



SuperChefs Cookery for Kids Summer Report 2025



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I. SuperChefs Surrey School District 36 Summer Camps

Overview of Summer Cooking Camps

This year, SuperChefs had over 130 children aged 8-12 years old who registered and attended the weekly cooking camps at Tamanawis Secondary School this year, which is 40 more attendees compared to the previous summer in 2024. The campers are elementary students who were recruited from six elementary schools in the Surrey School District 36 (SD36), including Green Timbers, Cougar Creek, Panorama Park, Beaver Creek, Boundary Park, and Newton Elementary.

Thanks to government funding and our sponsors, SuperChefs is able to make these cooking camps financially accessible to these children's families as they are free of cost to register and attend. Camps were held four days a week starting from July 7 to August 15, and every week had a new group of young campers. These campers were divided into Level 1 and Level 2 programs. We hosted four weeks of Level 1 camps and two weeks of Level 2 camps for children who have completed the Level 1 program in previous years. Every camp day followed an itinerary of cooking new recipes, nutrition/dental/science lessons, and physical activity.

Due to increasing our camp capacity by 40 campers, we expanded our staff by hiring 19 employees who were funded by the Canada Summer Jobs program. Our staff was composed of university students majoring in different fields of interest including Food, Nutrition, and Health (FNH), Dental Hygiene, Dietetics, Culinary Arts, and Education. With the onboarding of a new team, returning coordinators provided a week of training to the new staff to ensure the quality of camps. The staff received full time employment and collaborated using their expertise in varied fields to facilitate lessons on nutrition, oral health, and science to the young campers.

Level 1 Program

The primary focus of the Level 1 cooking program is to help children familiarize themselves in the kitchen with basic cooking skills and spark their interest in continuing to develop those skills. This included learning about the use of measuring cups and spoons, learning how to read fractions or ratios in recipes, safe knife handling, fire and injury prevention, and adjusting recipes to taste. The Level 1 recipes that the campers learned how to make included crêpes, Vietnamese prawn rice rolls, homemade pasta, homemade pizza, fajita bowls, and chocolate chip cookies. Additionally, we continued our long-standing SuperChefs tradition of having the campers participate in the weekly Long Noodle Competitions on pasta day! Once all of the campers had completed preparing and cooking the dishes of the day, everyone ate what they made for lunch together. To ensure the accommodation of



every child's dietary needs, allergies, or dietary restrictions, recipes were adjusted with alternative ingredients and were taken into account for our weekly grocery lists to ensure all campers had the chance to enjoy the food they made on their own.

After lunch, counselors led different lessons for the campers to teach them about eating a balanced diet using the Canada's Food Guide (2019), the importance of oral health and how it relates to diet, the maintenance of oral and dietary health, and science topics including the acid-base pH scale.



Oral health education lessons were organized and taught by Cynthia Wong (middle) and Yuqi Yang, who are fourth-year students in the UBC Dental Hygiene program. Together they created lesson materials to increase engagement and interest among the children in learning the importance of maintaining oral health.

Each camp day ends off with physical activities such as soccer, basketball, and frisbee. To refuel on some more energy, counselors prepare and provide the

campers with snacks such as fruit kebabs, chocolate chip cookies, and berry sorbets during their water break.

In the midst of a Level 1 camp, we had the honour of inviting special guests to camps, including City of Surrey Councillors, Linda Annis and Mike Bose; Member of Parliament, Sukh Dhaliwal; UBC Dentistry's Dr. Lance Rucker; and SFU Medicine's Valerie Cross. They joined us for one of our crêpe days to get a 'taste' of the camp experience where they were able to assist in making, flipping and sampling the crêpes with the children.



