

# SuperChefs Cookery For Kids Summer Report 2021

## I. SuperChefs Cookery for Kids - virtual camps part 2!

Last year, the COVID-19 pandemic caused a dramatic shift in the way we delivered our hands-on SuperChefs Cookery program to our young and enthusiastic chefs. Despite the progress in B.C.'s COVID-19 reopening plan, we made the decision to deliver camps virtually again in 2021. Similar to last year, online camps ran for a duration of 2 weeks each, where Zoom cooking lessons and nutrition/oral health & movement lessons were delivered on alternate days. With 34 different staff members, employed by the Canada Summer Jobs Program, SuperChefs was able to reach over 110 campers in July and August, more than double the campers from 2020.



Our camp kits proved to be a great success in creating an engaging and impactful experience for our campers last summer. As a result, we were incredibly grateful when the Cloverdale Community Kitchen partnered with us, offering their kitchen space to us as a means to store and pack the contents of our camp kits this year. In our SuperChefs kits, campers received fresh and local produce for our cooking lessons, a laminated brushing & flossing chart, and a bingo contest challenge among other items.



Pick-ups this year were hosted at Dr. Greg's dental office Surrey Place Dental Group at Central City. Conveniently situated right next to the Surrey Central SkyTrain station, the office was more centrally located and accessible for families across the Lower Mainland. Furthermore, with our new pick-up location, we had access to a refrigerator to safely store perishable ingredients before families came for their designated time slots. As a result, we had more flexibility during our research and development phase in recipe creation as more ingredient options were possible. We were honoured to have *Surrey City Councillor* Linda Annis and *Member of Parliament* Ken Hardie visit us at one of our pick-up days to see our program in action.



One of the most exciting additions to the camps this year was an all-new scripted web series. Co-produced by Dr. Greg and brought to life by a team of film & broadcasting graduates, the series follows 13-year-old Lily (played by Scotia Browner) as she learns what it means to be a SuperChef under the tutelage of Dr. Greg himself (now a puppet played by Lucien Lum). Joined by old & new characters from the SuperChefs universe, the series takes the campers through recipes, nutrition and dental lessons, movement routines, and even a rap about brushing their teeth! But the most challenging and rewarding episode to produce was the season finale, a farm tour shot at and featuring Rondriso Farms and Lindrian Farms here in Surrey, BC, showing campers where the ingredients for their vegetable frittatas they made in camps come from. With the series having been well received in the camps, Dr. Greg & the production team are now working on a half-hour pilot episode, hoping to bring the rebooted SuperChefs world and vision to TV & streaming services across Canada and the world.



Another exciting collaboration this year was with dietetic interns from Columbia University's Teachers College in an effort to scale our program. We created a Train-the-Trainer program, with a comprehensive website with multiple modules - complete with learning objectives, written and visual material, and additional resources such as accompanying webinars. Our aim was to create a program that could be used as a tool by our partners and new staff members to train them about the SuperChefs model - complete with our rich history and how to plan & execute camps - in order to carry out their OWN interpretation of our mission, suitable to their community's needs without compromising the integrity of our core values. As a result, the interns worked with a local community organization, SEED Harlem, to give virtual workshops to grade 6 students that were adapted to the unique and diverse makeup of their community.



The feedback and response we received from both campers and their families were tremendously encouraging despite not being able to interact with our campers in-person. Before camps, 58% of families said they rarely cooked together but after camps, 95% of families said they enjoyed spending time together in the kitchen! Virtual SuperChefs served as a fun bonding activity for families while also helping to develop important habits and life skills.

Our efforts were also congratulated with a feature in the [Surrey Now-Leader!](#) As we continue to navigate through these challenging times, SuperChefs is proud to continue to engage children on the importance of healthy living while bringing the fun to their own kitchens!



