



SuperChefs Cookery for Kids Summer Report 2026



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I. SuperChefs Surrey School District 36 Summer Camps

Overview of Summer Cooking Camps

In the year of 2026, SuperChefs Cookery for Kids had 126 campers attend our in-person cooking camps at Sullivan Heights Secondary cooking labs. Four of those campers were students aged 9-14 who attended our revamped Special SuperChefs Program. The other 122 campers consisted of students aged 8-13 years old who were recruited from several elementary schools in the Surrey School District 36 (SD36), including Green Timbers, Cougar Creek, Woodward Hill, Cambridge, Hillcrest, and McLeod Elementary, many of which were new school participants to the program!

With the support provided by government funding, grants, and our generous sponsors, SuperChefs has continued to make these cooking camps free of cost to families in Surrey since 2008. Camps were held weekly starting from July 6 to August 13. Each week had a new group of young campers. The young 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. The Level 2 program was developed for children who have completed the Level 1 program in previous years and have demonstrated strong SuperChefs kitchen skills and values. Every camp day followed a general itinerary starting off with cooking new recipes, followed by nutrition/dental/science lessons, and completing the day with physical activity.

To support our many campers, we hired 22 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 counsellors provided a week of training to the new 11 staff to ensure and maintain the quality of camps. The staff received full time employment and collaborated using their expertise in varied fields to refine and facilitate interactive lessons on nutrition, oral health, and science to the young campers.

Level 1 Program

Cooking

The primary focus of the Level 1 cooking program is to help children become comfortable in a kitchen space and spark their interest in building basic cooking skills. The curriculum includes learning how to properly utilize measuring cups and spoons, 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, prawn rice rolls, homemade pasta,

homemade pizza, fajita bowls, and Grandma Chang's chocolate chip cookies. At camps, we also make sure to continue our long-standing SuperChefs tradition of having all the campers participate in the weekly Long Noodle Competitions on pasta day!



Lunch Time

During our camps, parents are not required to pack a lunch for their children because they get to taste and eat the dishes they have made themselves. 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. This would not be possible without the financial support from our communities and grants.

Nutrition and Dental Lessons

Once lunch is completed and the campers have cleaned their dishes and cooking stations, counsellors 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 counsellors, Harman Dhaliwal and Simar Boparai, who are also students from the UBC Dental Hygiene program. The oral health lessons and materials were developed by Cynthia Wong to increase engagement and interest among the children in learning the importance of maintaining oral health.

Physical Activity

The last section of the daily itinerary consists of physical activities such as soccer, basketball, and frisbee. To refuel on some more energy, counsellors prepare and provide the campers with snacks such as fruit kebabs, chocolate chip cookies, and berry sorbets during their water breaks.

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 98 pre-camp questionnaire responses and 93 post-camp questionnaire responses, the following are the outcomes of this year's Level 1 summer cooking camps.

Metric	Pre-Camp Questionnaire n=98					Post-Camp Questionnaire n=93				
	Strongly Agree	Agree	Somewhat	Disagree	Strongly Disagree	Strongly Agree	Agree	Somewhat	Disagree	Strongly Disagree
"I feel confident about my cooking skills"	18 (18.37%)	46 (46.94%)	29 (29.59%)	4 (4.08%)	1 (1.02%)	48 (51.61%)	38 (40.86%)	6 (6.45%)	1 (1.08%)	0 (0.00%)
"I feel comfortable using a knife when making food"	30 (30.61%)	43 (43.88%)	21 (21.43%)	4 (4.08%)	0 (0.00%)	54 (58.06%)	33 (35.48%)	3 (3.23%)	1 (1.08%)	0 (0.00%)
"I feel confident in helping out with cooking a meal for my family at home"	33 (33.67%)	37 (37.76%)	24 (24.49%)	3 (3.06%)	1 (1.02%)	44 (47.31%)	33 (35.48%)	9 (9.68%)	5 (5.38%)	0 (0.00%)
"I feel confident in my ability to build a balanced plate using Canada's Food Guide"	17 (17.35%)	45 (45.92%)	31 (31.63%)	4 (4.08%)	1 (1.02%)	28 (30.11%)	37 (39.78%)	27 (29.03%)	1 (1.08%)	0 (0.00%)
"I feel confident that I know how to brush and floss my teeth properly"	47 (47.96%)	44 (44.90%)	7 (7.14%)	0 (0.00%)	0 (0.00%)	40 (43.01%)	41 (44.09%)	8 (8.60%)	1 (1.08%)	1 (1.08%)

