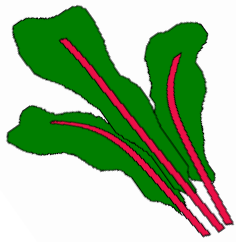
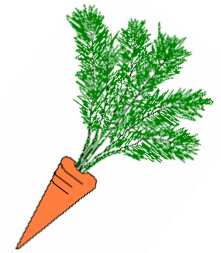


je mange,  
donc  
je suis



you are  
what U eat



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A woman with glasses, wearing a black sleeveless top and pink shorts, is engaged in conversation with a group of children at an outdoor event. The children are dressed in casual summer attire, including a white hat and a white t-shirt with a red stripe. In the background, there are white tents and a Canadian flag, suggesting a community or school fair setting.

## **Qui Sommes-Nous?**

Nous développons et délivrons des ateliers sur la science de la nourriture et de l'environnement pour des écoles primaire et secondaire et aussi pour des étudiants de CEGEP.

## **Who We Are?**

We have developed and we deliver workshops for elementary, high school and Cegep students based on the science of food and the environment.

## **Notre Philosophie**

Nous croyons que la production globale de nourriture, d'aliments sains, des soucis environnementaux de changements climatique, la qualité d'eau potable et la perte de la biodiversité sont des domaines d'études importants pour nos futurs scientifiques.

## **Our Philosophy**

We believe that global food production, food safety and environmental concerns about climate change, water quality and loss of biodiversity are critical areas of study for future scientists.



## **Notre Objectif**

Encourager les jeunes à poursuivre des formations universitaires et des carrières dans ces disciplines.

## **Our goal**

Is to encourage youth to pursue university training and careers in these disciplines.



A group of young people, likely students, are gathered around a table in a workshop or classroom setting. They are focused on a task, possibly related to the workshops listed. One person is wearing a blue t-shirt with 'NEW DREAM' visible. The background shows a window and some equipment.

# Nos Ateliers/Our Workshops

- **Les semences/ Seeds**
- **La vermicompostage/ Vermicomposting**
- **La fabrication du yogurt et la fermentation/ Yogurt making and fermentation**
- **Les circuits comestibles/ Squishy circuits**
- **Les indicateurs de pH/ pH indicators**
- **De l'eau pour le monde/ Water for the World**

**Exemple d' atelier/Sample  
workshop**



# **Le vermicompostage**

# **Vermicomposting**

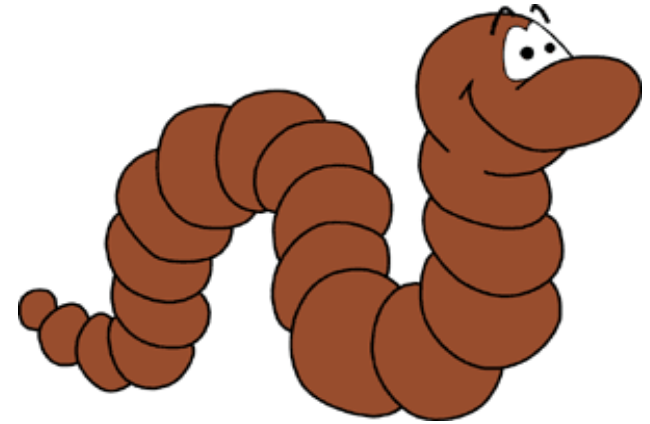


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# Un exemple d'Atelier/ An example of a Workshop



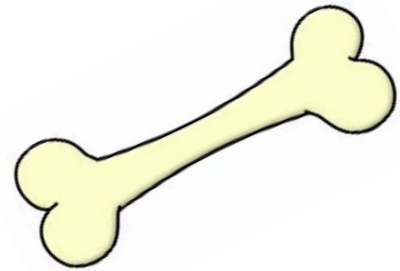
- Introduction/Introduction
- C'est quoi le compostage?/What is composting?
- Course de relais/Relay race
- Qu'est ce qu'on composte?/What can we compost?
- Les vers et le vermicompostage/ Worms and composting
- On rencontre les vers de terre!/Lets meet the worms!

# Le compostage/ Composting





**Qu'est-ce qu'on met dans  
le compostage?/  
What can we put in  
compost?**



**‘vermi’ + ‘compostage’ =  
composter à l’aide des  
vers de terre  
vermi’ + ‘composting’ =  
composting with the help  
of worms**





