A social justice approach in youth programming: the Guys Can Cook! Program

Host: Stephanie Massot, HC Link

Guest Speakers:
Julia Fursova, Guys Can Cook! Project Coordinator, The Four Villages Community Health Centre
Gayatri Chopra, RD, Community Dietitian, Unison Health and Community Services
Lynn Roblin, MSc. RD, Policy Consultant, Nutrition Resource Centre, Ontario Public Health Association

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HC Link...

with community groups, organizations, and partnerships to help them build healthy, vibrant communities across Ontario.
We provide...

consulting services, webinars, workshops, resources and other learning opportunities in both English and French.
Partnership Development

HC Link Resources

HC Link News Digest PLUS - February 2016 - a round-up of resources related to Partnership Development.

HC Link News Digest PLUS - May 2014 - a round-up information pertaining to Intersectoral Collaboration.

Getting started with...Partnership Development

HC Link | 2016

Working with community partners often allows us to accomplish more than we could working on our own. This resource provides a brief overview and selection of resources, websites and other materials to ‘get you started’ in developing partnerships.

Collaborative Partnership Webinar Series

HC Link | 2015

This three-webinar series explores the six activities of effective partnerships, featuring collaborative leaders and members from across Ontario.

The Genius of Partnerships: New relationships & diverse perspectives within a common vision

An Eye on the Vision, An Eye on the Road: Working together for change

Thinking Back, Moving Forward: Celebrate and Evaluate...to Renew

Partnership Development

HC Link | 2009 (revised 2015)
We support healthy kids....

HC Link is proud to be supporting the Healthy Kids Community Challenge, as a member of the Healthy Kids Resource Centres (HKRC).
We work with communities....

HC Link recognizes the expertise of the communities and groups we work with. It is our privilege to learn from each other- enriching the services we offer.
A social justice approach in youth programming: the Guys Can Cook! Program

Lynn Roblin, MSc. RD,
Policy Consultant
Nutrition Resource Centre
About the Nutrition Resource Centre

• Funded by the Ministry of Health and Long Term Care
• One of 14 health promotion resource centres in Ontario
• Operate under the Ontario Public Health Association since 1999

Our Mission.....

“To strengthen the capacity of health promotion professionals and community partners involved in healthy eating and nutrition across the health continuum...

Through networking and collaboration... fostering knowledge transfer and exchange and building a centre of excellence in evidence-based resources and tools that will support program and policy development throughout Ontario.”
NRC Consultation Services

Team of Registered Dietitians and public health professionals

• Expertise in food, nutrition, healthy eating
• Expertise in public health – evidence-based health promotion strategies, program planning, implementation, evaluation and policy

Provide consultation and support services:

• To health intermediaries, communities groups and organizations, public health units, government
• Develop and deliver KTE products (e.g., fact sheets, webinars, workshops)
• Provide evidence-based recommendations and strategies to support community work, programs and policies
• Offer group facilitation and consultation services

Contact:

• Lynn Roblin, MSc. RD, Policy Consultant – lroblin@opha.on.ca
• Donna Smith RD, MPH – Policy & Program Coordinator – dsmith@opha.on.ca
NRC Food Literacy & Food Security Activities

- **Capacity building & KTE** – webinars, workshops, evidence based tools and resources, e-books

- **Stakeholder engagement** – collaboration, networking, collective impact, indicators, evaluation...

- **Surveys of food skills programs** – coordinated or facilitated by public health and others across Ontario (2013 & 2015)

- **Key Informants surveys** – food skills programs for Aboriginal populations & newcomers to Ontario (May to August 2016)

- **Consultation** - technical advice, strategies, resources, or referrals to enhance practice, projects, programs and policy across Ontario
A social justice approach in youth programming: the Guys Can Cook! Program

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Julia Fursova, Guys Can Cook! Project Coordinator, The Four Villages Community Health Centre;
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Land Acknowledgment and Welcome

- The Land on which we gather is the traditional territory of the many Indigenous Tribes and Families
- Toronto is the home to many Indigenous people from across Turtle Island
- We are grateful to live and work on this territory
- We are committed to peace and solidarity
Introducing GUYS CAN COOK! Program

- 3 year multisite project
- Seven (7) community health centres in West Toronto
- Priority neighbourhoods
- Toronto Public Health, Toronto Employment and Social Services
- Funded by the Ontario Trillium Foundation
Guys Can Cook! Program at a glance

- Food skills development
- Community based
- Male youth age 13 to 18
- Seven (7) workshops
- Three components: cooking skills, nutrition education and youth leadership development
- Access to Food Handler training, employment skills workshop and peer leadership opportunities
Introducing our participants: GCC Video

- GCC participants at Davenport Perth Neighbourhood CHC
Food Justice Framework

- Food Security
- Environmental Sustainability
- Social Justice

Food Justice Framework in Action: Guys Can Cook! Program

Guys Can Cook! program was developed as a result of a three year community-based health promotion project funded by the Ontario Trillium Foundation. It is designed to develop food skills and build capacity among male youth age 13 to 18.