Question	Answered Correctly Pre-Camp Questionnaire n=98	Answered Correctly Post-Camp Questionnaire n=93
“What food group should you be consuming in the largest amount?” <i>Multiple Choice</i>	61 (62.24%)	74 (79.57%)
“Which food can you pair with bread to make it less likely to cause cavities?” <i>Multiple Choice</i>	46 (46.94%)	70 (75.27%)
“Calcium is important for...” <i>Multiple Choice</i>	26 (26.53%)	43 (46.24%)
“Eating foods with fibre will help me produce saliva which is important for my oral health” <i>True or False</i>	66 (67.35%)	92 (98.92%)
“List two foods that contain fibre” <i>Written Short Answer</i>	48% (48.98%)	76 (81.72%)
“You should rinse with water after you brush your teeth” <i>True or False</i>	15 (15.31%)	70 (75.27%)
“How long should you wait after eating before you brush your teeth?” <i>Multiple Choice</i>	37 (37.76%)	77 (82.80%)
“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>	20 (20.41%)	25 (26.88%) (with 53 campers (56.99%) 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>	40 (40.82%)	49 (52.69%)

Would you be interested in joining camps again?	Answered “Yes”	Answered “Maybe”	Answered “No”
n=93	78 (83.87%)	6 (6.45%)	5 (5.38%)

Level 2 Program

Our Level 2 Program welcomed back 24 previous campers to the kitchen to challenge the skills they developed in Level 1. Level 2 camps spend three days in the kitchen and spend a fourth day on a special field trip. For these campers, they follow a similar itinerary as Level 1 campers but learn almost double the amount of recipes which are more complex in a shorter time span than Level 1 campers. The recipes taught this year included: spinach ricotta ravioli, chicken souvlaki, Greek salad, chowmein, dumplings, and Grandma Chang's blueberry crumble. On the last day, the campers got the chance to practice their creativity to develop their own burger recipe. The campers had the chance to discuss their recipes and ingredients with the counsellors to gain feedback and ensure their requested ingredients were within the camp's budget.

Guests

In the midst of a Level 2 camp, we had the honour of having special guests visit us for a day, including City of Surrey Councillors, Linda Annis and Mike Bose; Member of Parliament, Gurbux Saini; Members of the Legislative Assembly Linda Hepner and Elenore Sturko; Surrey School District Vice Chair, Garry Thind; Surrey School District's Advancement Officer for Feeding Future, Natasha Blatchford; CUPE BC's Secretary-Treasurer, Tony Rebelo; representatives from BC General Employees' Union; representatives from Lark Group including Chelsea Novak; SurreyCares' Executive Director, Lisa Werring; and BC Lions' VP of Operations, Wally Buono. During their visit they were introduced to current and previous SuperChefs staff and given a brief history of SuperChef's background, timeline, and impact on the community, campers, and employees. In preparation for lunch, they also got a "taste" of what a cooking demonstration and hands-on cooking experience is like as a camper and were given samples of the freshly made dumplings and chow mein.





After the last day of Level 2 camps, campers 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 dishes and treats from their menu!





Level 2 Program Metrics and Outcomes

Similar to Level 1, Level 2 campers filled out pre- and post-camp questionnaires to gauge the effectiveness of the program in further developing confidence and food literacy knowledge and to gain the children's personal feedback on their experiences in both Level 1 and Level 2 camps.

