow up with a relationship with food that is joyful, confident, and lasting.

Give online at growingchefsontario.ca or contact us to discuss your gift:

Contact us to discuss your gift:

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