



# 2023 Annual Impact Report

A partnership between



Dear Friends,

We hope this letter finds you in good health and high spirits. As we reflect on the past year, we are excited to present our 2023 Impact Report, which highlights the significant milestones made possible through the support of our funders, community partners, and a growing and enthusiastic team of staff and volunteers.

EcoCooks was born out of Unbounded Canada Foundation and Elements Society's shared commitment to environmental programming that is fun, empowering, and that better connects learners to community and nature.

We are thrilled to share that together, over the past year, we have:

- Launched EcoCooks Club & School programs across Metro Vancouver
- Expanded EcoCooks School to Calgary
- Developed EcoCooks Digital to share the program with the broader community

This expansion has provided more EcoCooks youth with skills to address food waste and take climate action, and resulted in a tangible reduction of carbon, water, and land-use requirements throughout the program. It also set a strong foundation from which we can achieve even greater milestones going forward.

As we continue to grow and evolve, we remain deeply dedicated to our vision of a more sustainable and resilient future for our planet, and your support fuels our determination.

We extend our heartfelt thanks to you for being a part of the EcoCooks community and for joining us on this transformative journey.



**Pamela Murkin**

Executive Director  
Unbounded Canada  
Foundation



**Samantha Rogers**

Executive Director  
Elements Society



Cover photo by Aimee  
Roussel Photography

# Table of Contents

Year in Review	4
Programs At a Glance	6
EcoCooks Club	7
EcoCooks School	11
EcoCooks Community	14
EcoCooks Digital	16
Thank You	18



# Year in Review: Our collective impact

**1530** EcoCooks  
Youth

361

workshops

74

classrooms

36

staff & volunteers

401

take-home  
meal kits

5

community events

10

field trips



# Year in Review: Our collective impact

Small steps, when taken together, can create significant ripples of positive change.  
This year, EcoCooks youth actions added up to...