Food Justice

- Food Security
  - We provide transportation subsidies and access to food and snacks to all program participants. We develop food skills among youth, such as cooking skills, as well as skills and knowledge necessary to analyze nutrition information and compare food choices.
- Environmental Sustainability
  - We connect youth with local sustainable food systems by introducing them to local farmers markets and food co-ops, and discussing the importance of sourcing their food locally and in season.
- Social Justice
  - We recognize the impact of colonialism and racism on the communities we serve and reflect on our own professional biases. For this reason we involve youth into the program development and incorporate those activities and recipes that are relevant to youth and reflect their cultural heritage and socio-economic backgrounds.

Highlights of the Guys Can Cook! Program Model

#1 Youth Informed Program Development
- ‘Fluid’ curricular component
- Content to context connections
- Incorporation of youth preferences

#2 Hands-on Food Skills Development
- Nutrition Education
- Cooking Skills

#3 Youth Leadership Development
- Food Handler Certification
- Employment Skills Workshop
- Peer Leadership Opportunities

#4 Guys Can Cook! Cookbook
- Diverse content
- Relevance to urban youth

Next Steps

Guys Can Cook! Program Manual and the Cookbook will be launched in January 2017.

To request a copy of Guys Can Cook Program Manual and the Cookbook contact Julia Fursova, GCC Project Coordinator.

julia@4villages.on.ca
416-604-0640 x1069

https://guyscancookproject.wordpress.com/
www.facebook.com/guyscancook

[Logos of various organizations]
Food security in priority neighbourhoods

- Lack of liveable wage earning employment opportunities

- De-skilling in relation to food skills
Enabling Youth Participation

- Economic and geographical access
- Snacks and food
- **Necessities, not luxuries**
- **Enablers, not incentives**
Food Handler Training Story

- 1st year of the GCC, the Food Handler Training was provided in centralised locations for participants from different program sites
- Food Handler certification rate in 2014 – 29 Food handlers out of 55 graduates
- What is convenient for the service providers doesn’t necessarily make sense for youth...
Lesson: meet them where they are!

- Year 2015 - 40 certified Food Handlers out of 53 program graduates
- Year 2016 - 45 certified Food Handlers out of 60 program graduates
Youth informed program development

- Involving youth in program evaluation

- A shift from rigid curricular to more flexible content

- Incorporation of youth’s preferences

- Content to context connections
Practicing self-reflexivity at the individual and organisational level

- Examining and reflecting on biases

- Recognising the impact of colonialism and racism

- Acknowledging and celebrating diversity – Cookbook evolution

- Incorporating Indigenous content into program curricular
Connecting with Aboriginal Nutrition Network

- Missing piece in the GCC Curricular
- “Reflecting diversity of our neighbourhoods” yet no Indigenous recipes?
- In search of a missing piece
- The responsibility of a settler privilege
- Being pro-active and patient when approaching our Aboriginal colleagues

Resources:
- [http://dodemkanonhsa.ca/about-us/](http://dodemkanonhsa.ca/about-us/)
To eat or Not to eat! What to eat? Influences on food choices by Youth

Environmental Factors
- Macro-environment
- Micro-environment

Personal Factors
- Food Skills
- Body image
- Health status
ENGAGING YOUTH IN NUTRITION EDUCATION!

Choose topics that reflect youth lifestyle and food choices.

Provide them with tools they can easily apply everyday.

Keep it short and simple yet challenging!
GCC! “Nutrition Games” Topics

1. Canada's Food Guide: Nutrition Jeopardy
2. Vegetables, Fruits and Fibre: Nutrition Bingo
3. Label Reading
4. Rethink What You Drink!
5. Healthy Eating for a Healthy Body
6. Fast Food Comparison: This or That
APPROACHES TO DELIVERY

- Hands on experiential learning: To prioritize youth engagements
- Paper vs Electronic: Influenced by input from program participants at each site
Nutrition Education: Do and Don’t

Do

- Keep it under 15 minutes
- Pen and paper format
- Make it interactive
- Include ‘hands-on’ component
- Award participation

Don’t

- Make it over 15 min
- Rely on screens
- Lecture
AHA MOMENTS...

