

# Hamilton's Edible Education Guide

A resource and field trip guide for educators and families to explore food literacy in their classrooms and communities.



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NEIGHBOUR

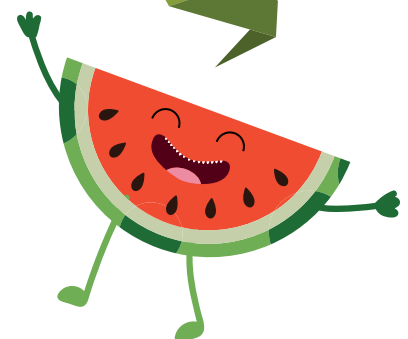
 **HAMILTON**  
COMMUNITY FOOD CENTRE

  
Hamilton

  
Green  
Venture

 **NIWASA**  
Kendaaswin Teg

 **McQuesten**  
Urban Farm



## Table of Contents

About Hamilton's Edible Education Guide	3
Land Acknowledgement	4
How to Use this Guide	5
Curriculum-Linked Programs	6
Food Literacy Education Programs for Families	39
Resources & Grants	47





# About Hamilton's Edible Education Guide:

The Hamilton Edible Education Guide is designed for educators, administrators, and families to have a 'one stop shop' for food literacy programming and resources for children and youth.

These programs and resources are guided around the goals identified by the Ontario Edible Education Network (<https://sustainontario.com/initiatives/ontario-edible-education-network/>):

- **Access:** All children and youth are able to access enough healthy, culturally appropriate food every day
- **Skills:** All children and youth learn how to grow, prepare, and choose healthy food.
- **Knowledge:** All children and youth have a strong understanding of the food system.

There are three sections to this guide:

The **curriculum programs** section is for educators, teachers, and community organizations. This section offers food literacy programs that address curriculum requirements to all Hamilton schools as well as in-school programming. Look for the icons to learn more about further opportunities at each program.

The **community programs** section of this guide offers a look at other food literacy programming in Hamilton for children and youth. This includes after-school programs, summer camps, PA Day camps, and seasonal programming and workshops.

In the **resources** section you will find further programs and resources that address food literacy for both academic-based settings, schools, home environments, and the community at large.

## What is Food Literacy?

Food Literacy involves understanding where food comes from, the impacts of food on health, the environment and the economy, and how to grow, prepare, and prefer healthy, safe and nutritious food.

(Sustain Ontario)





## Land Acknowledgement

We are a working group of members of non-profit organizations and the City of Hamilton Public Health. While our work is varied, we share a common goal of contributing positively to the next generation of food growers, eaters and enjoyers.

We would like to acknowledge that all of our work is connected to the land where we work and reside, and to recognize our commitment to learning and living the treaty agreements. The Dish with One Spoon Wampum Belt Covenant between the Haudenosaunee and Anishinaabek is a guiding document for each of us, as we strive to share and care for the land. The City of Hamilton is situated upon the traditional

territories of the Erie, Neutral, Huron-Wendat, Haudenosaunee and Mississaugas, and today is home to many Indigenous people from across Turtle Island (North America).

We commit to following the lead of Indigenous elders, past, present and future, both from Turtle Island and around the world, as we build our relationships with the land, and seek to highlight opportunities for young people to get to know the land they are on, the food that it provides, and the people who grow it.



# How to Use this Guide

## Icon Legend



Accessible



Bus Parking



Lunch Space



Volunteering

## 1. Choose

Choose a program! Programs vary in seasonal availability, location, duration; more specific details are provided throughout the guide. Look out for the icons to suit your needs.

## 2. Contact

Register or ask for more information by contacting the host organization. Their information can be found on each of their profile pages.



## 3. Go!

Enjoy the experience - or use the resource & grant section to create your own experience!



# Curriculum-linked Programs

## **City of Hamilton Waste Management - p.7**

- Waste Education Room Field Trip - Grade 5
- Virtual Classroom - Grades 1-5

## **Dyment's Farm - p.9**

- ABCs of Farming - KG, Grades 1-4

## **Dundurn National Historic Site - p.11**

- Cultivating the Past - Grade 3
- Growing in Hamilton - Grade 3

## **Green Venture - p.14**

- Wiggly Worms - KG - Grade 1
- Precious Pollinators - KG - Grade 12
- Roots & Shoots - Grade 1
- Living with Critters - Grade 2
- People and Plants - Grade 3
- Smoothie Bike - Grades 2-12
- Presentations - KG-Grade 12, Adults

## **Hamilton Community Food Centre - p.19**

- Visiting Classrooms Program - JK - Grade 12
- Land-Based Education Program - JK - Grade 12

## **Matchbox Garden- p.23**

- Workshops & Presentations - Grades 6 - 12

## **McQuesten Urban Farm - p.24**

- School Programming - Grades 3-12

## **Puddicombe Farms - p.26**

- Farm to You - Grades 1-4
- Blossoms and Bee's KG, Grades 1-4

## **Shade of Miti - p.29**

- Food Sovereignty and Climate Justice - Grades 6-12
- Plant Life Cycle, Soil, and Climate Change - Grades 1-5

## **Simpler Thyme Organic Farm - p.31**

- Food preservation: dehydration - Grades 1-6
- Food preservation: dehydration & fermentation - Grades 7-12
- Maple syrup production - Grades 1-12

## **Westfield Heritage Village - p.35**

- The Sweet Taste of Spring - Grade 3
- Down on the Farm - Grade 3





## Programs Offered

### Waste Education Room Field Trip

Learn what happens to your waste from inside the Central Compost Facility. During this field trip, students can see inside the composting facility, simulate green bin collection, and test their sorting skills with interactive activities.

### Virtual Classroom

Become a waste superhero! This interactive program takes students on a journey through Hamilton's waste system where they will learn about the waste they produce, what happens to it, and how positive waste choices and actions help protect our environment. To participate, you will need access to the Internet, speakers or headphones, and a smart screen, computer or tablet.

## Program Details

<b>Program Title</b>	<b>Waste Education Room Field Trip</b>
Grade Levels	Grade 5
Duration of Program	3 hours
Cost per student	Free; round-trip transportation is provided at no charge to Hamilton schools
Time of year	October to June
Group Size	30 students
Subjects	Science and Technology
Curriculum Strand	Life Systems, Human Health and Body Systems
Curriculum Topic	Relating Science and Technology to Our Changing World; Exploring and Understanding Concepts
<b>Program Title</b>	<b>Virtual Classroom</b>
Grade Levels	Grades 1 to 5
Duration of Program	3 hours
Cost per student	Free
Time of year	All Year
Group Size	30 students
Subjects	Science and Technology
Curriculum Strand	Structures and Mechanisms, Everyday Materials, Objects, Structures (1), Simple Machines and Movement (2), Strong and Stable Structures (3), Machines and their Mechanisms (4), Forces Acting on Structures (5)"
Curriculum Topic	Relating Science and Technology to our Changing World



Learn more and reserve your spot today:  
[hamilton.ca/wasteeducation](https://hamilton.ca/wasteeducation)  
[wasteeducation@hamilton.ca](mailto:wasteeducation@hamilton.ca)





# Dyment's Farm



Partially Accessible, Lunch space, Bus parking, Tours and Presentations



## About Us

A farm owned and cared for almost 140 years by the Dyment family. Fifth generation of family currently working alongside third and fifth generations. They are a working farm growing wheat, soybeans, sweet corn and pumpkins. They have a bustling farm market that sells and produces homemade baked goods as well as freshly-picked produce. They host community events from May to October and school tours in October. Families are invited to visit every weekend in October for pick-your-own pumpkins.



## Programs Offered

### ABC's of Farming

A hands-on program that introduces children to soil types, plant and animal cycles, urban and rural differences, and machine uses on farms.

### Program Details

Program Title	ABC's of Farming
Grade Levels	KG, Grades 1 to 4
Duration of Program	1.5 hours
Cost per student	\$12
Time of year	October
Group Size	20-30 students
Subjects	Science & Technology, Social Studies
Curriculum Strand	Life Systems: Needs and Characteristics of Living Things (1); Earth and Space Systems, Daily and Seasonal Changes (1); Structures and Mechanisms (2); Earth and Space Systems, Air and Water in the Environment (2); Life Systems: Growth and Changes in Plants (3); Earth and Space Systems, Soils in the Environment (3); Life Systems, Habitats and Communities (4); Structures and Mechanisms, Machines and Their Mechanisms (4)



Contact: Farm Office  
 416 Fallsview E, Dundas  
 905-627-5477  
[www.dyments.com](http://www.dyments.com)  
[info@dyments.com](mailto:info@dyments.com)





# Dundurn National Historic Site



Accessible, Lunch space, Bus parking,  
Tours, Volunteers / Interns



## About Us

The magnificent home of Sir Allan Napier MacNab, one of Canada's first premiers. Discover mid-19th-century Hamilton on your tour of more than 40 rooms on three floors. Experience life in a grand country home for the MacNab family and the servants working below stairs.

