



# 2023 Impact Report



## INTRODUCTION

# To our community,

Reflecting on the year's successes, we are struck by the support of our funders and community.

**Together, we are helping the next generation, who will disproportionately face the brunt of climate change, to develop lifelong skills and optimism needed to tackle it.**

We believe that hands-on environmental education should be available to all Canadians, and this year our like-minded partners helped us move a little closer to this goal. This year generous funders have helped us deliver 99% of our programs at no-cost,

This report shares the major milestones achieved with your support, including the expansion of EcoCooks School in Metro Vancouver, the successful launch of EcoCooks School in Calgary, and the growth of our Zero Waste Place programs.

To our invaluable community partners, dedicated teachers, supportive school boards, and the vibrant students who infuse our classes with energy – thank you. Let's continue on this journey of growth, inspiration, and collaborative problem-solving.

With gratitude,

**Samantha Rogers**  
Executive Director



## Table of Contents

Collective Impact.....	Pg 4 - 6
Zero Waste Place.....	Pg 7 - 11
Journey to Zero Waste.....	Pg 12 - 14
EcoCooks School.....	Pg 15 - 19
Thank You Supporters.....	Pg 20
Stay Connected.....	Pg 21





# Collective Impact

## COLLECTIVE IMPACT

This year across our three active programs, Zero Waste Place, Journey to Zero Waste, and EcoCooks School, we have been able to reach more students than ever before.

That means creating more zero waste warriors, inspiring more youth to become EcoCooks, and stoking more climate action than ever before.

# 2,613

Students

# 463

Workshops

# 10

School Districts

# 50

Schools

# 112

Classrooms

# 2

Community Classrooms

# 11,857

Kg's of CO<sub>2</sub> Saved

# What Participants are Saying

“Throughout our collaboration with Elements Society, the real-life experiences and greater world applications have given us the amazing opportunity to learn about sustainable living.

Elements Society has demonstrated the importance of community engagement by organizing field trips with local organizations, such as City Farmer, showing our program members the value of giving back to our environment and our community.

Over the months that Element's Society has worked with PASS—through the in-class presentations, activities, field trips, or plant-based cooking workshops—Elements Society has provided our program members with the opportunity to inquire more about the world around them, which can be a difficult step to embark on. [Elements] has gone above and beyond to inspire all of our program members to become more conscious, aware and responsible of their place in their environment and it has made such a lasting impact on how they carry out their daily lives”.

- **Kirsten, PALS Adult Services Society**

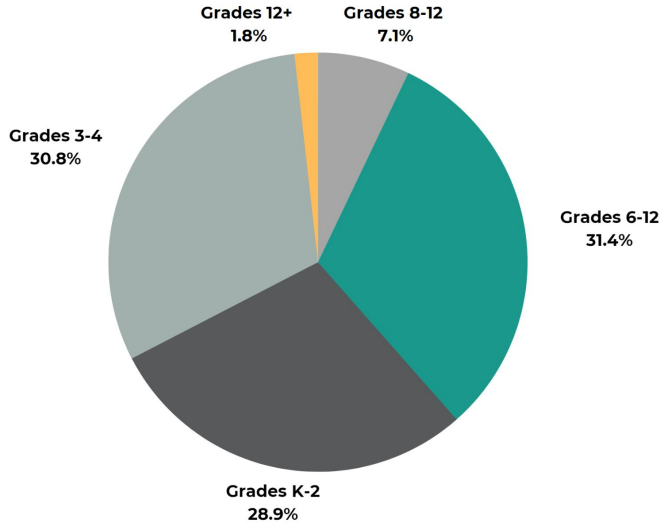


A teal-tinted photograph of a beach cleanup event. In the foreground, several people are seen from behind, some holding white buckets, as they walk along the shoreline. The middle ground shows a group of people gathered near the water's edge. In the background, a dense urban skyline with various high-rise buildings is visible across a body of water. On the right side of the image, there is a large, stylized white graphic of a flower with a spiral center and several leaves. The overall scene is set against a cloudy sky.