We don’t need too much salt!
I am drinking less soft drinks now!
I now know how much food from each food group I need!
I appreciate my mom’s cooking more knowing how much effort it is to cook!
We want more nutrition topics!
I didn’t know my favourite drink had this much sugar!
I suggested my mom to buy a different product after comparing labels.
I eat more vegetables and fruits now!
I eat more vegetables and fruits now!
“Bro” factor - GCC Peer Leaders

- Recruiting program graduates as peer leaders to enrich youth engagement

- Peer Leaders providing ‘bro’ factor – by being positive male role models for program participants
Benefits of volunteering for Peer Leaders

- Earning community volunteer hours towards high school credits
- Developing professional networking
- Developing communication and leadership skills
- Understanding of the work ethics as it applies in community sector
- Receiving a ‘refresher’ of knowledge and skills already developed during the GCC program last year
What Peer Leaders say:

Peer Leader 1, Davenport Perth Neighbourhood CHC:

I increased my communication skills. Before I wouldn’t have eye contact with people and now I can. I met new people in this first job and it pushed me to talk to participants, introduce myself to them and explain instructions for ice breakers, and have responsibility.
What do Program Facilitators say:

Program Facilitator 2, Stonegate CHC:
Peer Leader provided a very good input during discussion on body image, sharing personal examples of the challenges and pressures he is experiencing as a guy and prompting others to share. As a result the group had a meaningful and honest discussion about the stereotypes and pressures related to masculinity.
Guys Can Cook! Program Guide and the Cookbook

Online and downloadable resources –

Guys Can Cook! program website

- GCC Program Guide Part I and Part II
- GCC Program Guide Part III - Cookbook
- GCC Nutrition Education Games Content
- GCC Cooking Skills Video Library
Introduction

The Guys Can Cook (GCC) Cookbook is produced as Part 3 of the Guys Can Cook! Program Guide. The GCC Cookbook is grounded in a food justice framework and acknowledges the interconnectedness between food production and processing patterns, food distribution and consumption patterns and nutrition outcomes (Schubert, Jennaway and Johnson, 2010). It is of the utmost importance to educate young generations to become more than passive food consumers but engaged food citizens, whose food choices support the development of environmentally sustainable, as well as socially and economically just food systems (Wilkins, 2005). The GCC Cookbook contributes to such education efforts and promotes awareness of environmentally sustainable food sourcing practices while re/connecting youth with local food production and distribution systems.

The cookbook contains the following sections:

**Core recipes** organized by program session. This section contains main meals for each session, and includes different options to consider. The selection of recipes reflects the richness and diversity of the culinary traditions of program participants representing different cultures and heritage.

**In the Spotlight** section highlights key ingredients of each session and contains nutrition information of the featured ingredient, as well as Chef tips and information about sustainable sourcing of the featured key ingredient.

Look for these fun veggie characters introducing the “In the Spotlight” sections throughout the Cookbook.

**Snacks** section features healthy snack recipes popular among Guys Can Cook! participants. The recipes in this section are not tied to any specific session, and may be selected during the program based on the participants’ preferences and resources, and time available.

**Appendices** section offers listings of community food resources, including food markets, food co-ops and cooking programs in West Toronto neighbourhoods.

Please note the following abbreviation are used in the recipes:

- tsp = teaspoon
- tbsp = tablespoon
- gm = gram
- mL = milliliter
# GCC Cookbook Table of Contents

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Spaghettini with Chicken, Peppers, and Tomato Sauce

Main Course. This recipe serves 12 people. To prepare for 6, reduce the amount of ingredients by half.

Chef Tip: the longer you cook the sauce the better it will be. You may need to add some water during the process to keep a good consistency.

Watch Chopping Onions, Cooking Skills Video Demo #1 at guyscancookproject.wordpress.com/video-library-cooking-skills-demonstrations

Serves 12
Difficulty: Easy/BEGINNER

Ingredients

Sauce:
- 2-3 tbsp (30-45 mL) olive oil
- 2 onions, chopped fine
- 1 red pepper, medium dice
- 1 green pepper, medium dice
- 6-8 cloves of garlic, chopped fine
- 3 (796 mL) cans of plum tomatoes, crushed with clean hands
- Salt and pepper to taste
- 1 bunch of fresh basil, roughly chopped
- Chili flakes (optional)

Pasta:
- 2 ½ lb (908 gm) spaghetti (1½ pack)
- 2-3 tbsp (30-45 mL) olive oil
- All of the chicken flesh from making the stock
- All of your sauce

Preparation

Sauce:
1. Sweat the onions in the olive oil on low heat until soft and translucent. Add the garlic and sweat for 4-5 minutes more, stirring every 30 seconds.
2. Add the crushed plum tomatoes and season.
3. Bring up to a boil, then turn to a simmer.
4. Cook for at least 1 hour, or 1½ hour if time permits.
5. Heat a frying pan. Drizzle with olive oil and sauté peppers until tender. (Optional) Use hand blender to puree the sauce until smooth and then add sautéed peppers.
6. Add chicken pieces and heat through. Then add the chopped basil and adjust seasoning.

