

# Sustainable Food Safari

**2-Day Camp for Kids**

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National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE



A Concise Recap of the 2022 Camp

# Sustainable Food Safari Camp for Kids

## Description

- Free!
- Engages youth (10 to 15 years old)
- 2 consecutive days
- Experience an entire “food trail system:”
  - From field to composting.
  - Seeing produce grown in the field.
  - Purchasing fresh produce from a local farm stand.
  - See fresh local produce in use at a local food establishment.
  - Prepare fresh produce themselves in a commercial kitchen.
- Maximum of 19 campers /day.
- Transportation for campers is required to the offsite locations on Day #1 only. (Campers must provide own transportation to and from camp each day.)



# Sustainable Food Safari Camp for Kids

## Camp Locations

Camp took place at these DeKalb County Community Gardens (DCCG) program locations:

- Walnut Grove Vocational Farm (WGVF) in Kirkland
- Genoa Area Community Food Hub (GACFH) in Genoa

Moving further afield from WGVF & GACFH, campers visited:

- a local farm to learn about other sustainable farming practices.
- a local food establishment to learn how it uses fresh local products.



# Sustainable Food Safari Camp for Kids

## Camp Objectives

1. Increase sustainable growing knowledge of youth 10-15 years old with and without developmental disabilities through hands-on experiences with DCCG staff and WGVF Individual Program participants at WGVF and other similar local locations.
2. Introduce youth to sustainable agricultural methods and careers through visiting other local farms.
3. Introduce youth to selecting, purchasing, prepping, and cooking sustainably grown produce with a local chef.
4. Share project results through presentation and social media with other interested parties.
5. Gain knowledge about the nutritional advantage of eating fresh produce.
6. Learn basic kitchen skills and prepare several dishes featuring fresh produce from recipes and directions from a local professional chef.



# Sustainable Food Safari Camp for Kids

## Supplies/Costs

Category	Description	Amount	Changes
Materials and supplies	Produce for meal	\$140	
Materials and supplies	Printing flyers and other marketing materials	\$110	\$70
Other direct costs	Cost of the tours	\$200	\$240
Personnel	Chef	\$450	
Personnel	Staff	\$900	
Travel	TransVac bus designed to carry passengers with and without disabilities	\$360	
Total		\$2160	\$2160





# Sustainable Food Safari Camp for Kids Registration Process

- Online registration
- No wait list was created.



# Sustainable Food Safari Camp for Kids Promotions

- Custom graphics.
- Press release was created and distributed to local media.
- Social media (Facebook & Instagram).



# Sustainable Food Safari Camp for Kids Camper Assessment

- Pre-test on Day 1 to capture what they felt they already knew about specific topics they would be learning about.
- Post-test at the end of Day 2 to capture the knowledge about specific topics they felt they had gained after participating in camp.
- 1 week after camp, an opinion survey was sent to:
  - Parents/guardians of the campers
  - Local chef





# Walnut Grove Vocational Farm

- At Walnut Grove, the students learned about:
  - Soil health.
  - Composting and spreading compost in the garden.
  - Beneficial insects
  - Different types of produce
- Students completed a bug and vegetable scavenger hunt to test their knowledge.



# Klein's Quality Produce



- At Klein's, students received a guided tour from owner Matt Klein where they learned about the farm's history
- Learn about produce seasons and what it means to buy and use produce that is "in season."
- Learn about sustainable farming practices, alternative crops and what happens to produce after harvest (how they are harvested and where they go).
- Discussion about sustainable weed management & irrigation on a large-scale produce farm.





# The Milk House Ice Cream

- At the Milk House, students toured the kitchen and heard about how owners Clint & Brook Carey source local produce for their innovative ice cream flavors.
- Learned about the fresh local produce and other products The Milk House uses in their ice cream production.
- Learned about the connection between Klein's Quality Produce and The Milk House Ice Cream.
- Watched a demonstration on how ice cream is made with fresh produce and taste tested the ice cream!



# Cooking at the Genoa Area Community Food Hub



- On Day 2 of the Sustainable Food Safari Camp, students were able to use the knowledge that they had gained by cooking several recipes at the Hub under instruction by Chef Bryan Flower.
- Students learned about the importance of eating fresh produce.



# Camp Takeaways

- A total of 7 students participated in both days of camp.
- After camp, they felt more comfortable continuing to practice their cooking skills.
- The participants took away the lesson that eating fresh produce is healthy and tastes good.
- Parents reported that they were very satisfied with the camp that was offered and that their children went home talking about the farm and kitchen experiences they had.





# The Students in Action!