Dundurn Castle is located on a height of land known as Burlington Heights. During the War of 1812, the British Army established a military post at the site. Sir Allan MacNab later incorporated elements of the post into the construction of Dundurn Castle during the 1830's.





## Programs Offered

### Cultivating the Past

Step back in time to 19th century Hamilton and discover the enchanting world of gardening through the eyes of Sophia and Minnie MacNab. In 1846 the MacNab girls began a gardening journey in their own little plot within the Kitchen Garden. In our 1.5-hour garden-only program students are invited to follow in their footsteps. Guided by costumed staff, students will be transported to the past through a sensory exploration tour. Their learning will continue with seasonal activities designed to expand their gardening knowledge. Through hands-on experience students will cultivate a deeper appreciation for gardening and the natural world while making connections to their academic studies.

This program encourages students to discover how our present society compares to 19th century communities in Canada. Led by

costumed staff, students will engage with the Kitchen Garden through hands-on activities to learn about the importance of plants, soil, and composting. This program takes place outside in the Kitchen Garden. Please dress appropriately.

### Growing in Hamilton

In 19th century Canada, children were encouraged to explore the wonders of gardening. In 1846, Sophia and Minnie MacNab began their own little plot in the Kitchen Garden. Led by costumed interpreters, students will compare their experiences with those of 19th century Canadians by getting their hands dirty in the garden and making a seasonal recipe in our historic kitchen.

## Program Details

Program Title	Cultivating the Past
Grade Levels	Grade 3
Duration of Program	1.5 hours (Allow an extra .5 hours for groups with over 60 students)
Cost per student	\$8.50
Time of year	late April to June and September to early November Please note this program has outdoor components; please dress for the weather and travelling across uneven terrain.
Group Size	Up to 60 students
Subjects	Science and Technology; Language, Social Science
Curriculum Strand	Life Systems: Growth and Change in Plants; Literacy Connections and Applications; Foundations of Language; People and Environments: Living and Working in Ontario
Curriculum Topic	Relating Science and Technology to Our Changing World; Exploring and Understanding Concepts; Relating Science and Technology to Our Changing World; Applications, Connections and Contributions; Oral and Non-Verbal Communication; Inquiry: The Impact of Land and Resource Use

Program Title	Growing in Hamilton
Grade Levels	Grade 3
Duration of Program	2.25 hours (Allow an extra .5 hours for groups with over 60 students)
Cost per student	\$9.50 per student
Time of year	late April to June and September to early November Please note this program has outdoor components; please dress for the weather and travelling across uneven terrain.
Group Size	Up to 60 students
Subjects	Science and Technology; Language, Social Science
Curriculum Strand	Life Systems: Growth and Change in Plants; Literacy Connections and Applications; Foundations of Language; People and Environments: Living and Working in Ontario
Curriculum Topic	Relating Science and Technology to Our Changing World; Exploring and Understanding Concepts; Relating Science and Technology to Our Changing World; Applications, Connections and Contributions; Oral and Non-Verbal Communication; Inquiry: The Impact of Land and Resource Use



**Hamilton  
Civic  
Museums**

Owned and operated  
by the City of Hamilton

[www.hamilton.ca/museums](http://www.hamilton.ca/museums)

610 York Blvd, Hamilton

Contact:

905-521-3168

[hamiltoncivilmuseums.ca](http://hamiltoncivilmuseums.ca)

[museums@hamilton.ca](mailto:museums@hamilton.ca)



# Green Venture



Volunteering, Workshops, Presentations



## About Us

Green Venture is a non-profit, community based organization that is committed to conservation and sustainable living through educational programs and demonstrations at EcoHouse. EcoHouse is southern Ontario's only retrofitted environmental demonstration home and provides students with a unique opportunity to see environmentally friendly technologies and behaviours. We currently offer curriculum based tours for multiple grades on a variety of topics including wise water use, energy conservation and waste reduction. Green Venture also offers a general sustainability tour that can be geared toward any grade level.



## Programs Offered

### Wiggly Worms

Meet the worms in Green Venture's vermicompost bins and talk about ways to reduce food waste. Learn a bit about the life cycle of the worms and how they turn food scraps into compost that nourishes our gardens. Try out some fun ways to grow food from the veggie scraps that we normally throw away!

### Roots & Shoots

What happens to the leftover scraps of our fruits and veggies after we are all done? Our friend River, the puppet, will help us explore how we can grow new food from leftover pieces, and help the environment at the same time!

### Living with Critters

Get busy like a beaver and build your own animal habitat! Explore the needs of a healthy habitat and the animals that call them home, while learning about how humans and the things we discard can help or hurt them. Explore the interconnectedness of our critter's diets, and the food webs that humans and animals are a part of within an ecosystem.

### Smoothie Bike

This presentation will increase student's knowledge on food literacy when it comes to making healthy choices in regards to eating local, whole, and/or organic, as opposed to non-local, processed, or chemically-enhanced foods. To end the presentation students get to make a healthy snack using our smoothie bike. It's exactly as it sounds: a bike that powers a blender. If you are interested in keeping the smoothie bike after the workshop, please contact us for further details regarding rentals. Green Venture will include all the material to make smoothies or salsa.

## People and Plants

Explore your roots and think like a plant. Through drama, play and scientific inquiry, understand how human actions - contributing to waste and water pollution - can harm our stemmed friends.

### Precious Pollinators

Learn about some of the many ways that plants are pollinated. Take a closer look at the lifecycle of a monarch, and make seed balls with milkweed seeds to help create habitat for monarch caterpillars. Students will be able to create their own seedballs for dispersion of seeds, and learn about the importance of pollination in the larger scale of growing food crops.

### Presentations

Presentations can be modified to suit the specific needs of any group. Our education team loves to collaborate to tailor our workshops to the topics being learned in the classroom. If you have an idea for an environmental/food-based workshop that aligns with our work, please reach out to us for further discussion. Book a presentation to earn points towards becoming an Eco School.

## Program Details

<b>Program Title</b>	<b>Wiggly Worms</b>
Grade Levels	K-Grade 1
Duration of Program	30-60 minutes
Cost per student	Sliding Scale Pricing, to suit any budget, contact for details
Time of year	All
Group Size	Max 30
Subjects	Language, Science and Technology, Health and Physical Activity, Drama
Curriculum Strand	B. Foundations of Language (1,2,3), B. Life Systems (1,2,3), C. Movement Competence: Skills, Concepts, and Strategies (1-3)
Curriculum Topic	B1.Oral and Non-verbal Communication B1.1, B1.4(1-8), Needs and Characteristics of Living Things B2.2, B2.6 (1), C1. Movement Skills and Concepts (1-3),Drama: B1.1
<b>Program Title</b>	<b>Roots and Shoots</b>
Grade Levels	Grade 1
Duration of Program	30-60 minutes
Cost per student	Sliding Scale Pricing, to suit any budget, contact for details
Time of year	All year
Group Size	15-30
Subjects	Science and Technology, Visual Art, Drama, Language
Curriculum Strand	B. Life Systems(1), B. Foundations of Language(1)
Curriculum Topic	B.Needs and Characteristics of Living Things B2.5 (1), B1. Oral and Non-verbal Communication B1.1, B1.4(1), Drama: B1.1, Visual Arts: D1.1
<b>Program Title</b>	<b>Living with Critters</b>
Grade Levels	Grade 2
Duration of Program	45-60 minutes
Cost per student	Sliding Scale Pricing, to suit any budget, contact for details
Time of year	All year
Group Size	15-30
Subjects	Science and Technology, Language
Curriculum Strand	B. Life Systems, B. Foundations of Language
Curriculum Topic	Needs and Characteristics of Living Things B2.2 (1), Growth and Changes in Animals B2.1, B2.2 B2.5,(2), Habitats and Communities B2.3 (4), Biodiversity B2.1(6), Oral & Nonverbal Communication B1.1, B1.4(1-8)