# Zero Waste Place

## ZERO WASTE PLACE

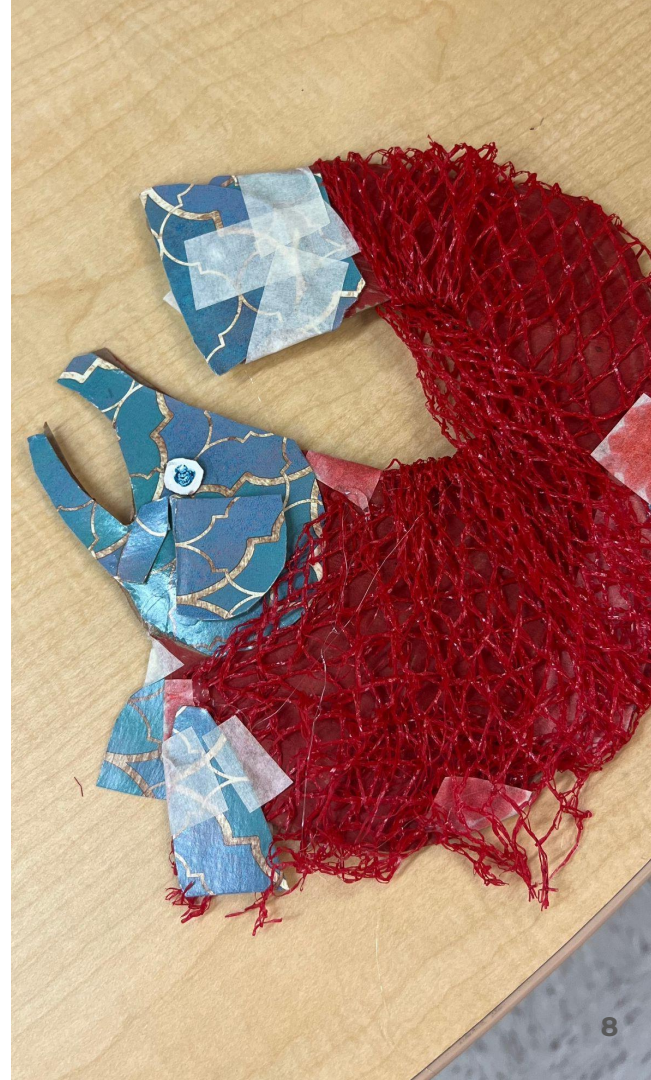
We are thrilled to announce that 2023 was the most successful year yet for Zero Waste Place and we are so excited to see it grow and continue to inspire students to take action in their school, neighbourhoods and the broader community!



2023 classroom participation by grade. Includes secondary school pilot.

Zero Waste Place is an interactive program that includes 4 in-person or virtual workshops, teacher resources, and student-led projects to drive sustainable behaviour change.

The City of Vancouver welcomes classrooms to participate in this program to learn about the problem of waste and how to move past single-use items towards circularity.





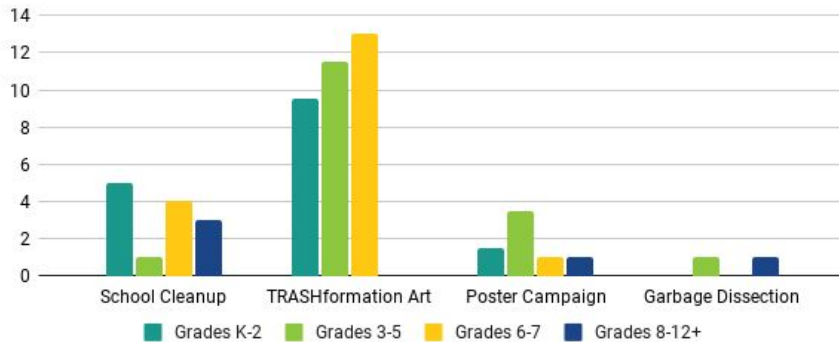
# Action Day

Every class took part in an “Action Day” workshop to wrap up the program:

1. Schoolyard cleanup
2. TRASHformation art projects
3. Poster campaign design
4. Garbage dissection



Action Days by Grade



*“My favourite activity was the TRASHformation. That is because I got to create and build with things I would never build with. I really enjoyed it and thought it was very creative.”*

**- Grade 6 student**

## ZERO WASTE PLACE

New this year was the addition of Zero Waste Place Secondary, a 4-part program which is free and available for Secondary classrooms or clubs within Vancouver.