Level 1 Program Metrics and Outcomes

Every week, campers are asked to fill out a pre- and post-camp questionnaire at the beginning and end of camps to help us assess the campers' development and to gauge the effectiveness of our 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 96 pre-camp questionnaire responses and 79 post-camp questionnaire responses, the following are the outcomes of this year's Level 1 summer cooking camps:

Metric	Pre-Camp Questionnaire n=96	Post-Camp Questionnaire n=79
"I feel confident about my cooking skills"	63%	97%
"I feel comfortable using a knife when making food"	80%	91%
"I feel confident in helping out with cooking a meal for my family at home"	71%	84%
"I feel confident in my ability to build a balanced plate using Canada's Food Guide"	64%	86%
"I feel confident that I know how to brush and floss my teeth properly"	88%	95%
Interested in joining camps again		87%

Question	Answered Correctly Pre-Camp Questionnaire n=96	Answered Correctly Post-Camp Questionnaire n=79
"What food group should you be consuming in the largest amount?" <i>Multiple Choice</i>	54%	73%

Question	Answered Correctly Pre-Camp Questionnaire n=96	Answered Correctly Post-Camp Questionnaire n=79
“Which food can you pair with bread to make it less likely to cause cavities?” <i>Multiple Choice</i>	33%	73%
“Calcium is important for...” <i>Multiple Choice</i>	17%	39%
“Eating foods with fibre will help me produce saliva which is important for my oral health” <i>True or False</i>	64%	94%
“List two foods that contain fibre” <i>Written Short Answer</i>	47%	84%
“You should rinse with water after you brush your teeth” <i>True or False</i>	5%	92%
“How long should you wait after eating before you brush your teeth?” <i>Multiple Choice</i>	48%	89%
“Canada Physical Activity Guidelines recommends children and youth should accumulate ____ minutes of moderate- to vigorous-intensity aerobic physical activity every day.” <i>Fill-in-the-blank</i>	19%	21% (with 44% reporting that they have tried new ways of moving their bodies during camp week)
“How many cups of water or other drinks should you drink daily?” <i>Multiple Choice</i>	26%	45%

Level 2 Program



This year, we increased our Level 2 program from one to two weeks. In contrast to Level 1, Level 2 camps are three days per week instead of four. Returning campers are invited to the Level 2 program to test and challenge the cooking skills they learned in Level 1. For these campers, they learned how to make more complex recipes such as spinach ricotta ravioli, chicken souvlaki, and Grandma Chang's berry crumble. After being able to successfully recreate those recipes that require more refined cooking skills, they completed a burger challenge where each camper personally developed their recipes to make their preferred burger. Campers were permitted to request a certain number of ingredients for the counselors to purchase within the camp's budget.



To celebrate the completion of Level 2 camps, all the children who participated in both weeks of Level 2 were brought on a field trip to Granville Island and Rogers Arena. At Granville Island, the campers and staff explored the Public Market and got the chance to ride the Aquabus to Rogers Arena where they met with Chef Robert Bartley and his team to get a tour of the kitchens that prepare food in the arena during the hockey season. During the tour, they were pleasantly surprised as Chef Robert Bartley's team served them tasty snacks including steak, gourmet hot dogs, and strawberry chocolate cups!







Level 2 Program Metrics and Outcomes

In contrast to Level 1, Level 2 campers only filled out a post-camp questionnaire to obtain their personal feedback on their experiences in both Level 1 and Level 2 camps.

From 12 post-camp questionnaire responses, the following are the outcomes of this year's Level 2 summer cooking camps:

Metric	Post-Camp Questionnaire n=12
"I feel more confident in my cooking skills after attending Level 2 camp"	100%
"I feel I learned more during Level 2 camps than Level 1 camps"	83%
"The recipes during the Level 2 camps were more challenging than in Level 1 camp"	50%

Metric	Post-Camp Questionnaire n=12
"I enjoyed the recipes for Level 2 camp more than Level 1"	50%
"I feel Level 2 camp sports were more challenging than Level 1"	42%
"I felt I learned more about movement and physical activity during Level 2 camps"	67%
Interested in joining camps again	100%

Former SuperChefs Returning as Staff



Mateo Seneres (left) is a former Level 1 and Level 2 SuperChef camper prior to COVID and volunteered for camps in the previous summer. This year, he has returned again as a staff member soon after graduating high school this past school year where he earned his Professional Cook 1 credential as his first step to becoming a Red Seal Chef. If you are interested in hearing more about Mateo's story, you can watch this amazing video filmed and edited by our own staff, Josh

Abdulla: <https://youtu.be/i5p3fx4hElw?si=b1JC5K8B8gb7gGlu>. This video also beautifully captures glimpses of what it is like in a day of camps!