<b>Program Title</b>	<b>Smoothie Bike</b>
Grade Levels	Grades 2-12
Duration of Program	Flexible
Cost per	Sliding Scale Pricing, to suit any budget, contact for details
Time of year	All year
Group Size	Max 30 students
Subjects	Health & Physical Education, Science & Technology
Curriculum Strand	Understanding Life Systems, Healthy Living
Curriculum Topic	Various - Contact Green Venture with Grade and subject for details

<b>Program Title</b>	<b>People and Plants</b>
Grade Levels	Grade 3
Duration of Program	45-60 minutes
Cost per student	Sliding Scale Pricing, to suit any budget, contact for details
Time of year	All year
Group Size	15-30
Subjects	Science and Technology, Visual Art, Drama, Language
Curriculum Strand	B. Life Systems(1-8),Foundations of Language(1-8)
Curriculum Topic	Growth and Changes in Plants B2.2, B2.5(3), Habitats and Communities B2.6 (4), Oral & Non-verbal Communication B1.1, B1.4(1-8), Drama: B1.1, Visual Arts: D1.1

<b>Program Title</b>	<b>Precious Pollinators</b>
Grade Levels	K- Grade 12
Duration of Program	45-60 minutes
Cost per student	Sliding Scale Pricing to suit any budget, contact for details
Time of year	All year
Group Size	15-30
Subjects	Science and Technology(1-12), Visual Arts, Language(1-8), Environmental Science (11), Biology (11,12)
Curriculum Strand	B. Life Systems (1-8), B. Foundations of Language (1-8) B. Biology (9, 10), B. Scientific Solutions to Contemporary Environmental Challenges(11), B. Diversity of Living Things (11), F. Plants: Anatomy, Growth, and Function (11)



Curriculum Topic	Needs and Characteristics of Living Things B2.3 (1), Growth and Change in Animals B2.2 B2.3 B2.4 (2), Growth and Change in Plants B2.8(3), Biodiversity B2.8, B2.5 (6), Interactions in the Environment B2.3 (7), Visual Arts: D1.1, Oral and Non-Verbal Communication B1.1, B1.4 (1-8), Sustainable Ecosystems and Climate Change B2.5, B2.6(9), B3. Understanding Basic Concepts B3.5 B3.1 (11), B3. Understanding Basic Concepts B3.5 (11), F1. Relating Science to Technology, Society, and the Environment F1.1 (11), F2. Developing Skills of Investigation and Communication, F2.4(11),
<b>Program Title</b>	<b>Presentations</b>
Grade Levels	K-12, Adult
Duration of Program	Flexible
Cost per student	Sliding Scale Pricing, to suit any budget, contact for details
Time of year	All year
Group Size	Depends on presentation
Subjects	Science & Technology, Health & Physical Education, Drama, Visual Arts, Social Science, Geography, Language
Curriculum Strand	Various - Contact Green Venture with Grade and subject for details
Curriculum Topic	Curriculum Ties vary based on grade and subject matter, contact Green Venture for further details regarding our presentations and how we can best tailor them to your Group



22 Veevers Drive, Hamilton  
 Contact: Heather Govender  
 905-808-3717  
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[www.greenventure.ca](http://www.greenventure.ca)

# Hamilton Community Food Centre

Accessible, Tours, Bus Parking, Lunch Space, Volunteering, & Paid Student Summer Internships



## About Us

The Hamilton Community Food Centre (HCFC), a department of Neighbour to Neighbour, is a welcoming and safe community space offering food-based programs that bring everyone together to grow, cook, share, and advocate for good food.

The HCFC opened in January 2017 as the 8th Community Food Centre in the country in partnership with Community Food Centres Canada. It is a warm, dignified space featuring a commercial teaching kitchen, large multi-purpose room, program rooms, partially accessible Community Garden and fully accessible patio garden, and an Advocacy Office. At the HCFC we use food as a tool – not just for nourishment – but to build connections and community and to advocate for good food for all. While building health, hope, and community, we create safer spaces for community to learn about and get engaged with food justice issues. In addition to on-site programs, we strive to promote a

healthy, sustainable, and just food system for all of Hamilton. We do that through networking and supports such as this Edible Education Guide and our Hamilton Community Garden Networking Program.

Weekly Programming at the HCFC includes:

- Intercultural Community Kitchen program
- Community Meals
- Social Action events and Advocacy Office
- Low-Cost Fresh Produce Market and Café
- Community Garden and Allotment Garden programs

To learn more and see the current programs and events calendar, click here: <https://www.n2ncentre.com/hamilton-community-food-centre/programs-and-events/>

Or visit us in-person at [Hamilton Community Food Centre](#)  
[310 Limeridge Rd W \(Suite 10\), Hamilton, L9C2V2](#)



## Programs Offered

### Visiting Classrooms Program

Classrooms and community groups are invited to book a session on-site at the N2N Community Garden and Rolston Community Forest. Students will experience a guided tour of the forest and garden and learn about the relationships between people and the land throughout time. During the tour, numerous species of plants and trees will be identified, and the stories of various food-crops will be told from the perspective of history, geography, and culture. The tour includes looking at sustainability features of the garden and regenerative agriculture practices used in food cultivation. Students will have free-time to explore the garden and will be given a framework for developing a mini self-directed learning inquiry adventure. A light snack after the tour is provided. Booked tours proceed in light rain and moderate heat – students and teachers are asked to dress for the weather (some weather protection including sunscreen and rain ponchos are available).

Limited number of tours offered per year. Priority

given to schools and community organizations on Hamilton Mountain and/or who may experience barriers to accessing site-based learning/discovery opportunities. Accessibility of the tour varies; please contact us for a full description of accessibility features.

### Land-Based Education Program

Join N2N staff and special guests for an in-depth experience of the land throughout the growing season. Students will engage with the N2N Community Garden and the Rolston Community Forest through 10 facilitated sessions, April – October.

This unique opportunity is limited to one classroom or community group per growing season (April – October) or per school year (September – June). It is a bespoke, co-designed program with teachers and N2N staff. Contact us 6-months prior to the desired start-date of the program to begin the planning process.



## Program Details

<b>Program Title</b>	<b>Visiting Classrooms Program</b>
Grade Levels	JK – Grade 12
Duration of Program	45 minutes – 2 hours
Cost per student	No-cost
Time of year	April – October
Group Size	One classroom (approx. 30 students)
Subjects	Science and Technology; Language; Dance/Drama/Visual Arts; Social Studies; Geography
Curriculum Strand	Life Systems (1-7); Structures and Mechanisms in Action (8); Literacy Applications and Connections (1-8); Dance/Drama/Visual Arts – Creating and Presenting (1-8); Social Studies - People and Environments (1-6); Geography - Physical Patterns in a Changing World (7) Geography – Natural Resources Around the World: Use and Sustainability (7); Geography - Global Settlement: Patterns and Sustainability (8)
Curriculum Topic	Relating Science and Technology to our Changing World (1-8); Oral and Non-Verbal Communication (1-8); Social Studies – Inquiry (1-6); Geography – Application: Inter-relationships between People and the Physical Environment (7); Geography – Inquiry: Investigating Issues Related to Natural Resources (7); Geography – Application, Inquiry & Understanding Geographic Context (8).
<b>Program Title</b>	<b>Land-Based Education Program</b>
Grade Levels	JK – Grade 12
Duration of Program	2 hour sessions (including lunch-break); 10 sessions running April through October
Cost per student	No-cost
Time of year	April – October
Group Size	One classroom (approx. 30 students)
Subjects	Science and Technology; Language; Dance/Drama/Visual Arts; Social Studies; Geography
Curriculum Strand	Life Systems (1-7); Structures and Mechanisms in Action (8); Literacy Applications and Connections (1-8); Dance/Drama/Visual Arts – Creating and Presenting (1-8); Social Studies - People and Environments (1-6); Geography - Physical Patterns in a Changing World (7) Geography – Natural Resources Around the World: Use and Sustainability (7); Geography - Global Settlement: Patterns and Sustainability (8)



# Matchbox Gardens



Workshops, Presentations  
(In-School)



## About Us

Matchbox Garden & Seed Co. is owned by Hanna Jacobs, a seed producer, farmer, bird watcher, insect lover, mother, food and garden geek. Founded in 2006, the farm provides over 100 seed varieties of vegetables, herbs, and flowers to gardeners across Canada. Operating on just 3/4's of an acre just outside Caledonia, Ontario, the farm uses no-till methods, crop rotation, companion planting, and Integrated Pest Management Systems to produce organic seeds. One of the great motivations for the founding of Matchbox was, and still is, the desire to contribute to a more environmentally sustainable future by bringing garden learning back into our everyday lives.