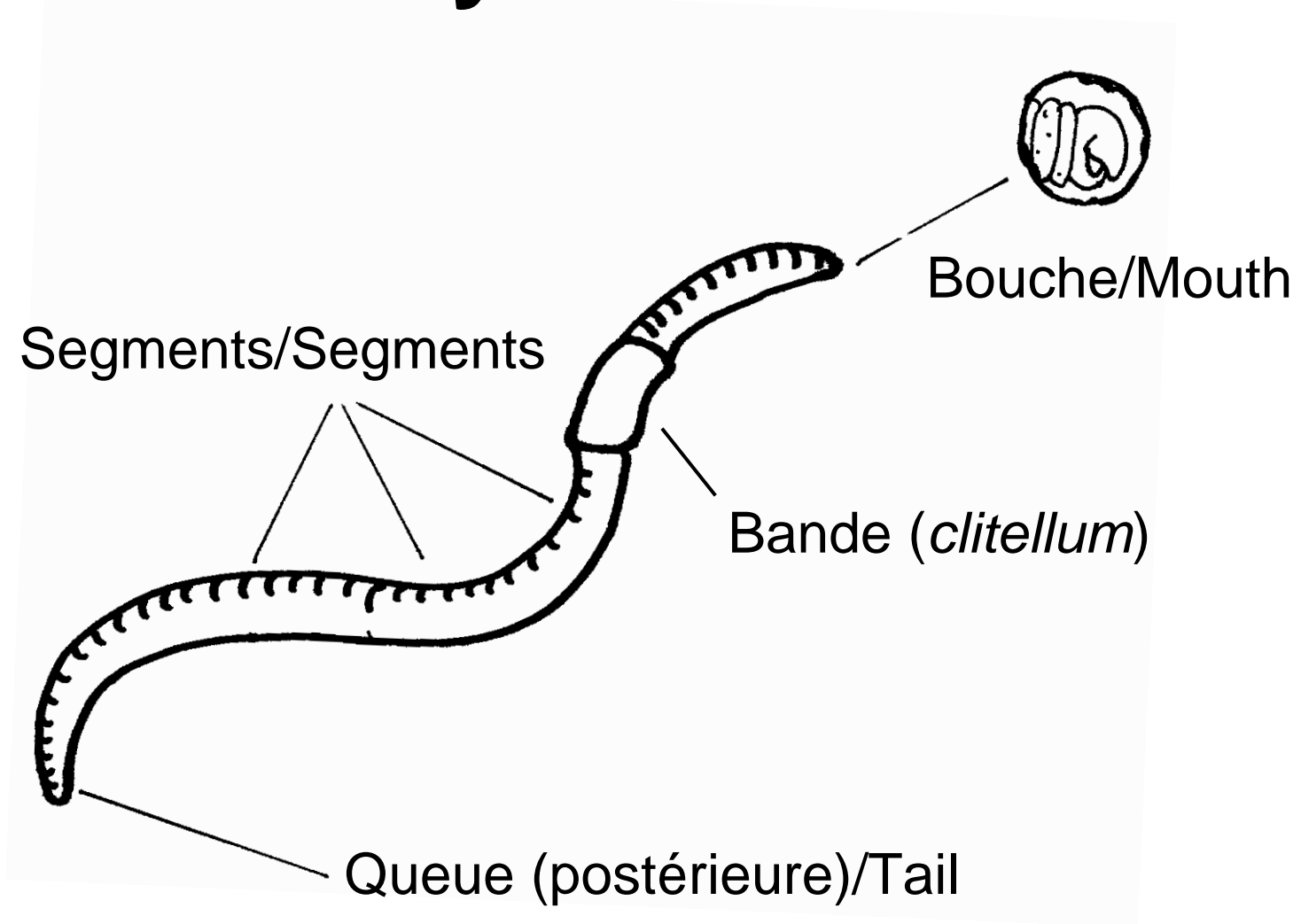
- Fruits/Fruits
- Légumes/Vegetables
- Feuilles, plantes, et gazon/Leaves, plants/grass
- Oeufs en coquille/ Egg shells
- Riz/Rice
- Graines et noix/Grains and nuts
- Cafés et thé/Coffee grinds and tea

- Viandes/Meat
- Os/Bones
- Produits laitiers/Milk products
- Huiles/Oils
- Pain/Bread
- Aliments cuits/Cooked foods
- Vinaigre/Vinegar



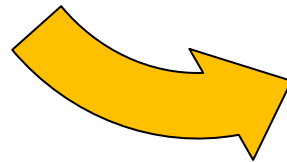
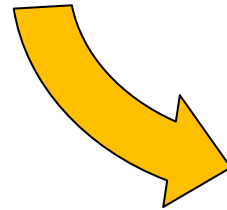
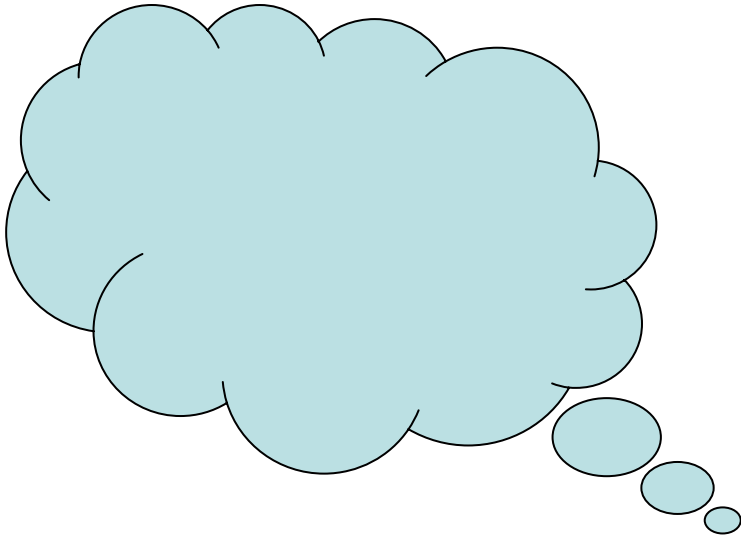
# Anatomie d'un ver de terre

## Anatomy of a Worm





# Le bac: la maison des vers/the Bin: the home of the worms



**C'est le temps de  
rencontrer les vers!  
Time to meet the  
worms!**



Merci  
Thank-you

