

SuperChefs Cookery for Kids Summer Report 2019

I. Surrey School District Camps

This summer, SuperChefs Cookery for Kids expanded our reach, running 3 cookery camps simultaneously based out of Johnston Heights Secondary and Tamanawis Secondary in Surrey, British Columbia. Over 7 weeks in July and August, 16 cookery camps hosted over 278 children from the lower mainland, free of charge. 35 high school and university students ran the programs and were paid by the Canada Summer Jobs Program. The expansion of a 3rd cookery was made possible by the recognition of SuperChefs' community engagement by TD's #TDThanksYou campaign, which awarded the founder, Dr. Greg, and SuperChefs with brand new pasta machines and pizza stones in order to run the program this summer. SuperChefs was one of six small businesses across North America to receive this honour. (<https://www.td.com/corporate-responsibility/ready-commitment/customer-appreciation.jsp>)



Our level 1 cookery program emphasized teaching children basic cooking skills, including knife skills and measuring ingredients, as well as kitchen safety. During the course of each four-day camp, students would learn how to make crepes, parfaits, pizza from scratch, pasta from scratch, and our newest recipe, fajita bowls. The long noodle competition was always a week highlight, with this summer's record of a 13.5 metre-long noodle!

Following the cooking session, the day would continue with UBC Food and Nutrition and Dietetics students teaching the kids about several aspects of a healthy lifestyle, including the importance of oral health, the newly revamped Canada's Food Guide, and how to read and interpret the information provided by food labels.

Another addition to camps was the popular Flavourful Science component, headed by one of our second year staff members, Norbert Banyi. This was piloted at Johnston Heights Secondary, incorporated into the camps after being Norbert was awarded the NSERC Youth Ambassador grant. During these interactive 25 minute lessons, such as making edible juice pockets. Norbert taught concepts of science using food as a medium to facilitate learning.

Flavourful science has since become an NGO and is now featured at various community events.

To wrap up the day, our staff of Kinesiology students engaged the kids in physical activity. These 3 aspects of the camp allow our camps to promote SuperChefs' 5 pillars (FACES) for a healthy lifestyle: Food literacy, Aware of our food systems, Competent in cooking skills, Engaged in physical activity, and Savour balanced food choices.



In our level 2 program, advanced students who completed the level 1 program in 2018 learned more complicated recipes and built upon the skills focused upon in Level 1. Students cooked recipes of different cuisines including naan, chow mein, and chicken souvlaki, among several others. The final test of the week was a burger challenge in which they were given no recipes, only a demonstration on how to create a burger, while they were left to decide on the ingredients themselves. Some children even challenged themselves to create a vegetarian burger despite not being vegetarian themselves.



The nutrition lessons were more in depth, touching on local versus imported produce and the benefits of drinking water rather than sugar-sweetened

beverages. They also covered the nutritional value of grains and, using our own SuperChefs grain mill, the kids got a hands-on lesson on how flour is made.

The level 2 program concluded with a field trip wherein students took a trip to the Granville Island Public Market to see where both local produce and exotic food are sold, Stanley Park to participate in some fun physical activity, and the Westin Bayshore, to get a tour of their corporate kitchen and facilities.



II. Special SuperChefs

The second year of Special SuperChefs brought more children with physical, cognitive, and social limitations into the kitchen. Special SuperChefs adapted to accommodate children of all abilities, working with 33 children to learn culinary skills, staple nutrition facts, and to engage in physical activity. The unique 1:1 camper to counsellor ratio allowed each child to function within their unique capacity and thrive in a camp setting of the first time. Many returning campers displayed significant development in their cooking knowledge and confidence in the kitchen. With SuperChefs' core values and mission at the heart of the program, Special SuperChefs provided an inclusive opportunity for children requiring additional support for a successful second year.



III. Events

One special addition to SuperChefs this summer was the dental program, wherein participating kids from one elementary school and teens in SD36 were screened for necessary dental work and received treatment for free at Dr. Greg's clinic. The treatment was provided by fourth year UBC DMD student Emilie Phillips, as part of UBC Dentistry Summer Student Practitioner program, who was assisted by Austin Chang, University of Toronto DDS student while under the guidance of the dentists at the Surrey Place Dental Group. This initiative allowed kids to receive over \$7000 of high quality dental work free of charge, while providing the dental students with valuable clinical experience.



On July 20 and 21, SuperChefs executed two cooking shows at Surrey Fusion Festival. We demonstrated how to make a hot turkey salad and pizza from scratch, giving over 150 free samples to the crowd. One of the Surrey

students who participated in camps helped in the demo of the homemade pizza, showcasing the skills he learned a week prior.



Our final special event of the summer involved celebrating the release of the #TDThanksYou campaign videos and hosting and thanking our local members of Parliament who supplied us with the grants that made the program possible this summer. Attendees included Ken Hardie from Fleetwood/Port Kells, Randeep Sarai from Surrey Central and Gordon Hogg from South Surrey/White Rock. MasterChef Canada Season 2 winner David Jorge and BC Lions great Wally Buono, whose children and grandchildren attended the camps, showed the students at the cookery how they make their favourite pizza.





IV. Results and Program Metrics

At the beginning and end of each cookery, campers completed a pre- and post-camp questionnaire to gauge their progress and growth throughout the course of the week. The questions target specific objectives in the SuperChefs mission statement. From 214 responses, the results are listed below:

Level 1 Metrics

Question Asked:	Pre-Camp	Post-Camp
"I feel confident in my cooking skills."	37%	89%
"I feel comfortable using a knife when making food."	72%	94%
Do you know what the Canada Food Guide is?	30%	94%
Can you fill in a healthy plate?	39%	93%
Can you explain how acid affects your teeth?	21%	63%
What are two senses you use when you eat?	82%	91%

Level 2 Metrics

Question Asked:	Pre-Camp	Post-Camp
"I feel confident in my cooking skills."	53.6%	85.7%

"I am aware of where my food comes from."	64.3%	92.9%
"I know how to grow my own food."	50%	71.4%
Can you explain how sugar affects our teeth?	35.7%	60.7%
Can you name two drinks that we should choose more often?	78.6%	82.1%
Can you explain how yeast works in baking?	3.6%	64.3%
Can you explain how flour is made?	57.1%	82.1%
Can you name two reasons why we should buy food grown in BC?	10.7%	53.6%

V. Program Sponsors and Partners

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