## Programs Offered

### Workshops & Presentations

Hanna offers a wide variety of topics to help students learn about growing a food garden. Some of the topics teachers can choose from include:

- Garden Design, Crop Planning for Soil Health
- Starting Your Seed Indoors
- Spring Garden – Peas, Greens, and Setting up your Growing Space

- Building the Garden for Food and Seed
- Seed Saving – Learning to Create your Own Living Seed Bank
- Fall Garden – Garlic, Season Extension

## Program Details

Program Title	In-School Workshops & Presentations
Grade Levels	Grades 6 to 12
Duration of Program	45 mins – 2 hours
Cost per student	Cost Varies
Time of year	January to June, September - December
Group Size	5 to 35
Subjects	Science and Technology (6, 7, 8); Language (6, 7, 8), Science (9, 10), Biology (11, 12) Environmental Science (11)
Curriculum Strand	Life Systems, Biodiversity (6); Life Systems Interactions in the Environment (7); Earth and Space Systems Heat in the Environment (7); Structures and Mechanisms Systems in Action (8); Earth and Space Systems: Water Systems (8); Literacy Connections and Applications (6, 7); Foundations of Language (8) Sustainable Ecosystems (9), Tissues, Organs and Systems of Living Things(10), Plants, Anatomy Growth and Function (11), Population Dynamics (12), Sustainable Agriculture and Forestry (11)
Curriculum Topic	Relating Science and Technology to Our Changing World (6, 7); Exploring and Understanding Concepts (6, 7); Relating Science and Technology to Our Changing World (8); Relating Science and Technology to Our Changing World (8); Applications, Connections and Contributions (6, 7); Exploring and Understanding Concepts (7, 8); Oral and Non-Verbal Communication (8), B1. Relating Science to Technology(9, 10, 11, 12)

### MATCHBOX GARDEN & SEED CO.



HALDIMAND COUNTY

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226-920-4974

[hanna@matchboxgarden.ca](mailto:hanna@matchboxgarden.ca)  
[www.matchboxgarden.ca](http://www.matchboxgarden.ca)



# McQuesten Urban Farm



Accessible, Bus Parking,  
Lunch Space



## About Us

The McQuesten Urban Farm is a community-led initiative, growing organic crops to establish food security, jobs and skills sets on a 3-acre city space. Our urban farm offers a unique, experiential learning environment where visitors can explore, interpret, and engage with food and agriculture.

Our vision: Sustainable, organic farming enterprise, nourish trusting relationships, cultivate stewardship of our land, grow skills in our neighbourhood.

## Programs Offered

### School Programming

Outdoor programs about farming, food security and food for grades 3-12. Our programs are currently offered for neighbourhood schools (classrooms that can walk or take bus). Our programs are hands-on and in the soil, as we learn about soil, pollinators and how nutrient-dense food is grown.





## Program Details

Program Title	School Programming
Grade Levels	Grades 3 to 12
Duration of Program	2 hours
Cost per student	No-Cost
Time of year	April-October
Group Size	1 class, up to 30 students
Subjects	Life Systems (3-5); Foundations of Language (3-5), Science and Technology (6, 7, 8); Language (6, 7, 8), Science (9, 10), Biology (11, 12) Environmental Science (11)
Curriculum Strand	Life Systems, Growth and Change in Plants (3), Life Systems, Habitats and Communities (4), Life Systems, Human Health and Body Systems (5), Life Systems, Biodiversity (6); Life Systems Interactions in the Environment (7); Earth and Space Systems Heat in the Environment (7); Structures and Mechanisms Systems in Action (8); Earth and Space Systems: Water Systems (8); Literacy Connections and Applications (6, 7); Foundations of Language (8) Sustainable Ecosystems (9), Tissues, Organs and Systems of Living Things(10), Plants, Anatomy Growth and Function (11), Sustainable Agriculture and Forestry (11), Population Dynamics (12)
Curriculum Topic	Relating Science and Technology to Our Changing World (3 - 8); Exploring and Understanding Concepts (6, 7); Applications, Connections and Contributions (6, 7); Exploring and Understanding Concepts (7, 8); Oral and Non-Verbal Communication (8), B1. Relating Science to Technology (9 - 12)

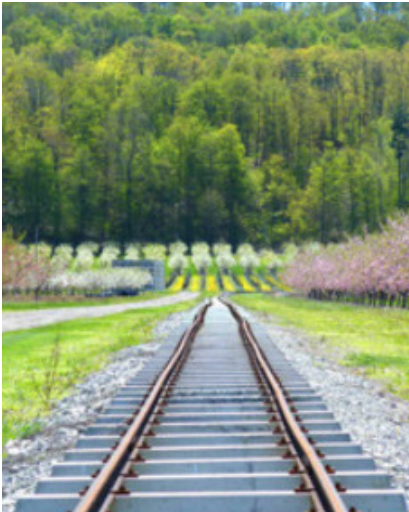


McQuesten  
Urban Farm

McQuesten Urban Farm, 785  
Britannia Ave Hamilton  
Contact: Amy Bonin  
[mcquestenurbanfarm@niwasa.ca](mailto:mcquestenurbanfarm@niwasa.ca)  
(365) 366-8081



Tours, Partially Accessible,  
Lunch Space, Bus Parking



## About Us

Our story began in 1797. We are a 224 year old family fruit farm that began as a cattle farm and in the 1900's became fruit farmers. Many of the guests that visit with us here on the farm are always amazed at all the farm has to offer. Stop by and spend some time with us! We love to make our guests feel at home and you will never be disappointed with the food, wine or hospitality you will receive. Check our website for apple (September) and pumpkin (October) themed classroom excursions.

We have an on-site agriculture tour train called Little Pud. The ride will take you through the fruit groves, vineyards and by the waterways. It is one of the favourite attractions on the farm!

Train leaves on the hour!



## Programs Offered

### Farm to You

Students will play a game called “Farm to Table” and “Where do our Fruits and Veggies Grow”. This is to demonstrate how agriculture meets their personal and community needs. They will understand the importance of buying local. They will explore the different rules and regulations of various countries compared to Canada and learn how important buying local is. Students will be given a tour of the farm. Blossoms and Bee’s Students will be able to see the bees’ action first hand while they play a significant role in food, farming and the environment. They will also experience the sights of beautiful blossoms on the fruit trees.

### Blossoms and Bee’s

Students will be able to see the bees’ in action while they play a significant role in food, farming and the environment. They will also experience the sights of beautiful blossoms on the fruit trees.

## Program Details

Program Title	Farm to You
Grade Levels	Grades 1 to 4
Duration of Program	2 Hours
Cost per student	\$10.95 + tax
Time of year	April to October
Group Size	Max 120 students per time slot, 3 times slots available
Subjects	Science & Technology, Math, Social Studies, Health & Physical Education
Curriculum Strand	Measurement, Number Sense & Numeration, Understanding Life Systems, Understanding Earth & Space Systems, People in Community, Healthy Living, Active Living
Curriculum Topic	Needs and Characteristics of living things (1), The Local Community (1), Growth and Changes in Animals (2), Growth and Changes in Plants (3), Soils in Environment (3), Habitats and Communities (4)

Program Title	Blossoms and Bee's
Grade Levels	JK to Grade 3
Duration of Program	2 Hours
Cost per student	\$10.95 + tax
Time of year	April to Early June
Group Size	Max 120 students per time slot, 3 times slots available
Subjects	Science & Technology, Math, Social Studies, Health & Physical Education
Curriculum Strand	Measurement, Number Sense & Numeration, Understanding Life Systems, Understanding Earth & Space Systems, People in Community, Healthy Living, Active Living
Curriculum Topic	Needs and Characteristics of living things (1), The Local Community (1), Growth and Changes in Animals (2), Growth and Changes in Plants (3), Soils in Environment (3), Habitats and Communities (4)



1468 Hwy 8, Stoney Creek  
 Contact: Holly Gonsalves or Lindsay Puddicombe  
 905-643-1015  
[info@puddicombefarms.com](mailto:info@puddicombefarms.com)  
<https://puddicombefarms.com/school-educational-tours/>





# Shade of Miti

Presentations, Workshops



## About Us

Shade of Miti is a food and climate justice organization. We are working to support sustainable food systems that are rooted in sovereignty and justice and not threatened by climate change. Shade of Miti was started by a young woman of colour, Rav. Rav has been an environmental educator for 5+ years, and started her farming journey in 2020. She is an organic farmer who specializes in growing South Asian vegetables, such as okra, bitter melon, hot peppers, fenugreek and callaloo. In addition to farming, Rav is promoting inclusivity in outdoor spaces. She started the Mississauga Urban Hikers to help newcomers, youth and BIPOC communities connect with outdoor spaces in the city.



