Looking to offer new programming for kids?

Food Banks Canada is proud to present the Food Explorers Cooking Club, a skills-based healthy eating program for Canadian kids aged 9 to 11.

Food Banks Canada provides:
- All curriculum materials for the delivery of the Food Explorers program, including resources for facilitators and participants
- Funds to support program delivery, which could include the purchase of needed kitchen utensils and equipment, ingredient purchase, photocopying, space rental etc...
- Funding to hire facilitators to deliver the education program

Participant food banks will need access to*:

- Two facilitators to lead the delivery of the Food Explorers education program
- Access to a commercial kitchen [owned or rented]
- Equipment and supplies for 10 participants
- Kitchen equipment: stove, fridge, dishwasher, etc...
- Kitchen appliances: food processor, blender, etc...
- Kitchen utensils: pots, pans, baking sheets, measuring spoons, mixing bowls, spatulas, cutting board, can opener, vegetable peeler, colander, etc...

*Funding may be available for these items

Participant food banks commit to:

- Signing a formal agreement with Food Banks Canada regarding the use of funding and program delivery
- Delivering the 7-week Food Explorers program as is, without significant alteration
- Recruiting at least 6 children, and ideally 8 children, to participate in the Food Explorers program
- Working with a Facilitator to co-facilitate the Food Explorers training program
- Participating in kick-off and wrap-up meetings by conference call with Food Banks Canada to provide feedback on the program
- Collect stories, pictures, and other feedback from participants in the Food Explorers program
- Participate in public relations activities related to the Food Explorers program; acknowledge the support of Food Banks Canada and Hershey Canada
- Participate in an extensive evaluation of the Food Explorers program
Food Explorers – Lesson Outline

• Below is an outline of 7 lessons targeted at children aged 9-11. These lessons will help teach young members of our communities how to cook good, affordable and tasty food, and to begin their journey as a food explorer.
• Each core lesson is designed to be completed in 120 minutes (2 hours).
• Each recipe provides enough food for approximately 10 people – eight kids and two adults.

Program outline

<table>
<thead>
<tr>
<th>Lesson 1: Breakfast</th>
<th>Lesson 2: Lunch</th>
<th>Lesson 3: Balanced Snacks</th>
<th>Lesson 4: Growing and Producing Food</th>
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<tbody>
<tr>
<td>In lesson one, food explorers will be introduced to the kitchen, create a Kitchen Pact and learn basic kitchen skills. Explorers will “flip” for the first recipe.</td>
<td>In lesson two, food explorers consider what influences their food and drink choices. Explorers get on “a roll” with a new lunch recipe.</td>
<td>In lesson three, food explorers learn about balanced snacks. Explorers create a delicious snack buffet using simple recipes they can make at home.</td>
<td>In lesson four, food explorers will begin to learn how food is produced and grown in Canada. Explorers will get to sample different edible parts of plants.</td>
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<tr>
<th>Lesson 5: Heritage Recipes</th>
<th>Lesson 6: Balanced Meals</th>
<th>Lesson 7: Food Explorers Celebration</th>
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<td>In lesson five, food explorers learn more about the impact of family heritage and culture on food preference. Explorers will enjoy a comforting heritage recipe.</td>
<td>In lesson six, food explorers work together to complete the Top Food Explorer challenge to transform a classic recipe into a delicious balanced meal.</td>
<td>During this session, food explorers use their new knowledge and skills to prepare a celebratory meal for their family or community.</td>
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How to apply?
Complete an application form online at https://foodbankscanada.fluidreview.com/

“I am definitely hoping that this course can continue in our small community. I believe these snacks and meals are the healthiest meal of the day for these children. It’s a wonderful experience for the children and the leaders.”

Pedvac Foundation, Port Elgin NB