## II. Cooking, Nutrition, Oral Health and Movement Lessons

Similar to past curriculum, the 4 aspects of camp, cooking, nutrition, oral health and movement, were centred around promoting 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.*

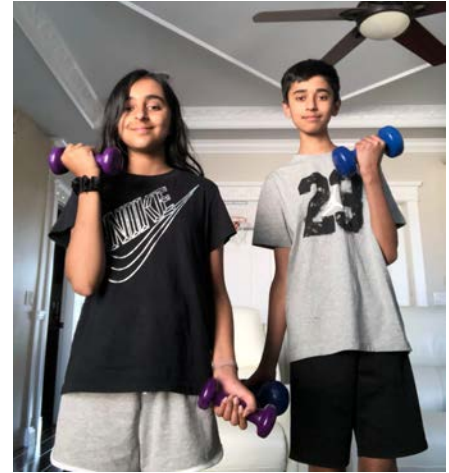
Recipes were carefully chosen to minimize food waste and maximize food safety. Our menu highlighted local, in-season produce while also challenging our camper's cooking skills. Campers had the opportunity to cook culturally diverse dishes from different parts of the world such as Japanese Sushi Sandwiches (*Onigirazu*), Greek Stuffed Peppers (*Yemista*), Thai Red Curry, and Italian Veggie Frittata.



Our UBC dietetics and dental team worked together to develop lessons that incorporated aspects of nutrition and oral health. Comprehensive worksheets, take home activities and webisodes were also created in order to help engage campers during lessons and to solidify their learning. This year, campers learnt how to practice mindful eating by using their five senses in a food meditation while also exploring mindful brushing and flossing via a dental rap video. The importance of calcium for strong bones and teeth was also examined, with the campers learning which foods are high in calcium, and what can happen to their bones if they do not consume enough calcium rich foods.



This year, we made a conscious effort to pivot and rebrand from physical activity lessons to movement lessons which are more inclusive and can be incorporated into daily routines rather than traditional, structured exercise. With students from UBC, Bishop's, and SFU, our staff created lesson plans that complemented the nutrition & dental topics of the day, with a variety of movements and options to cater to different interests and abilities. We had an emphasis on mindful movement across all of our lessons, teaching campers how to prepare and listen to their bodies for movement to prevent injuries. We also challenged campers to show us their best moves to our dance choreography and introduced campers to the sport of Olympic Weightlifting.



You can also watch a video recap of SuperChefs 2021 here: [shorturl.at/cjuHM](https://shorturl.at/cjuHM).

### III. Special SuperChefs

Special SuperChefs is an adapted program within the original SuperChefs' camp and provides an opportunity for children with additional needs to participate. Maintaining the heart and mission of SuperChef's Cookery for Kids, Special SuperChef's adapted recipes, itinerary, lessons, and activities allows all children to participate in camp with unique 1:1 support. Our goal for the second year of virtual camps was to equip parents/guardians/support workers with pre-planned lessons and activities to engage their children in meaningful and productive ways as a form of respite care.



The packaging of Camp Kits was intentionally organized and labelled, making it easy for the support adults to navigate with their children. Camp kits included all the ingredients needed to cook the recipes, as well as printed activities correlating with the health, nutrition, and movement videos. Each activity came with clear modification suggestions for the support adult to adjust depending on their child's pace. With the help of our advisory team of Occupational Therapists, we created several unique adapted cooking tools included in the Camp Kits to make basic functions, such as using a wooden spoon, more accessible to our campers.



We held Welcome Zoom calls on the first day of each camp for the kids to connect with their peers and have time to develop their social skills in a fun environment. We walked the kids through opening their kit and completing the “kit scavenger hunt activity” together. During this time we address any questions support adults or kids have. In the Farewell Zoom call on the last day of camp we played a slideshow of the photos kids had sent in throughout camp to create a sense of unity and togetherness. We chatted with them about their experiences and gave them a chance to share stories. It was amazing to see the kids grow in their communication, even virtually! Counsellors are available during camp hours to connect with families over zoom if they have questions or would like to share what they created with us.



Parents expressed excitement and gratitude for the program being offered at home during this time. Many were thankful for the activities that engaged their children and encouraged positive family interactions. Kids have loved the scavenger hunt on zoom, getting to see the other kids looking through their boxes and bags at the same time as them. Many of the parents were excited about the entertainment and skill development our program provided for their children. This summer we were happy to partner with Bethesda, an organization that has been supporting individuals with diverse abilities since 1971. Staff at

Bethesda’s Group Home for young adults and their Summer Day Camp Program used our virtual camp with their clients. They communicated seeing large areas of growth for many of their clients after completing our program. Though we all missed being together in the kitchen, parents shared that the recorded video cooking demonstrations and fitness activities were personable and fostered a unique sense of connection.