## Programs Offered

### Food Sovereignty and Climate Justice

This workshop will introduce students to food security, food sovereignty and climate justice. We will explore the intersectionality of food, agriculture and climate change by exploring the role migrant farm workers, BIPOC communities, newcomers, farmers and consumers play in our communities. This workshop will include hands-on learning opportunities and additional hand-outs and resources for students.

### Plant Life Cycle, Soil and Climate Change

This workshop will introduce students to the life cycle of plants, soil, biodiversity and climate change. We will explore these topics through hands-on learning activities including seed yoga and seedballs. Students will learn about the stages of the plant life cycle, what soil is and the importance of it, biodiversity in agriculture and how climate change is affecting farming.

## Program Details

<b>Program Title</b>	<b>Food Sovereignty and Climate Justice</b>
Grade Levels	Grades 6-12
Duration of Program	1.5-2 hours
Cost per student	\$200 total per classroom
Time of year	Year-round
Group Size	25-30 students
Subjects	Science and Technology (6, 7, 8); Language (6, 7, 8); Social Science (6); Geography (7, 8)
Curriculum Strand	STEM Skills and Connections (6, 7); Life Systems, Biodiversity (6); Life Systems Interactions in the Environment (7); Structures and Mechanisms Systems in Action (8); Earth and Space Systems: Water Systems (8); Literacy Connections and Applications (6, 7); Foundations of Language (8); People and Environments: Canada's Interactions with the Global Community (6); Physical Patterns in a Changing World (7); Global Settlement: Patterns and Sustainability (8); Relating Science to Technology(9, 10, 11, 12)
Curriculum Topic	Applications, Connections and Contributions (6, 7); Relating Science and Technology to Our Changing World (6, 7); Exploring and Understanding Concepts (6, 7); Relating Science and Technology to Our Changing World (8); Relating Science and Technology to Our Changing World (8); Applications, Connections and Contributions (6, 7); Oral and Non-Verbal Communication (8); Inquiry: Responses to Global Issues (6); Application: Interrelationships between People and the Physical Environment (7); Application: Interrelationships between Settlement and the Environment (8); Sustainable Ecosystems (9), Tissues, Organs and Systems of Living Things(10), Plants, Anatomy Growth and Function (11), Population Dynamics (12), Sustainable Agriculture and Forestry (11)
<b>Program Title</b>	<b>Plant life cycle, soil and climate change</b>
Grade Levels	Grades 1-5
Duration of Program	45 minutes – 1.5 hours
Cost per student	\$200 total per classroom
Time of year	Year-round
Group Size	25-30
Subjects	Science and Technology (1-5); Language (1-5)
Curriculum Strand	Life Systems (1-5); Foundations of Language (1-5)
Curriculum Topic	Relating Science and Technology to Our Changing World (1-5); Oral and Non-Verbal Communication (15)



**SHADE OF MITI**

Contact: Rav Singh  
[shadeofmiti@gmail.com](mailto:shadeofmiti@gmail.com)





# Simpler Thyme Organic Farm



Accessible, Lunch space, Bus parking,  
Tour, Volunteers/Interns



## About Us

We started out as an organic CSA growing mainly vegetables. We added small fruits to our farm then grapes and an orchard that includes fruit and nuts. As time goes on, we are dabbling in a mix of forest gardening and permaculture. We grow as much diversity in food as possible in our area. We pride ourselves as educators through workshops, class tours and taking time to speak with our customers. We offer our produce for sale by shares and through our weekly market at the farm and at the Waterdown Farmers Market. We, farmers and volunteers, live and work together.

We are a friendly, busy, happy organic farm where all are welcome. We specialize in growing all food that grows in this area. Bill, Ann, Mike and Charles plus numerous people from everywhere in the world are the farmers and helpers here. Education around food is our passion.

That's us at Simpler Thyme.



## Programs Offered

### Food preservation: dehydration

In this 2 hour interactive workshop, students will learn about food preservation using dehydration. We will answer the question: “why dry food?” They will learn how to prepare oranges, apples, bananas and other fruit, sweet potatoes, kale, carrots and other vegetables for drying. We will make a fruit leather using apples, bananas, sweet potatoes and kale. Samples of the ‘before’ and ‘after’ product will be available for tasting, of course.

### Food preservation: dehydration & fermentation

In this 2 hour interactive workshop, students will be introduced to methods of food preservation, including dehydration and fermentation. We will also discuss freezing and canning and why food preservation is so important in the household, for people who grow their own food, and in the food supply chain.

First, they will learn how to prepare fruit, vegetables and herbs for drying. We will try dried versus fresh fruit. The students will make a fruit leather using apples, bananas, sweet potatoes and kale.

In the second part of the session, students will learn the benefits of fermented foods. Fermented foods are full of beneficial bacteria to boost digestive health. The students will then make a ferment using a variety of vegetables.

### Maple syrup production

Maple syrup is sweet and delicious and one of Canada’s iconic products. During 2 interactive hours at Simpler Thyme, students will learn the complete process of making pure maple syrup. They will learn to identify the type of trees to tap and will measure trees that are the right size to use. They will learn how to “tap” the trees and take part in drilling, installing a tap and hanging buckets. The students will then go through the process of evaporation, finishing and will measure when the syrup is done. The students will learn how to bottle the syrup and label the final product. This tour includes taste tests at each part of the process. High school tours will include the use of a hydrometer to measure the density of the syrup at its end point. They will learn that the brix scale is used specifically to measure the sugar content of a water based solution. The students will learn how to bottle the syrup and what is required on the labels per government regulation.

## Program Details

<b>Program Title</b>	<b>Food Preservation: dehydration</b>
Grade Levels	Grades 1 to 6
Duration of Program	2 hours plus
Cost per student	\$7 per student
Time of year	September to June
Group Size	Max 30 students
Subjects	Science and Technology, Social Studies, Math, Physical Health and Education
Curriculum Strand	Measurement, Number Sense and Numeration, Understanding Life Systems, Active Living, Healthy Living, Understanding Matter and Energy
Curriculum Topic	Needs and Characteristics of Living things (1), Growth and changes in plants (3), Properties of Change and Matter (5), Biodiversity (6)
<b>Program Title</b>	<b>Food Preservation: dehydration and fermentation</b>
Grade Levels	Grades 7 to 12
Duration of Program	2 hours plus
Cost per student	\$7 per student
Time of year	September to June
Group Size	Max 30 Students
Subjects	Science and Technology, Geography and History, Math
Curriculum Strand	Measurement, Number Sense and Numeration, Understanding Life Systems, Healthy Living, Geography
Curriculum Topic	Interactions in the Environment (7), Physical Patterns in the world (7), Natural Resources around the world (7), Global Settlement: patterns and Sustainability (8),

Program Title	Maple Syrup Production
Grade Levels	Grades 1 to 12
Duration of Program	2 to 3 hours
Cost per student	For 3 hours - \$250/class For 2 hours - \$200/class
Time of year	Temperature dependant – generally from February end to mid April
Group Size	Max 30 Students
Subjects	Science and Technology, Social Studies, Math, Health and Physical Education, History and Geography
Curriculum Strand	Measurement, Number Sense and Numeration, Understanding Life Systems, Understanding Earth and Space, Understanding Matter in Energy, Healthy Living, Geography
Curriculum Topic	Needs and Characteristics of Living things (1) , Daily and seasonal Changes (1), Properties of Liquid and solid (2,3), Growth and Changes in Plants (3), Pure Substance and Mixtures (7), Properties of and Change in Matter (5), Physical Patterns in the world (7), Natural Resources around the world (7), Interaction in the environment (7), Global Settlement: patterns and Sustainability (8)



1749 Hwy 6N, Hamilton  
 Contact: Ann Lanigan  
 905-659-1576  
[Simpler\\_thyme@hotmail.com](mailto:Simpler_thyme@hotmail.com)



# Westfield Heritage Village

Tours, Lunch, Bus parking, Partially accessible, Volunteers/Interns



## About Us

Westfield offers a stunning collection of 35 historical buildings that have been restored and staffed by costumed interpreters. Trails, picnic area, lunch facilities available. Westfield offers a range of school programs and public programs.