**19,300**

CO<sub>2</sub>e savings

Equal to driving around the  
entire planet TWICE



**68,616**

m<sup>2</sup> land savings

Equal to 7 CFL football fields



**3,109,500**

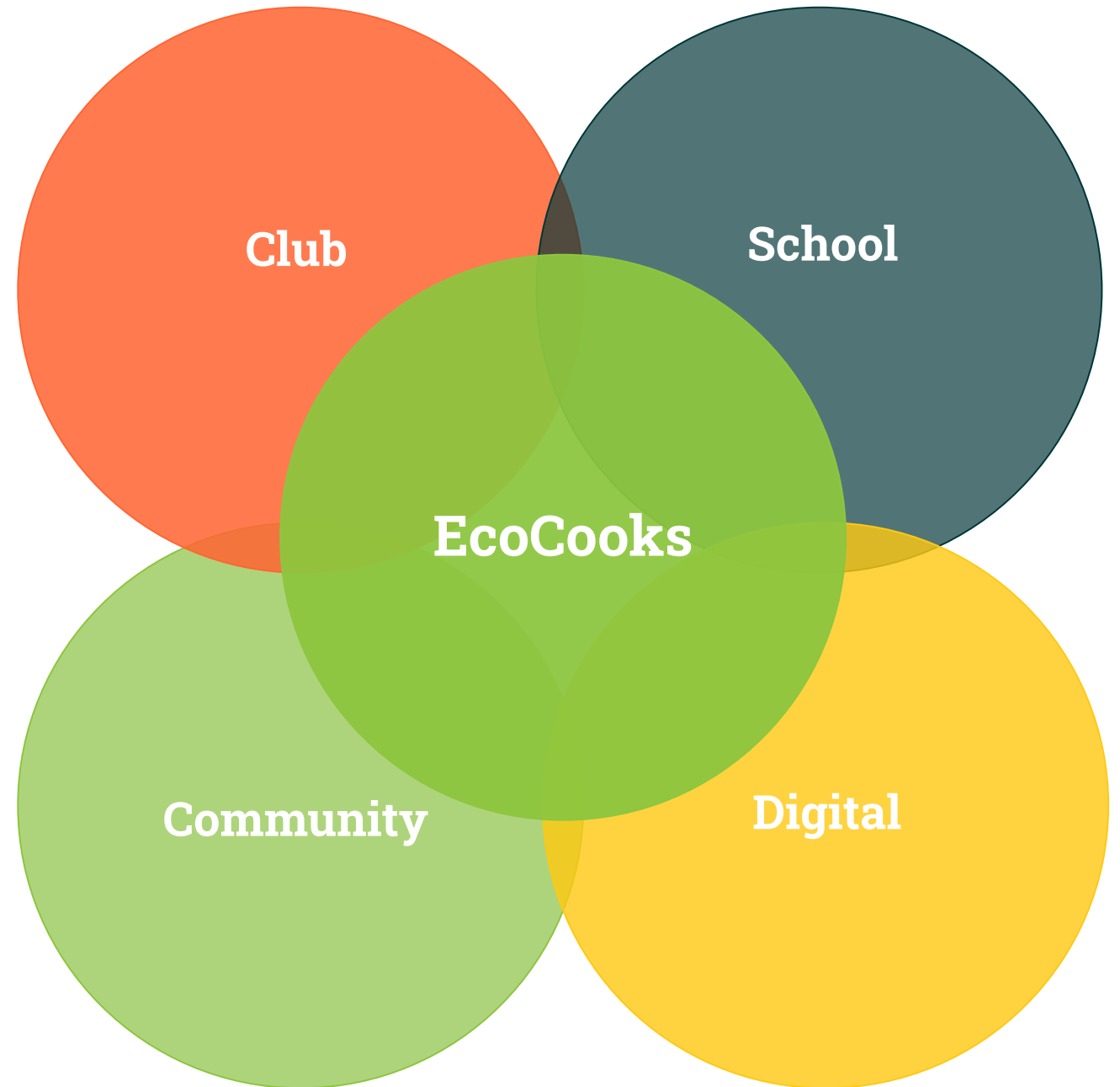
L water savings

Enough to fill 1.25 Olympic  
swimming pools

# EcoCooks Programs: At a Glance

Whether online, in the community, or in a club or classroom setting, all EcoCooks programs aim to:

- Enhance Knowledge
- Develop Skills
- Inspire Action
- Build Community





EcoCooks Club expanded to Metro Vancouver and within the Okanagan this year! Through 8 after school workshops, 180 Grade 4-7 youth:

- Learned to cook and share delicious and nutritious meals like tofu scramble burritos, pesto pasta, and lentil tacos
- Utilized their new cooking skills by preparing take home meals kits for their families
- Connected with the local community through field trips to Indigenous food forests, food security gardens, and zero-waste refilleries
- Engaged in fun activities on topics such as healthy oceans, food waste, climate change, and carbon + water footprints