Pasta:
1. Boil a big pot of water, adding some salt to taste. Add the pasta to the boiling salt water and cook until the desired softness has been reached.
2. Toss pasta with sauce and drizzle with olive oil, then adjust the seasonings to taste. (Optional) Sprinkle with cheese.
IN THE SPOTLIGHT: Tomatoes

Eating Well with Canada’s Food Guide:
¾ cup or 1 small tomato is 1 serving of the Vegetables and Fruit food group. Guys 14-18 years old should aim to have 8 servings of Vegetables and Fruit every day.

What is the difference between homemade and store bought tomato sauce? Tomato sauces from a can or bottle often have high amounts of sodium (also called salt) and sugar. For example, a ¾ cup of store bought tomato sauce has 585-720 mg of sodium. That is almost half of the daily recommendation for sodium!

Nutrition Fact:
- Tomatoes have many nutrients including vitamin C, vitamin A, folate, and lycopene.
- Lycopene is an antioxidant. Antioxidants defend and guard the body’s cells from harm. Pollution and tobacco smoke are examples of harm that can affect body cells. The chances of developing diseases such as diabetes and cancer increases when cells are damaged.

Know Where Your Food Comes From:
- There are over 300 kinds of tomatoes grown in Ontario including plum, beefsteak, roma, and heirloom. Locally produced food doesn’t travel as far as most conventional food. This means it is picked closer to its peak ripeness allowing the flavour to be more delicious.
- July to October is the best time to get locally grown tomatoes! Visit a local Farmers’ Market to find a variety of tomatoes in different colours and sizes.
- Add an extra kick to your tomato sauce by growing fresh basil on a sunny windowsill. There are 40 varieties of basil to choose from. Why not to try one of these – Sweet Basil, Cinnamon Basil, Purple Basil, Lemon Basil or Spicy Bush Basil?

Nutrition Tip:
- Cooking tomatoes will boost the amount of lycopene available for your body to use.
- Prepare your own tomato sauce with fresh tomatoes. This will let you control the amount of salt and sugar in your sauce. Use herbs, such as basil and oregano, instead of salt for seasoning.
- Transportation to retail generates 30 percent of tomatoes’ carbon footprint. By buying locally grown tomatoes you can reduce the overall footprint of tomatoes by as much as 25 percent! (Meat Eaters Guide Report, EWG, 2011)

Chef Tip:
When using canned tomatoes choose San Marzano variety for your sauces. Many chefs consider them the best quality tomatoes around because they are sweet and less acidic.
Nutrition Games and Activities

Nutrition Education Games and Activities

This section contains Nutrition Education Sessions outline for each Guys Can Cook! nutrition workshops, including activities and handouts.

Session 1 Canada’s Food Guide

Session 2 Vegetables, Fruit and Fibre

Session 3 Nutrition Labels Reading

Session 4 Rethink What You Drink

Session 5 Healthy Eating for a Healthy Body

Session 6 This or That? Comparing Fast Food Options
Canada’s Food Guide Session package

- Healthy Eating Plate Model Handout.pdf
- Jeopardy game.ppt
- Paper Version_Jeopardy game.docx
- Session 1_Jeopardy game.docx
- Session 1_Canada's Food Guide.doc
Any questions?
Thank you!

- **Contact Information:**
  
  **Julia Fursova**  
  Guys Can Cook Project Coordinator  
  416-604-0640 x1069  
  julia@4villages.on.ca; juliafur@yorku.ca

- **Social Media:**
  
  - https://www.facebook.com/guyscancook/
  - https://guyscancookproject.wordpress.com/
References:

We listen >> Our services support your needs

HC Link recognizes the expertise of the communities and groups we work with. It is our privilege to learn from each other - enriching the services we offer.

Our customized services complement each other.

- **Consulting Services**
  to meet your specific needs

- **Learning Events**
  webinars, conferences, gatherings

- **Educational Resources**
  on healthy communities

- **Mutual Learning**
  peer sharing, online discussions, listservs, blogs, Twitter and our online learning community

Our services are funded by the Government of Ontario and are provided free of charge where possible.
CONSULTING SERVICES

HC Link offers customized consulting services to community groups, organizations, and partnerships to support their work in building healthy communities. To meet your specific needs, our consultants can work with you by providing valuable resources, tools, problem-solving, advice and mentorship in a variety of areas.

Our consulting services are funded by the Government of Ontario and are provided free of charge, when possible.

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