## Programs Offered

### The Sweet Taste of Spring

The Sweet Taste of Spring program focuses on helping students gain an understanding of the technological, social, and cultural history of maple syrup production in southern Ontario from the days of early settlement through to modern times. Students will learn how Indigenous Peoples shared their knowledge of maple sap and syrup with European settlers.



### Down on the Farm

The Down on the Farm program focuses on helping students gain an understanding of rural life in the area now known as Southern Ontario in the period 1790-1850. This program is an opportunity to explore the similarities and differences of various families, groups, and communities living in this period, their ways of living and the impact they had on the world around them. The program will introduce students to several themes through engaging, active learning experiences centered on the idea that we share universal needs for food, shelter, safety, comfort and belonging.



## Program Details

Program Title	The Sweet Taste of Spring
Grade Levels	Grade 3
Duration of Program	4 hours
Cost per student	\$11.00
Time of year	March
Group Size	20-80 students
Subjects	Science and Technology; Language; Social Studies
Curriculum Strand	Life Systems: Growth and Change in Plants; Literacy Connections and Applications; Foundations of Language; Heritage and Identity: Communities in Canada, 1780–1850; People and Environments: Living and Working in Ontario

## Program Details (continued)

Program Title	Down on the Farm
Grade Levels	Grade 3
Duration of Program	4 hours
Cost per student	\$11.00
Time of year	All year, except December and March
Group Size	20-80 students
Subjects	Science and Technology; Language; Social Studies
Curriculum Strand	Life Systems: Growth and Change in Plants; Literacy Connections and Applications; Foundations of Language; Heritage and Identity: Communities in Canada, 1780–1850; People and Environments: Living and Working in Ontario
Curriculum Topic	Relating Science and Technology to Our Changing World; Exploring and Understanding Concepts; Applications, Connections, and Contributions; Oral and Non-Verbal Communication; Inquiry: The Impact of Land and Resource Use; Application: Life in Canada – Then and Now; Inquiry: Community Challenges and Adaptations; Understanding Context: Life in Colonial Canadian Communities; Inquiry: The Impact of Land and Resource Use; Understanding Context: Regions and Land Use in Ontario



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<https://westfieldheritage.ca>

# Food literacy education programs for families

## **Compass Community Health- p.40**

- Grub Club, Ages 6 to 13

## **Dundurn National Historic Site - p.41**

- Children's Museum Pop-Ups in Sophia's Garden

## **Hamilton Community Food Centre - p.43**

- Kids Club After-School Program - Ages 6 to 12

## **Niwasa Kendaaswin Teg - p.46**

- Food Literacy Programs for full life cycle, ages 0-99





# Compass Community Health

Volunteers / Interns, Accessible  
Lunch Space, Bus Parking



## About Us

When the Health Centre opened its doors as North Hamilton Community Health Centre (NHCHC) in 1987, there were no other local organizations like it – in fact, there was only one other doctor in the entire North End of Hamilton. The community required a Centre that specifically responded to the unique health needs of individual clients and their families. From its beginning, Compass Community Health has been committed to providing accessible services and primary healthcare to individuals and communities, as well as wellness and illness prevention care. For over thirty years, the Health Centre has been a mainstay in Hamilton's North End communities. While still rooted in the North End, the Health Centre now supports individuals and families toward health and wellness across, and well beyond, Hamilton.

## Programs Offered

### Grub Club

Grub Club is an opportunity for children to learn about organic gardening practices, food literacy, and physical literacy. Every week, participants will learn how to cook a variety of meals and snacks with a focus on local food or produce grown in their shared garden plots. Grub Club also offers a variety of activities in the garden and outside that help promote strong friendships, collaboration, and the importance of healthy, active living.



## Program Details

Program Title	Grub Club – Organic Gardening, Cooking, and Physical Literacy
Ages	6-13
Duration of Program	Wednesdays 5:30pm to 7:00pm
Cost per Child	Free
Time of Year	May to August
Group Size	30-35



Contact: Mariko Bown-Kai  
905-523-6611 x 2084  
[Mbown-kai@compassch.org](mailto:Mbown-kai@compassch.org)



# Dundurn National Historic Site



Accessible, Volunteers / Interns



## About Us

The magnificent home of Sir Allan Napier MacNab, one of Canada's first premiers. Discover mid-19th-century Hamilton on your tour of more than 40 rooms on three floors. Experience life in a grand country home for the MacNab family and the servants working below stairs.

Dundurn Castle is located on a height of land known as Burlington Heights. During the War of 1812, the British Army established a military post at the site. Sir Allan MacNab later incorporated elements of the post into the construction of Dundurn Castle during the 1830's.

## Programs Offered

### Children's Museum Pop-Ups in Sophia's Garden

In 2024 the Hamilton Children's Museum will be popping up in the Historic Kitchen Garden. Bring your young family and friends for free nature-based activities in "Sophia's Garden", a new child-focussed interactive space. Join them on Saturdays and Sundays from 12:00 PM to 4:00 PM, starting May 18 until October 13. This area of the garden was inspired by excerpts from The Diary of Sophia MacNab, as Sophia describes playing in the kitchen garden and growing a small plot of fruits and vegetables with her younger sister. This new garden features plants selected to inspire kids to touch, smell and interact with nature. Join Hamilton Children's

Museum staff to explore plants, animals, insects and engage in hands-on activities.

This program is weather dependent and will be cancelled if there is audible thunder, heavy rain, or if temperatures are above 40 degrees Celsius.

Sophia's Garden is also open weekdays during regular garden hours. Its four components include a native species garden, a family activity space, a free-play area, and a sensory garden that encourages tasting, smelling, and touching. The garden includes interactive prompts and self-guided hands-on activities.

For more information please see the Hamilton Civic Museums website and events.





## Program Details

Program Title	Sophia's Garden
Ages	All Ages
Duration of Program	Tuesday to Sunday from 12:00 PM to 4:00 PM
Cost per Person	No-cost
Time of Year	mid-May to mid-October
Group Size	Varies



**Hamilton  
Civic  
Museums**

Owned and operated  
by the City of Hamilton

[www.hamilton.ca/museums](http://www.hamilton.ca/museums)

610 York Blvd, Hamilton

Contact:

905-521-3168

[hamiltoncivicmuseums.ca](http://hamiltoncivicmuseums.ca)

[museums@hamilton.ca](mailto:museums@hamilton.ca)



# Hamilton Community Food Centre

Accessible, Tours, Bus Parking, Lunch Space, Volunteering, & Paid Student Summer Internships



## About Us

The Hamilton Community Food Centre (HCFC), a department of Neighbour to Neighbour, is a welcoming and safe community space offering food-based programs that bring everyone together to grow, cook, share, and advocate for good food.

The HCFC opened in January 2017 as the 8th Community Food Centre in the country in partnership with Community Food Centres Canada. It is a warm, dignified space featuring a commercial teaching kitchen, large multi-purpose room, program rooms, partially accessible Community Garden and fully accessible patio garden, and an Advocacy Office. At the HCFC we use food as a tool – not just for nourishment – but to build connections and community and to advocate for good food for all. While building health, hope, and community, we create safer spaces for community to learn about and get engaged with food justice issues. In addition to on-site programs, we strive to promote a healthy,

sustainable, and just food system for all of Hamilton. We do that through networking and supports such as this Edible Education Guide and our Hamilton Community Garden Networking Program.

Weekly Programming at the HCFC includes:

- Intercultural Community Kitchen program
- Community Meals
- Social Action events and Advocacy Office
- Low-Cost Fresh Produce Market and Café
- Community Garden and Allotment Garden programs

To learn more and see the current programs and events calendar, click here: <https://www.n2ncentre.com/hamilton-community-food-centre/programs-and-events/>

Or visit us in-person at [Hamilton Community Food Centre](#)



## Programs Offered

### Kids Club After-School Program

After-School program for children ages 6-12 years old. Participants register for a 6-week cohort which meets every Wednesday, 3:30-5:30pm. Activities are based around preparing snacks and meals using whole food ingredients (i.e. lots of vegetables, beans, and whole grains), sprouting seeds and other gardening activities under indoor grow-lights or outside in the N2N Community Garden (season-dependent).