**89%**

of families now consider the environmental impact of their food choices



After participating in EcoCooks Club,

**74%**

of youth are eating more nutritious planet-positive foods

**89%**

of youth help with cooking at home a few or more times a month

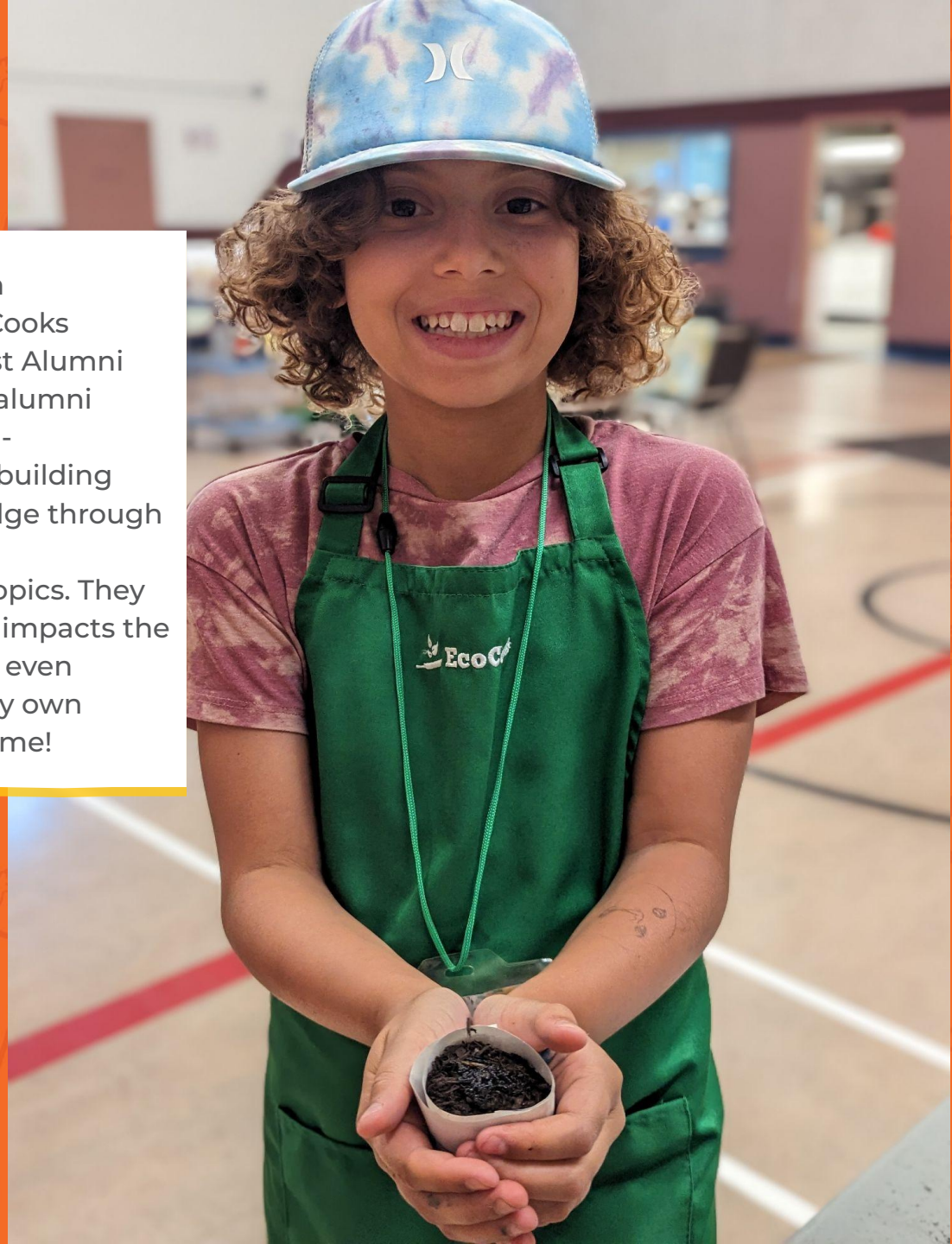


### Youth Volunteers

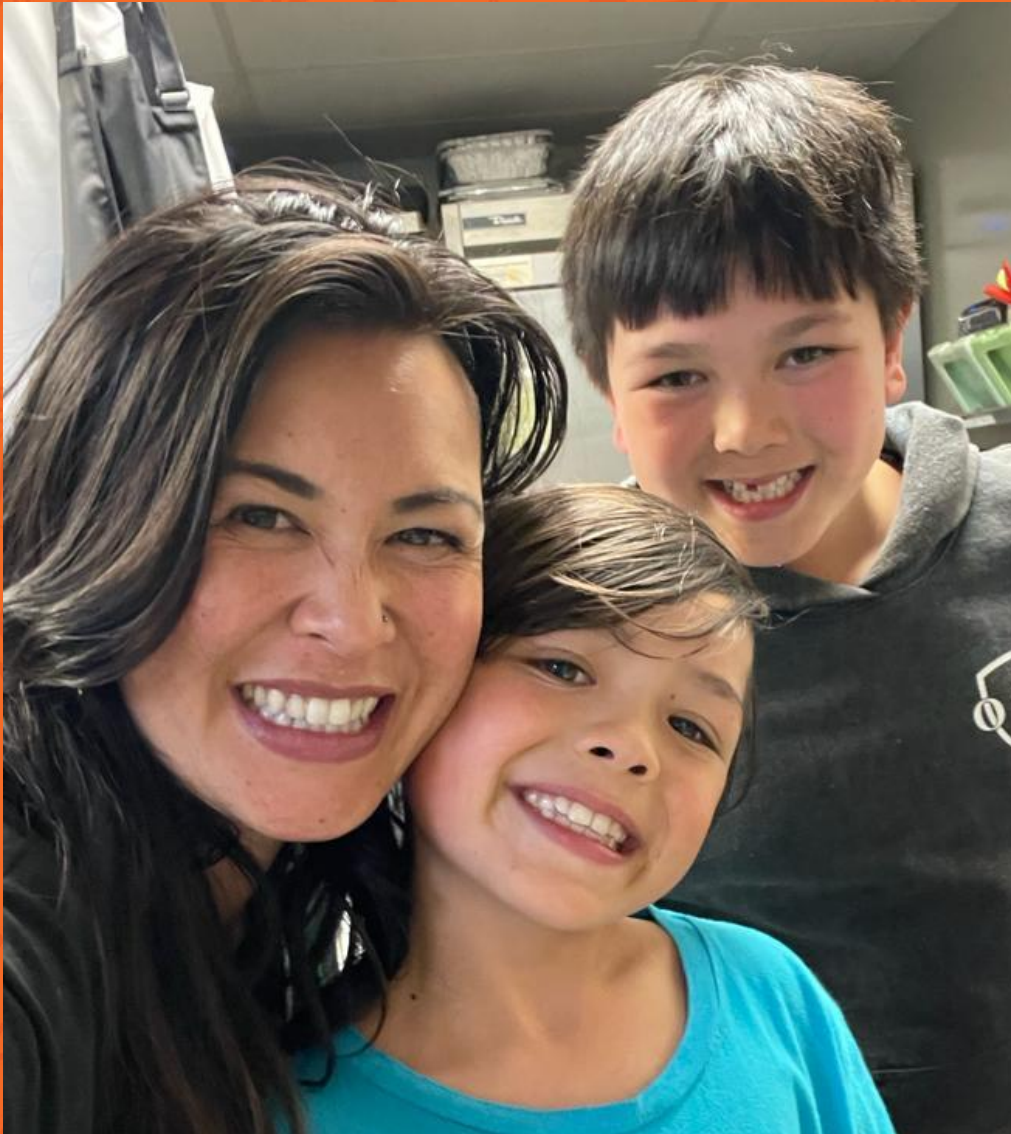
Arora (above, left) returned to EcoCooks in a leadership role as a Youth Volunteer, acting as a mentor to the other youth. Thank you to all of our kind, inclusive, and supportive Youth Volunteers: Solara, Olivia, Esther, and Arora!

### Alumni Program

This spring, EcoCooks launched our first Alumni workshops! Our alumni youth enjoyed re-connecting and building on their knowledge through new recipes and environmental topics. They learned how soil impacts the food we eat, and even planted their very own beans to take home!







## FAMILY IMPACT

# Connecting Through Food & Community

As a working mom, Ros wanted to find more ways to connect with her kids and community. To do this, she created a vision board with these 3 goals in mind:

- Spend more quality time with her two sons,
- have the kids try new foods and participate in the preparation of family meals, and
- volunteer locally

Upon learning about the EcoCooks program, Ros couldn't believe that it "checked all 3 boxes" for her. She immediately signed herself up as a volunteer, and her boys, as participants, for the Spring program.

