

# Faye

Faye's mom says;

Real life, practical, grounding, creative, playful and truly nourishing.  From dirt to plate, they actually get to plant the seeds, watch the plants grow, harvest the food, then enjoy and cook with the fruits of their labour!  The school nutrition program is such an exciting opportunity for the kids to expand in practical every day skills.




# Lyla

I really enjoy the Incredible Edible program because it gives me the opportunity to cook, which is something I'm interested in doing when I'm older. I have learned how to cook lots of very delicious foods!

And, from Lyla's Mom:
I think the School Nutrition Program is such an asset to our community! It's so important for kids to learn life skills, like food prep and cooking, not only to help encourage healthy eating now, but to give them the tools they need to continue with those skills as they get older. As a local producer, the emphasis that the program puts on using whole, local foods is definitely appreciated! Thanks for all you do, IncrEdible Trent Hills!

# Dawson

Dawson's mom says;

Dawson looks forward to incrEdible Edibles each session.  He has enjoyed learning about kitchen safety, and learning about new seasonal ingredients and how you can incorporate them into different recipes for flavour.
Dawson has been an active volunteer in the community gardens since a very young age (4), and always enjoys growing, nurturing and harvesting homegrown vegetables.
I have seen an incredible difference in his willingness to help create meals at home and independently focus on his meal prep to see his task through til the end.
He has been exploring a new palate and a willingness to try new things.





# Jax

According to his family, Jaxson has shown meaningful growth through the cooking program. He has learned how to prepare new foods, try unfamiliar recipes, and confidently taste what he has made. He often asks for recipes to bring home, eager to continue practicing his skills and share what he’s learned with his family.

His family has noticed a significant increase in his confidence in the kitchen, along with stronger teamwork and communication skills. Experiences like cooking together and working in the community garden have helped him better understand where food comes from and feel proud of being part of a shared process. His family feels the program has supported Jaxson in developing practical life skills while fostering confidence, curiosity, and a sense of accomplishment.



# Cash

Cash expresses great enthusiasm whenever he tells his family about cooking class. He enjoys trying the techniques and he loves getting to try new foods. He appreciates the different geography ie having authentic Polish sausage and he was very enthusiastic to find out that that recipe was a family tradition handed down. Most recently he was very excited about making hot sauce with Jordan and said if he could spend every class with Jordan learning about all the sauces he would be so happy. He really made a connection with him. He also had expressed how sharing food with his classmates opens conversations about culture and geography and he's learned a lot about how diversified our local food is. He loves sharing a meal as it makes him feel more part of the community