### Community Open Garden Days Program

Drop-in at the N2N Community Garden to see what's happening. Each facilitated garden session offers a selection of activities for people of all ages. Together we each contribute to the Community Garden and then take something home to enjoy with our households. Activities may include planting seeds/seedlings, weeding, thinning, pruning, harvesting, greenhouse care, watering plants. Opportunities to learn about soil care, organic pest control, regenerative agriculture, composting, rain-water collection, perennial and annual plants, meet other community members and share advice for home gardening. Explore the many ways to build a connection to the land we are on, the people we share it with, and the food it produces. Children younger than 12 must be accompanied by an adult. Garden is partially accessible; contact us for full accessibility details.



## Program Details

Program Title	Kids Club After-School Program
Ages	6-12
Duration of Program	Wednesdays 3:30-5:30pm ; 6-weeks per cohort
Cost per Child	No-cost
Time of Year	All Year
Group Size	Parents/caregivers may register one or more children per family. Registration is capped at 20 participants.

Program Title	Community Open Garden Days Program
Ages	0-100
Duration of Program	Tuesdays & Saturdays, 9:30am-12pm Thursdays, 3:30-6pm
Cost per Child	No-cost
Time of Year	April – October (confirm exact start-dates on <a href="#">website</a> )
Group Size	No limit. An average Community Open Garden Days session has approximately 15 people in the garden at one time.



**NEIGHBOUR**  
— 2 —  
**NEIGHBOUR**



310 Limeridge Rd W Unit 10,  
Hamilton  
Contact: LeeAnne MacGregor  
905-574-1334 ext. 308  
[Lmacgregor@n2ncentre.com](mailto:Lmacgregor@n2ncentre.com)



# Niwasa Kendaaswin Teg



Accessible, Tours, Bus Parking, Lunch  
Space, Volunteering, & Paid Student  
Summer Internships



## About Us

**Who We Are:** Niwasa Kendaaswin Teg is a multi-service, not-for-profit charitable Indigenous organization that provides high quality programs and services across the entire life cycle to the Indigenous population in Hamilton, Brantford and surrounding areas. Key areas of programming include: Indigenous Licensed Child Care, Aboriginal Head Start Preschool, EarlyON Child and Family Centre, NYA:WEH Elementary & Secondary programs, Community Cultural Programs, Culture and Language Revitalization, and Food Bank.

**Our Mission:** Our mission is to provide services and supports in safe spaces for Indigenous people across the life cycle that are rooted in culture and language.

**Our Vision:** Indigeneity – Strong cultural identity and healthy families



## Programs Offered

### Cooking with Kids

Ages 0-6. Children and their families participate in an online program using pre-made kits to create nutritious, accessible meals.

### Niwasa Food Literacy Programs (Adult)

Freezer Meals (In person), participants work together to prepare meal and package in freezer bags to take home. All food and instructions are provided to participants. One meal per class.

### Crockpot Meals (In Person)

Participants work together to prepare meal and package containers to take home. All food and instructions are provided to participants. One meal per class

### Cooking on a Budget (Virtual)

Cooking on a budget (Virtual) – food kits are delivered to participants' home and they follow along with cooking videos posted to our YouTube channel. One meal per class. All participants must register: 905-549-4884 ext 3

## Program Details

Program Title	Cooking with Kids
Ages	EarlyON: 0-6,
Duration of Program	Contact us for times or follow on social accounts @NiwasaHamilton
	No-cost
Cost per participant	No-Cost
Time of year	All Year
Group Size	1 class, up to 15 families

Program Title	Community Cultural Program
Ages	Adults
Duration of Program	1-3 hours
Cost per participant	No cost
Time of year	All year
Group Size	1 class, up to 12 participants



Program registration line – 905-549-4884 option 3

# Resources & Grants

## **Resources - p.50**

Nutrition, Local Food & Agriculture - p.50

- Educator and Classroom Resources
- Teacher Lesson Plans
- Teacher Training
- General School Resources
- Community Group and/or Family Resources

Gardening, Environment & School Greening - p.52

- School Programs
- Classroom Resources
- Teacher Training
- Community Group and/or Family Resources

## **Grant Opportunities - p.53**



# Resources

## Nutrition, Local Food & Agriculture

### Educator and Classroom Resources

#### Websites

BrightBites.ca

[https://brightbites.ca/wp-content/uploads/Recipes-for-SNP\\_Revised-May-2017.pdf](https://brightbites.ca/wp-content/uploads/Recipes-for-SNP_Revised-May-2017.pdf)

Health Canada Food and Nutrition

<https://www.canada.ca/en/services/health/food-nutrition.html>

Ontario Dietitians in Public Health

<https://www.odph.ca/school-nutrition-resources>

UnlockFood.ca: School Health

<https://www.unlockfood.ca/en/Articles/School-Health/Articles>

Growing Chefs Ontario - Chefs in the Classroom

<https://growingchefsontario.ca/news/growing-chefs-ontario-in-the-classroom>

#### Books

The Third Plate: Field Notes on the Future of Food

<https://www.penguinrandomhouse.ca/books/304351/the-third-plate-by-dan-barber/9780143127154>

Diet for a Hot Planet

<https://www.bloomsbury.com/us/diet-for-a-hot-planet-9781608191307/>

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants

<https://milkweed.org/book/braiding-sweetgrass>

### Teacher Lesson Plans

FreggieTales: Resources/lesson plans for Grades 1 -6

<https://freggietales.ca/resources-teachers/>

Paint Your Plate

<https://brightbites.ca/?s=paint+your+plate&x=8&y=15>

Great Resources/Lesson Plans on Healthy eating

<https://phecanada.ca/teaching-tools/phe-learning-centre/healthy-eating-education-activities>

Ontario Agri-Food Education Inc.

<https://aitcresources.agscape.ca/en-ca/for-educators/curriculum-linked-resources>

Growing Chefs - Lesson Plans

<https://growingchefsontario.ca/lesson-plans>

Ascape Teacher Ambassador Program

<https://agscape.ca/request-ta>

### General School Resources

Fresh From the Farm Fundraising program (for schools)

<https://www.freshfromfarm.ca/home.aspx>

Farm and Food Care Ontario

<https://www.farmfoodcareon.org/>

Hamilton Food Strategy

<https://www.hamilton.ca/city-council/plans-strategies/strategies/hamilton-food-strategy>

Ontario Farm to School Program

<https://www.farmtocafeteriacanada.ca/get-started/farm-to-school-canada/>



## Nutrition, Local Food & Agriculture

Foodland Ontario - all about food grown in Ontario

<https://www.ontario.ca/foodland/foodland-ontario>

Ontario Ministry of Agriculture, Food and Rural Affairs

<https://omafra.gov.on.ca/english/>

### Community Group and/or Family Resources

Family Fun - Parent-Child Cooking from Tree House Kitchen

<https://treehousekitchen.ca/nourishing-families/>

Farm and Food Care (connecting farming and food in the classroom)

<https://www.farmfoodcareon.org/>

Eating locally: List of farms and markets in Hamilton

<http://naturallyhamilton.ca/eating-locally/>

Local Hamilton Farms

<https://tourismhamilton.com/on-the-farm/>

Growing Chefs - Growing Communities

<https://growingchefsonario.ca/food-education-projects/growing-communities>

# Gardening, Environment & School Greening

## School Programs

Ontario Eco-Schools - Certification Program  
<https://ecoschools.ca/>

Ontario Eco Schools - Resources for Schools  
<https://ecoschools.ca/resources-for-schools/>

School Garden Grants: Ontario Horticultural Society: School Grants  
<https://gardenontario.org/wp-content/uploads/Awards-Booklet-Revision-Web-Version-Updated-November-8-2021.pdf>

## Classroom Resources

### Websites

Green Schoolyards America - Tips for School Gardens  
<https://www.greenschoolyards.org/school-gardens>

Little Green Thumbs  
<https://www.littlegreenthumbs.org/resources/>

Hamilton Community Garden Network - find gardens and community garden resources  
<https://www.n2ncentre.com/hamilton-community-food-centre/community-garden-networking-program/>