Her youngest son Logan, 9, shared, "I loved all the recipes! I got a chance to cook, try new food, and especially loved that I could learn all of this together with my mom."

Ros' other son Everest, 11, says he "loved making the food, especially the Chickpea Toona and Salad Rolls. I learned how to cut veggies and I'm happy because I like to do some cooking at home...now I can do these things too!"

Ros' goals not only came to fruition through EcoCooks, she also "created a special memory with her boys while teaching them skills that will last them a lifetime!"

**"My sons feel more environmentally aware about the food we choose to eat as a family."**

~ Rosalyn  
Parent & Volunteer, Kelowna



**“Our child was so excited to share what he learned and created after each session - everything was so flavourful and loaded with veggies. He loved touring the garden, trying freshly grown produce and learning to chop and cook in the kitchen! He will try any vegetable and any new dish since attending EcoCooks! He loved it.”**

– Lyndsay, Parent, Vancouver

**“I liked cooking all the recipes and playing the climate change related games.”**

~ Shuhong, 10, Kelowna

**“EcoCooks is a perfect place for learning about what is going on with our planet, I am really happy to join the program and to learn so much from Anna and Jen.”**

~ Abigail, 9, Kelowna





**EcoCooks**  
school

EcoCooks School launched in Metro Vancouver and Calgary this school year with classes booking up months in advance!