*"The Zero-Waste Place program was well-designed and immediately engaging for my students. Everyone in the room learned important things about sustainability. Every important concept was reinforced with strong visuals, meaningful discussion, and great hands-on activities."*

**- Secondary School teacher**



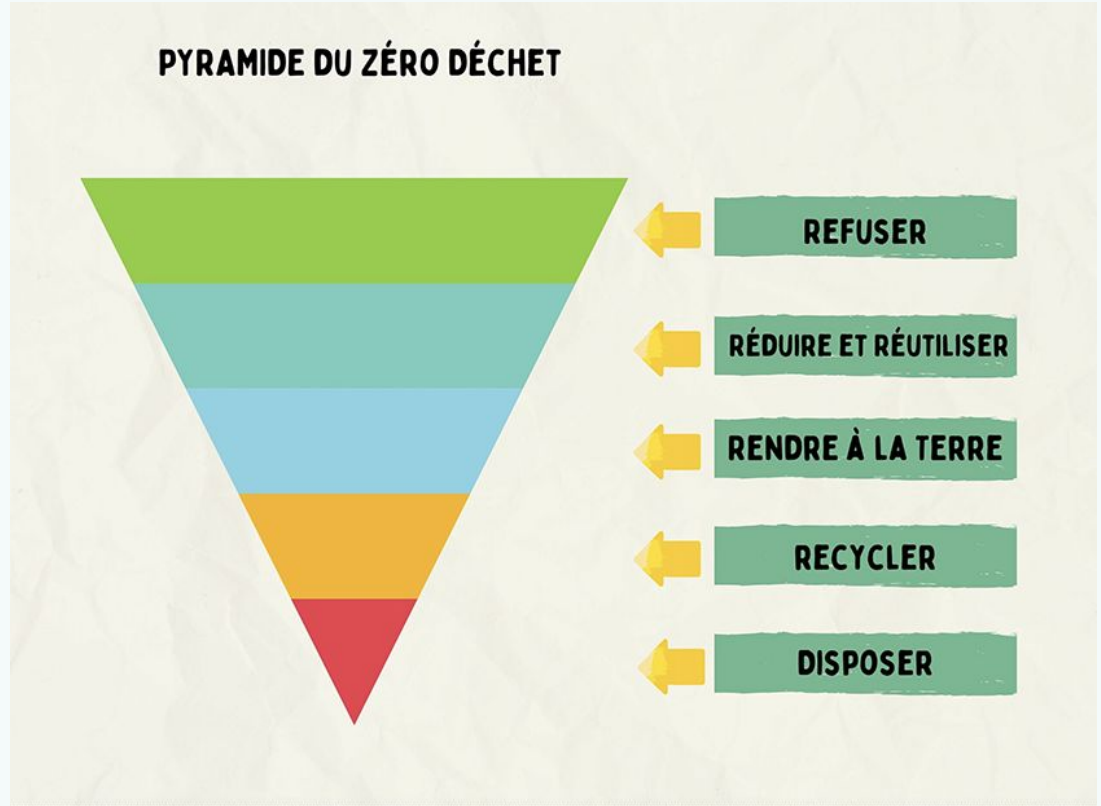
The background is a solid teal color. On the left side, there is a faint, semi-transparent image of a recycling bin filled with crumpled paper. On the right side, there is a stylized graphic of a plant with a spiral center and several leaves extending outwards.

# Journey to Zero Waste

## JOURNEY TO ZERO WASTE

Journey was founded on the idea that critical waste knowledge and empowerment should be available to all school aged youth in Canada.

Over a series of 3-4 interactive French or English workshops – conducted online or in-person – this program teaches students to become zero waste warriors. Exploring the challenges faced by landfills, and how different materials break down differently in nature, this program aims to inspire children to think deeply about the waste they generate and how to best navigate waste systems.



## JOURNEY TO ZERO WASTE

This summer, Journey to Zero Waste was adapted for an international student summer camp from Sprott Shaw Language College.

The students spent the day cleaning the beach at Jericho and Spanish Banks in Vancouver, and were even rewarded with ice-cream from an appreciative beach patron.





# EcoCooks School

## ECOCOOKS SCHOOL

The year holds a special place, as it marks our first full year of offering EcoCooks School in Secondary classrooms across Metro Vancouver and Calgary. This joint effort between Unbounded Canada Foundation and Elements helps students bridge the gap between environmental knowledge and action, through food.

Working in Food Studies, Social Studies, and Science classrooms, learners explored the greenhouse gas emissions of various food's lifecycles, food waste, the land and water requirements of food, and the future of sustainable food. This curriculum connected program is packed-full with fun, unique activities that adapt well to all classrooms.



Students design their own farm, learning about resource use along the way.