From 24 pre-camp and 23 post-camp questionnaire responses, the following are the outcomes of this year's Level 2 summer cooking camps:

Metric	Pre-Camp Questionnaire n=24					Post-Camp Questionnaire n=23				
# of Campers that:	Strongly Agree	Agree	Somewhat	Disagree	Strongly Disagree	Strongly Agree	Agree	Somewhat	Disagree	Strongly Disagree
"I feel confident handling raw meat safely"	2 (8.33%)	12 (50.00%)	9 (37.50%)	1 (4.17%)	0 (0.00%)	17 (73.91%)	5 (21.74%)	1 (4.35%)	0 (0.00%)	0 (0.00%)
"I feel comfortable cooking food (pan-frying, boiling) on the stovetop"	9 (37.50%)	10 (41.67%)	5 (20.83%)	0 (0.00%)	0 (0.00%)	13 (56.52%)	8 (34.78%)	2 (8.70%)	0 (0.00%)	0 (0.00%)
"I feel confident in helping out with cooking a meal for my family at home"	13 (54.17%)	10 (41.67%)	1 (4.17%)	0 (0.00%)	0 (0.00%)	16 (69.57%)	6 (26.09%)	1 (4.35%)	0 (0.00%)	0 (0.00%)
"I feel confident in my ability to build a balanced plate using Canada's Food Guide"	3 (12.50%)	13 (54.17%)	5 (20.83%)	0 (0.00%)	0 (0.00%)	9 (39.13%)	14 (60.87%)	0 (0.00%)	0 (0.00%)	0 (0.00%)

Question	Answered Correctly Pre-Camp Questionnaire n=24	Answered Correctly Post-Camp Questionnaire n=23
"List the 3 food groups in Canada's Food Guide" <i>Fill-in-the-Blank</i>	6 (25.00%)	17 (73.91%)
"Why is eating breakfast important?" <i>Multiple Choice</i>	19 (79.17%)	19 (82.61%)
"Transporting foods that are grown outside of British Columbia to Surrey produces LESS carbon dioxide gas as compared to transporting foods that are grown locally." <i>True or False</i>	11 (45.83%)	17 (73.91%)
"People with cow's milk allergy CANNOT eat." <i>Multiple Choice</i>	23 (95.83%)	23 (100.00%)
"Which of these foods do NOT cause cavities?" <i>Multiple Choice</i>	16 (66.67%)	15 (65.22%)
"Which of these foods could you pair with bread to make it LESS LIKELY to cause cavities?" <i>Multiple Choice</i>	15 (62.50%)	18 (78.26%)
"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>	10 (41.67%)	13 (56.52%) (with 14 campers (60.87%) reporting that they have tried new ways of moving their bodies during camp week)
"Which of the following helps you to keep your body hydrated?" <i>Multiple Choice</i>	12 (50.00%)	12 (52.17%)

Would you be interested in joining camps again?	Answered "Yes"	Answered "Maybe"	Answered "No"
n=23	22 (95.65%)	0 (0.00%)	1 (4.35%)

Revamping the Special SuperChefs Program

The Special SuperChefs Program is an adapted SuperChefs Cookery program originally created by a former SuperChefs counsellor, Malia Scholz, to enable children of all abilities to participate in the SuperChefs Cookery program and accommodate any physical or cognitive limitations.

The program allows for a 1:1 camper-to-counsellor ratio to provide a more tailored and structured experience for each child to create a more comfortable space that meets their learning needs in the kitchen.



Special SuperChefs was put to a halt once the COVID-19 pandemic hit, and this year we were able to bring back the program due to the dedication of Grace Zonneveld who took on the project of reviving the program. To facilitate the camps, she had the additional support of Tiffany Frenken and Sulaymana

Malik to ensure the 1:1 camper to counselor ratio. We had a total of four campers attend the program this summer and we look forward to continuing the program in the next upcoming years to inspire more children to be comfortable and creative in the kitchen.