Working in Grade 7-12 Food Studies, Social Studies, and Science classrooms, we explored greenhouse gas emissions throughout a food's lifecycle, the land and water required for different foods, food waste, and the future of (sustainable) food. Students designed farms that use less land and water, explored food-waste solutions and planned meals with low carbon "foodprints".

Turning knowledge into simple actions in a hands-on cooking class and with take-home meal kits, students and their families decreased their greenhouse gas emissions and used less land and water while enjoying rainbow tacos, sweet and spicy tofu, smoothie bowls, burgers, rice paper wraps, and more.

# EcoCooks School Year Book

Most Booked Module

**Food Waste**

Total Workshops

★ **275** ★

Classrooms

★ **58** ★

EcoCooks School

Schools

**23**

In Metro Van & Calgary

Total Students

**1350**

Favourite Recipe

**Sweet &  
Spicy Tofu**

Total Modules

**77**

School Districts

**10**

Class of 2023

**“I think about how much work goes into producing food so I’m less likely to waste food.”**

– Grade 9 student, Queen Elizabeth High School, Calgary

**“The EcoCooks program has taught me healthier ways to eat not only for my body but also for the environment.”**

– Grade 8 student, St. John XXIII, Calgary

**“I now choose imperfect foods when shopping and am trying my best to avoid throwing away any foods.”**

– Grade 9 student, Sir John A Macdonald, Calgary



TEACHER IMPACT

## Connecting in the Classroom



Delasi has been a Food Studies teacher with the Calgary Board of Education for 17 years. She recently completed her MEd in Learning and Technology and is focused on the importance of Food Literacy. This year she booked the EcoCooks School Program for her Grade 7-9 classes.

“My students thoroughly enjoyed the program. Each lesson began with a Land Acknowledgment which is so important. The program was fun and engaging. The lessons incorporated several cross curricular connections between Food Studies, literacy, math and science”

Delasi explains that the importance of EcoCooks extends beyond the classroom, “Many families struggle with food insecurity and the lessons about reducing food waste were extremely relevant and impactful. The recipes the students prepared allowed them to try new foods and were

thoughtfully chosen to encourage students of all backgrounds and abilities to participate. The fact that the program provided the ingredients and supplies was so beneficial. The cost of food and groceries is a real concern to many of our students and their families.”

**“I look forward to continuing to have the EcoCooks program in my classroom for years to come.”**

“The EcoCooks program provided opportunity for the students to think critically and discuss the food they consume everyday. The program was able to model how to incorporate environmental stewardship in little changes we can all make everyday.”

– Delasi, Teacher

# EcoCooks: In the Community

This year EcoCooks was delighted to be involved in several events happening throughout EcoCooks communities!



The EcoCooks team had a blast with 510 youth at the Science World SWEET event this Spring



More than 20 teachers joined in a hands-on learning event hosted with the North Vancouver School District and Farm to School BC



The team hosted a Kid Zone booth and program Manager, Cailey, presented at Planted Expo with ~7500 in attendance.

# Empowering Newcomer Youth

EcoCooks was delighted to partner with Kelowna Community Resources' Immigrant Services team to offer a special summer workshop for youth new to Canada.

The youth were eager to know more about why climate change was happening and how they could be part of the solution. They learned to make a low carbon footprint meal, a tasty chickpea "toona" salad sandwich, which they all rated 10/10!

Youth built connections in the community, learned new life skills and were empowered to make planet-positive food choices.

**"I learned that beef has a big carbon footprint!"**

- Daniel, Kelowna



# EcoCooks Digital

A series of fun, delicious and easy educational eco-cooking posts, reels and stories that engage youth and adults in environmental action through food.

This is offered as free digital content and is cross-promoted, targeted, designed, and shared across social media platforms and email newsletters.

The digital program empowers a broader audience across the globe to join our EcoCooks community and take climate action.