Treaty Education Alliance - Learning the Land  
<https://learningtheland.ca/>

Learning for a Sustainable Future - Resources 4 Rethinking  
<https://resources4rethinking.ca/en/project-flow>

Ontario Eco Schools - Resources for Classrooms  
<https://ecoschools.ca/school-resources-2-2/ecoschools-in-your-classroom/>

Small Space Gardening in Hamilton  
<http://www2.hamilton.ca/NR/rdonlyres/C47E6565-6882-4875-871D-DDFB5D0380CF/0/HamiltonSmallSpaceGardenFinalReport>

[UPSKAB\\_120918.pdf](#)

BrightBites Green Thumb Badge  
<https://brightbites.ca/badge/green-thumb/>

Raingers Rain Gardens with Green Venture Hamilton  
<https://greenventure.ca/water-learn-plan-take-action/>

DePave Paradise – School Year Greening with Green Venture Hamilton  
<https://greenventure.ca/depave-paradise/>

Jane Goodall Institute Canada - Resource Guides  
<https://www.rootsandshootscanadaguide.com/resources>

### Books

Coyote's Guide to Connecting with Nature  
<http://coyotesguide.com/>

## Teacher Training

Evergreen Teacher Training Workshops  
<https://www.evergreen.ca/evergreen-brick-work/activities/professional-development-for-educators/>

Elementary Teachers' Federation of Ontario - Indigenous Land-Based Learning  
[https://etfofnmi.ca/wp-content/uploads/2020/11/Book\\_Land-Acknowledgement.pdf](https://etfofnmi.ca/wp-content/uploads/2020/11/Book_Land-Acknowledgement.pdf)

## Community Group and/or Family Resources

Future Cities Canada – Children's Nature-Based Activities  
<https://futurecitiescanada.ca/portal/resources-and-tools/?search-text=&categories%5B%5D=1517>

# Grant Opportunities

Grant	Deadline	Funding	Comments
National Geographic	Ongoing 6 months before project start date	Projects not larger than \$50,000	<ul style="list-style-type: none"> <li>Projects must not last longer than a year</li> <li><a href="https://support.nationalgeographic.org/s/article/Grants-Program-2023-Overview">https://support.nationalgeographic.org/s/article/Grants-Program-2023-Overview</a></li> </ul>
Learning for a Sustainable Future	Spring 2024	up to \$500	<ul style="list-style-type: none"> <li>K-12 student-led climate change/sustainability action projects</li> <li><a href="https://lsf-1st.ca/programs/action-project-funding/">https://lsf-1st.ca/programs/action-project-funding/</a></li> </ul>
Whole Kids Foundation (Garden Grant Program)	Next Garden Grant window will open February 2024	\$3,000	<ul style="list-style-type: none"> <li>Various grants</li> <li>K-12 students or non-profit organizations in US/Canada that service any grades K-12 for programs that connect kids with food</li> <li><a href="https://www.wholekidsfoundation.org/programs/school-gardens-grant/">https://www.wholekidsfoundation.org/programs/school-gardens-grant/</a></li> </ul>
Whole Kids Foundation (Bee Grants)	Closed for 2024	Monetary grant of \$1500 or equipment grant of indoor observation hive	<ul style="list-style-type: none"> <li><u>K-12 schools or non-profit organizations that serve any grades K-12 for starting new or enhancing existing bee program on their campus</u></li> <li><a href="https://www.wholekidsfoundation.org/programs/honey-bee-hive-grant/">https://www.wholekidsfoundation.org/programs/honey-bee-hive-grant/</a></li> </ul>
Scotts® Gro for Good Grant Program	2024 deadline to be announced	\$2,500	<ul style="list-style-type: none"> <li>Supporting schools and non-profit civic organizations seeking to develop sustainable gardens and green spaces</li> <li><a href="https://scottsmiracleagro.com/responsibility/scotts-canada/">https://scottsmiracleagro.com/responsibility/scotts-canada/</a></li> </ul>
Canada Post Community Foundation	New application period opens Winter 2024	up to \$5,000	<ul style="list-style-type: none"> <li>Schools and community groups may apply for projects including after-school programs, education events, school supply/equipment programs, etc.</li> <li><a href="https://www.canadapost-postescanada.ca/cpc/en/our-company/giving-back-to-our-communities/canada-post-community-foundation/community-foundation-application.page">https://www.canadapost-postescanada.ca/cpc/en/our-company/giving-back-to-our-communities/canada-post-community-foundation/community-foundation-application.page</a></li> </ul>
Imagineaction	Ongoing	Not specified	<ul style="list-style-type: none"> <li>Must be a teacher to login</li> <li>Membership required</li> <li><a href="https://www.imagine-action.ca/members/Login.aspx?lgtype=T&amp;m=1">https://www.imagine-action.ca/members/Login.aspx?lgtype=T&amp;m=1</a></li> </ul>
ConocoPhillips Canada	Not specified	\$1000	<ul style="list-style-type: none"> <li>Implement new programs and funds existing programs</li> <li><a href="https://www.conocophillips.ca/community-investment/how-to-apply-for-funding/">https://www.conocophillips.ca/community-investment/how-to-apply-for-funding/</a></li> </ul>

Tree Canada (Greening Canada's School Grounds Grant)	Ongoing	up to \$10,000	<ul style="list-style-type: none"> <li>Schools are eligible to apply for the costs of tree planting projects on school grounds</li> <li><a href="https://treecanada.ca/grants-awards/greening-canadas-school-grounds/">https://treecanada.ca/grants-awards/greening-canadas-school-grounds/</a></li> </ul>
Tree Canada (Edible Trees Grant)	Ongoing	up to \$10,000	<ul style="list-style-type: none"> <li>Schools, community groups, municipalities, non-profits eligible to apply for planting edible trees on publicly accessible sites.</li> <li><a href="https://treecanada.ca/grants-awards/edible-trees/">https://treecanada.ca/grants-awards/edible-trees/</a></li> </ul>
S'Cool Life Fund	Ongoing	\$3000 or under	<ul style="list-style-type: none"> <li>Public schools serving JK-8 are eligible to apply for child development pieces relating to Drama, Recreation, Extra-Curricular, Arts, Music, or Sports</li> <li><a href="https://www.scoollifefund.ca/apply-now">https://www.scoollifefund.ca/apply-now</a></li> </ul>
WWF Go Wild Grants Program	Ongoing, fall	\$1,500	<ul style="list-style-type: none"> <li>Schools/student groups grades K-12 eligible to apply. Eligible projects aim to protect or restore natural habitat while engaging school communities.</li> <li><a href="https://schools.wwf.ca/events/primary-go-wild-school-grants/">https://schools.wwf.ca/events/primary-go-wild-school-grants/</a></li> </ul>
Community Conservation Action Program	Ongoing	\$1,000 to \$10,000	<ul style="list-style-type: none"> <li>Schools, community organizations eligible to apply. Project categories include "Connect Canadians with Nature", "Engage Youth in Conservation", and "Provide Educational Conservation Programming".</li> <li><a href="https://whc.org/ccap/">https://whc.org/ccap/</a></li> </ul>
Empowering Youth for Climate Action Award	Ongoing, spring	\$1,000 to \$3,000	<ul style="list-style-type: none"> <li>Youth-initiated projects on school or public grounds. Projects related to greening, gardening, waste reduction, sustainability.</li> <li><a href="https://ourcanadaproject.ca/award/">https://ourcanadaproject.ca/award/</a></li> </ul>
Learning Garden Grants – Nutrients for Life	Ongoing, spring/ March	up to \$500	<ul style="list-style-type: none"> <li>K-12 schools grant to establish or enhance school gardens.</li> <li><a href="https://nutrientsforlife.ca/en/learning-gardens/grant-application">https://nutrientsforlife.ca/en/learning-gardens/grant-application</a></li> </ul>
Jane Goodall Institute of Canada – Roots & Shoots A.P.E. Fund	Ongoing	up to \$1,000	<ul style="list-style-type: none"> <li>Schools and organizations eligible to apply for projects in the following areas: Biodiversity loss (Animals), Environmental Inequity (People) and Climate Change (Environment).</li> <li><a href="https://janegoodall.ca/what-we-do/canada-programs/roots-and-shoots/">https://janegoodall.ca/what-we-do/canada-programs/roots-and-shoots/</a></li> </ul>



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**See you next time!**