Another addition, but familiar face to our team was Connor Tsao (right), who participated in our first Special SuperChefs Cookery class. This year, he helped the team with prep and interacted well with the campers as a full-time staff at in-person camps.

We wish Mateo and Connor well in their future endeavors as they both start new chapters in their lives and we hope that participating in SuperChefs summer cooking camps as both campers and staff has provided them with unforgettable experiences where they developed long-lasting transferable skills and memories.

Dietetics Student Placement



We truly appreciate the work of Danica Davies (left) and Karson Andrew (right), two dietetics students from the UBC Master of Nutrition and Dietetics program, who

completed their Population Health Practice Education Placement with us this summer.

As a part of their roles, they worked on a summary report that analyzed each camper's progress after completing this year's Level 1 in-person program and developed nutrition lessons for our Level 2 program during their five-week placement.

They also assisted the staff with the in-person camps and led the organization and logistical preparation of our cooking demonstration at the 2025 Surrey Fusion Festival.

III. Events

Surrey Fusion Festival 2024

SuperChefs has had the honour of participating in the Surrey Fusion Festival again this year, which was organized by two dietetics students in the UBC Master of Nutrition and Dietetics program as one of their projects to complete their Population and Public Health Placement. We collaborated with Chefs Giuseppe Cortinovia, Rick D'Aurizio, and Roberto



Dolente to put on our "Raised on Rice" cooking demonstration, focusing on various rice dishes from different cultures such as mango sticky rice, risotto, and Chinese sticky rice. We invited people from the audience to act as our judges and rate the various rice dishes in addition to welcoming campers and children from the audience to help prepare the various rice dishes to provide samples to the audience of 100 people.



Celebrating the End of the Summer with BC Lions

The SuperChefs team, campers, and their families were able to attend the BC Lions vs Montreal Alouettes game on August 16th to celebrate the end of the summer! This is all thanks to the BC Lions and their ongoing support to allow our organization

to connect with our campers and community.



IV. Testimonies

After camps, we have been receiving feedback from parents of campers in the form of letters, emails, thank you cards, and word of mouth. The following are some comments that we received this year that have filled our hearts and fueled our inspiration and motivation to continue our work every summer:

“[My child] had a wonderful time and I am already noticing a greater enthusiasm at helping in the kitchen. What an important life skill you're teaching! Thank you to all the leaders and organizers for such a well-run program.”

“What an incredible experience my kids had this week. Today they said it was one of the best days ever. Thank you for being such a wonderful part of the community and making such an impact on the lives of children. We appreciate you.”

“[My child] has been enjoying the classes very much and we are glad he was able to join the SuperChefs!”

V. Program Sponsors and Partners



SuperChefs Cookery for Kids 2025 Thanks You!

With a new, dedicated, and enthusiastic team of counsellors guided by a handful of returning alumni, SuperChefs was re-energized and scaled back up to double classrooms in Summer 2025 at Tamanawis Secondary School in Surrey, BC. The new team guided nearly 150 Surrey School District students through four weeks of Level 1 and two weeks of Level 2 camps, featuring a special field trip to Granville Island and Rogers Arena, and welcomed even more families at our SuperChefs event during the City of Surrey's Fusion Festival.

Thank you to Dr. Richard Cleve, our donors, sponsors, and partners for their continued commitment to creating a healthier generation!



SuperChefs Cookery for Kids 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 askus@superchefs.org or via www.superchefs.org.