## Published Content

105

posts/reels

119

stories

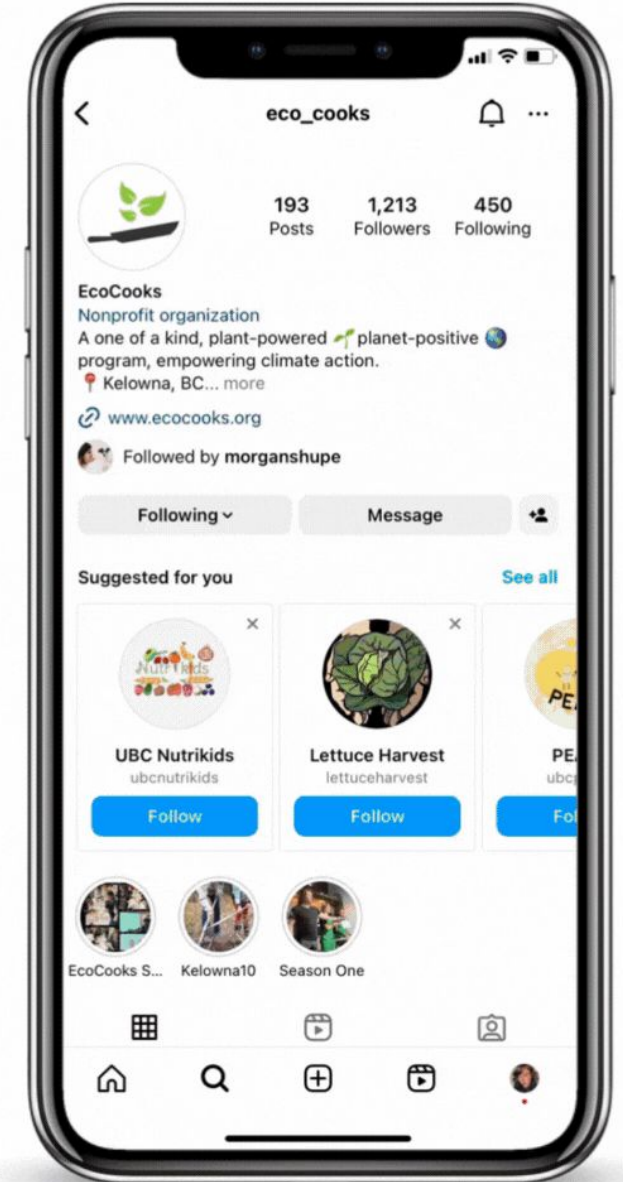
## Impact

85,428  
reach

69,295  
video plays

18,759  
engagement

likes, comments, shares, saves







**“EcoCooks is one of the best environmental programs out there. There’s not much more important, in terms of environmental work, than teaching kids the importance of food choices, and how and why we need to shift to plant-based diets.”**

– Nicholas Carter, M.A. Canadian Centre for Climate Services  
EcoCooks Advisory Board

**“This program was a good eye-opener not only for my son but for the rest of our family. He not only brought interesting dishes to eat but also taught us more about our impact. We all get that we were part of the program. Definitely a must do for any child at least once.”**

– Kinga, Parent, Kelowna



# Thank You to Our Supporters

## In-kind Supporters

Bulk Barn  
Canadian Tire  
Chaibaba  
Chickpea Zero Waste Refillery  
Choices  
Dollarama  
For Goodness Bake  
Herband

MILA  
Naked Cafe  
Nature's Fare  
No Frills  
Oome  
Pela  
Planted Expo  
Planty of Nosh

Real Canadian Superstore  
Safeway  
Save-On-Foods  
Science World  
Staples  
Sydney Botting Design  
TMRW Foods  
Virtuous Pie

## Community Partners

Farm to School BC  
Kelowna Community Resources  
KidSafe Project Society  
Kiwassa Neighbourhood House

The Salvation Army  
Thunderbird Community  
Centre

Vancouver Urban Food Forest  
Foundation  
The Vibrant Veggie Garden

## School Districts

Burnaby Schools  
Calgary Board of Education  
Calgary Catholic School District  
Delta School District

ISABC  
North Vancouver School  
District  
Palliser School Division

Richmond School District  
West Vancouver Schools  
Vancouver School Board

## Funders



## The **Milne** Family





Climate action never tasted so good.

For more information please visit:  
[ecocooks.org](http://ecocooks.org)

For inquiries please contact:  
[marketing@unfc.ca](mailto:marketing@unfc.ca)

Follow us:

