

Farm to Table Laboratory

School-Age Session 1



Our focus for this summer camp at will be centered on Sustainable Living and the Interconnectedness with Nature and Ecology. As a community, GPCP has embraced the idea of sustainable living in a variety of ways including starting our own Farm to School program. Ms. Shannon Newton, one of GPCP's Farm to School

Coordinators will lead

this camp session. Shannon has been working at our school for several summer camps, and she is also currently an educator in the Cabbagetown Ladybugs class. Shannon is passionate about healthy eating and supporting local agriculture. For this camp, we invite the children to enter the food laboratory!

Children will explore and experiment with nutrition, cooking, and some counter-top kitchen science. We will make breads, salads, pasta dishes, beverages, summer treats, and cool eats. We will prepare a meal each day; therefore, supplying packed lunches from home is optional. Harvesting vegetables and herbs from our Cabbagetown Community Garden is an important part of this camp. Please be sure to sign the field trip permission form and come prepared for an adventure. It's going to get messy and tasty!



Reminders:

- We will utilize the Cabbagetown community park playground each day. Please be sure to sign all field trip form.
- Don't forget to apply bug spray and sunscreen before school.
- Please bring a labeled water bottle each day.
- Bring an extra change of clothes (also labeled).

Looking forward to all the cooking fun!

Shannon