#### IV. Results and Program Metrics

Each year, campers are asked to fill out a pre- and post-camp questionnaire at the beginning and end of camps to help us assess campers’ development and to gauge the effectiveness of our (virtua)l cookery programs. The questions target specific objectives and pillars in the SuperChefs mission that encompass our program, with questions regarding cooking, nutrition, oral health, and movement. From all of our responses, a sample of the questions and results are listed below:

Question Asked:	Pre-Camp	Post-Camp	Improvement	Question Format
I feel confident about my cooking skills.	19.3%	42.3%	+23.0%	Semantic differential scale; scale from 1 to 4
I feel confident cooking meals at home.	38.3%	59.7%	+21.4%	Semantic differential scale; scale from 1 to 4
I feel confident in my ability to build a balanced plate.	19.6%	42.9%	+23.3%	Semantic differential scale; scale from 1 to 4
What food group should you be consuming in the largest amount?	79.9%	93.8%	+13.9%	Select the correct answer out of 3 options
I feel confident that I know how to brush and floss my teeth properly.	51.4%	65.5%	+14.2%	Semantic differential scale; scale from 1 to 4
I am aware of different types of movement I can do while at home	57.0%	73.1%	+16.1%	Semantic differential scale; scale from 1 to 4
_____ stretching is best performed in the warm up before exercise, while _____ stretching is best to use during your cool-down after exercise.	19.5%	49.0%	+29.5%	Select the correct answer out of 4 options

For the comprehensive list of questions and results from the pre and post-camp questionnaires, you can click here: [shorturl.at/fuyAN](http://shorturl.at/fuyAN).

## V. Parental Feedback and Participant Comments

"I absolutely love this program! I love the fact you have taught my son how to cook things that we never would have thought to cook before this. He has better confidence and wants to learn more." Milne, SuperChefs parent

"[I really liked] the webisodes, when [Lily] came to see us on call, and making the dishes after camp." - Turna, SuperChefs camper

"[My son] had an awesome time with SuperChefs these past two weeks! What a great start to his summer holidays! He is so excited to know that he can cook - this may be a profession he would like to pursue in the future!" - Browner family, SuperChefs parents

"[I liked] the different chopping techniques, the awesome videos and emoji games!" - Vivero, SuperChefs camper

"[My daughter] thought this was one of the most fun and interactive online programs she has been in during COVID. [She] learned a lot about food and nutrition, more so than what she got out of her school." - Chan, SuperChefs parent

"The counsellors have done a great job educating the kids not only in culinary skills but teaching all aspects of healthy living with exercise modules, taking care of your teeth and encouraging presentations from special guests." - Chow, SuperChefs parent

"Thank you for creating this amazing initiative that will benefit so many kids and families." - anonymous from parent survey

"Special SuperChef's taught myself and my husband how to include our child in the kitchen. She is usually a very picky eater but she actually tried new foods, which was a huge relief to me! I learnt that when she's involved in the process, she's more open to trying new foods." - anonymous Special SuperChefs parent

"[Our child] has gained confidence in trying new things she never would've tried before if not for the fun videos SuperChef's put together. She loved following along and using the adapted tool provided in our kit to compensate as she struggles with holding things including kitchen utensils." - anonymous Special SuperChefs parent

"Thank you Special SuperChef's team for providing us with a full week of planned activities, all my kids had a blast participating together!" - anonymous Special SuperChef's parent

"Thanks again to your [Special SuperChefs] team for all you do each year. [My child] looks forward to your camp every summer and talks about the leaders and the friends he made frequently throughout the year. You're really making a lasting impact on these kids and it means a lot to us parents who struggle to find opportunities for their kids." - Navneet, Special SuperChef's parent



## **VI. Program Sponsors and Partners**

SuperChefs deeply thanks all of our sponsors for believing in our vision and supporting our program. For partnership or sponsorship opportunities, you can contact us at [drgchang@gmail.com](mailto:drgchang@gmail.com) or via [www.superchefs.org](http://www.superchefs.org).

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