

# Impact Report

2018

**JEWISH  
FAMILY  
&CHILD**

**Jerome D. Diamond  
Adolescent Centre**

## Your donation made a difference

It's hard to believe that nearly one year has passed since Dining at the Diamond. We created this event not only to bring attention to a place that changed my life, the Jerome D. Diamond Adolescent Centre, but also to raise money and create a culinary program for students. In less than one year, we have accomplished that and the final touches of our kosher kitchen are complete.

I'm proud of what we've achieved and look forward to cooking in that kitchen for many years to come.

*With gratitude, Chef Jordan Wagman*



Over the past school year, the kitchen has been used by students weekly and is officially part of our curriculum. Students are now able to obtain a high school credit in Family Studies (Food and Nutrition) where they learn hands on cooking, nutritional training and healthy living education.

### Health and Nutrition

The JDD and *STOMP* have begun discussions around a more formalized collaboration, specifically around food, nutrition and its impact on psychological wellbeing and overall functioning.

*STOMP* is the obesity management program at *SickKids*. We are receiving more and more referrals from the program, with very positive outcomes.

### Clean Cooking



Jordan was a student of the JDD when he was sixteen years old.

Jordan Wagman inspires the students with his *Clean Cooking*, while sharing his own personal stories of challenge and growth. He visits the JDD throughout the year to cook and talk about his experience as a student and the value of healthy cooking.

### Challah Bakes

Community members have volunteered to run challah bakes and holiday themed cooking to teach students the spiritual side of Judaism and about the dietary laws of kashrut. After one year since our new kosher kitchen was built, we are proudly certified by COR.



### Bonding Together

Students have the opportunity to cook in small groups (three at a time) to provide extra attention while they cook and engage in meaningful conversation.

The students at the JDD will have the opportunity to showcase what they have learned in the kitchen in front of JF&CS staff, at future board meetings, at Jewish holiday celebrations and at the high school graduation ceremony.

### Giving Back

The middle school students have brainstormed ideas to give back to the community, including creating a cookbook as well as making food and donating it to *Ve'ahavta* clients.

Students made chocolate matzah for the Passover seder and hamentashen for Purim!

### Healthy Living

A dietitian from *Vibrant Healthcare Alliance* joins the students twice a year to cook and teaches them about healthy and enjoyable eating.

*Vibrant Healthcare Alliance* enhances the quality of life and health outcomes to vulnerable individuals through health promotion and prevention programs, personal support and community development initiatives.