*"We need every student in Canada being exposed to this program! And through those students, the hope is that their families would also be affected."*

- Grade 8/9 teacher



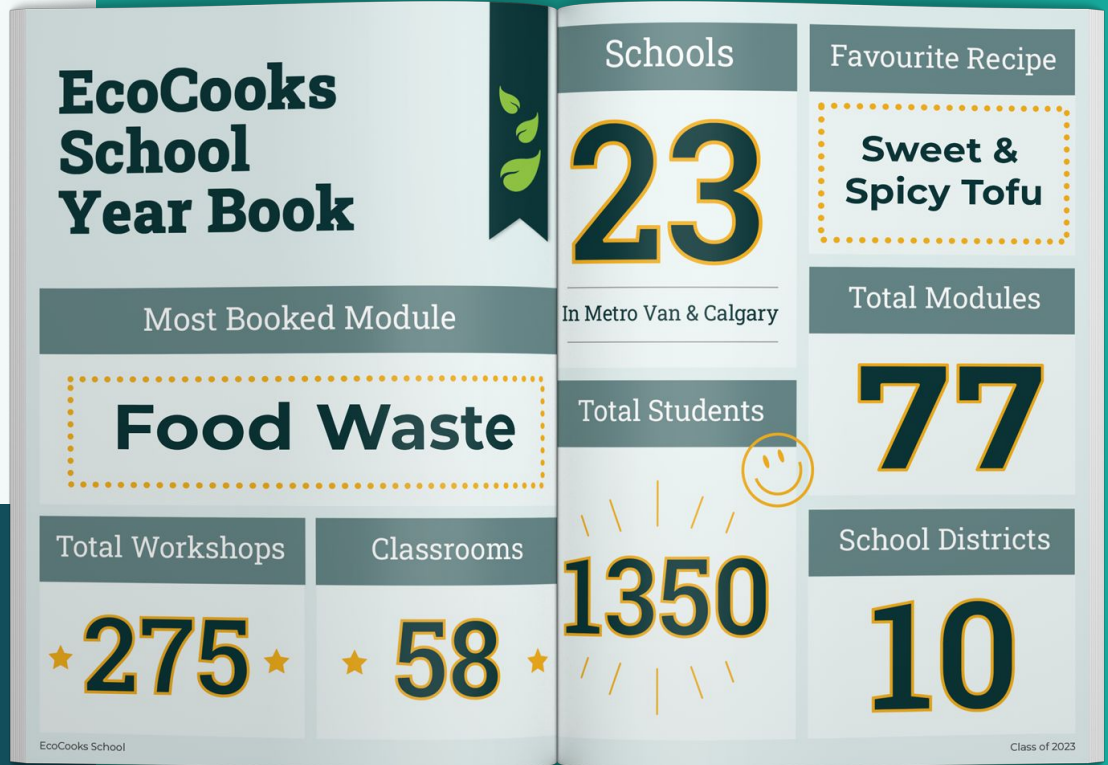
## ECOCOOKS SCHOOL

In our first full year, we reached an impressive 1350 students across 58 classrooms. Our most booked module was on food waste, a growing area of interest for teachers and students.

Through EcoCooks we are ambitiously working towards increasing our reach for 2023-2024 so that this program can be accessed by more Canadians.

*"Please continue to support these valuable learning opportunities. Using food is a practical and relatable avenue to discuss deeper issues of climate change and sustainability... Thank you for this gift!"*

- Grade 8-9 teacher



## ECOCOOKS SCHOOL

Hands-on cooking classes and take-home meal kits are central to EcoCooks School. Developing recipes that match modular learning pairs new knowledge with practical skills.

*"The hands-on experiential cooking is a great way to show that low carbon food does not have to short change flavour, colour, or enjoyment!"*

- Grade 8/9 teacher



# What Teachers are Saying

Delasi has been a Food Studies teacher in Calgary for 17 years. This year she booked EcoCooks 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 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, Grade 7-9 teacher



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

# Thank you to our Supporters!



## Community Partners

CityFarmer  
Cleanup Party  
Farm To School BC  
For Goodness Bake  
MILA

Virtuous Pie  
Neighbourhood  
PELA  
Science World  
TMRW Foods

## School Districts

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

North Vancouver School District  
Palliser School District  
Richmond School District  
West Vancouver Schools  
Vancouver School Board



elements  
society

For more information please visit:  
<https://elements-society.org/>