Please take the time to watch this short 12-minute SuperChefs documentary filmed and edited by our staff, Logan Ferino and Talen Bentley-Michaud. The documentary highlights the background of SuperChefs, the impact of our programs, especially Special SuperChefs, and testimonies by staff and families:

<https://youtu.be/H6rEjWAKOPE?si=JHhGW553cbzDwU4M>.

II. Events

2026 Canadian Oral Health Summit in Saskatoon, Saskatchewan

After being a counsellor for 3 years at SuperChefs, Cynthia Wong was able to take her experience of teaching in camps under a dental hygiene lens at the 2026 Canadian Oral Health Summit where she presented with Dr. Aimee Dawson and Dr. Jessica Lieffers. She spoke about how the inter-professional collaboration with other employees from different fields of health widened her view on how to approach oral health and overall health with children, and how her time at SuperChefs made her a better clinician. The symposium included a hands-on portion where the participants simulated the camps and made SuperChefs' rice rolls under the guidance of Cynthia.



Surrey Fusion Festival 2026



SuperChefs has been participating in Surrey's Fusion Festival for many years and once again, we are always very honoured to have the opportunity to engage in our community's celebration of food, music, and culture, which also happens to be the biggest multicultural festival in western Canada with no admission fees. We collaborated with Chef Rick D'Aurizio and Chef Giuseppe Cortinovis to put on our "Noodles, Noodles!" cooking demonstration, focusing on making fresh pasta from scratch with a rosé sauce with the help of two of our own campers on the kitchen stage and our counsellor Gwen Orchard and Dr. Greg Chang as the MCs. We invited children from the audience to also participate in a Long Noodle Contest with the supervision of one of four BC Lions Football players in attendance, Nathan Rourke, Andrew Pierson, Gary Peters, and TJ Lee, to get a chance to win tickets to the BC Lions game held on August 8, 2026 against the Hamilton Tiger-Cats. However, our secret surprise was that everyone who participated in the contest won tickets for themselves and their families! At the end of the day, everyone was a winner because we were also able to give free samples of fresh pasta to each person in the audience with the assistance of our team and the giant saucepan as seen on the right!



Celebrating the End of the Summer with BC Lions

The SuperChefs team, campers, and their families were able to attend the BC Lions vs the Hamilton Tiger-Cats on August 8th 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. Bonus points, the BC Lions also won the game!



III. Testimonies & Award

After camps, we have been receiving feedback from campers and their parents in the form of letters, emails, thank you cards, and word of mouth that reminds us that six months of preparation for six weeks of cooking camps are worth it every year.



The following is a message we received from a camper via email:

"Cooking at super chefs gave me the idea to look into future job opportunities to cater. Superchefs was very educational and a fun experience. I never thought nutrition and dental health could be so interesting and fun."

Dr. Greg Chang has also had the honour of receiving the Community Champion Award from MP Gurbux Saini, Member of Parliament for Fleetwood-Port Kells to recognize SuperChefs' commitment to teaching healthy living, teamwork, confidence, practical cooking skills, inspiring young people with valuable knowledge and experiences that will carry on for lifetimes.



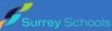
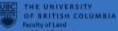
IV. Program Sponsors and Partners

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. If you would like to see more photos of SuperChefs in action, please check out our Instagram page: <https://www.instagram.com/superchefsforkids/> (@superchefsforkids).



THANK YOU!

That's a wrap on another successful year of SuperChefs! Set this year at Sullivan Heights Secondary School, both levels 1, 2 and our Special SuperChefs initiative were guided by the enthusiasm of both new and returning counsellors, educating students from all over the Surrey School District. Additionally, SuperChefs engaged with the community with a showcase at Fusion Fest, and trips to both Granville Island and Rogers Arena. Thank you to all of our donors, sponsors and partners for their continued support in our vision for a healthier future!



2026