GROWING TOGETHER

EVERYDAY SUSTAINABILITY IN ACTION

Sometimes sustainability starts with a conversation. A group of Toronto Branch coworkers often come together to talk about growing vegetables indoors. These conversations spark community around a shared appreciation for food.

Food waste is a growing challenge in Canada. Each year, an estimated 50 million tonnes of food is wasted, with 47% generated at the household level. Meanwhile, nearly 4 million Canadians struggle to access healthy food. These numbers highlight why small, individual changes can make a meaningful difference.

Kumon's Toronto Branch has shown a strong interest in these green habits. We spoke with a few Canadian Associates about what they enjoy most about indoor growing and why it matters to them.













INA DULLER,
Field Consultant

Ina began growing herbs indoors after receiving a compact grow-light system, allowing her to reduce food waste by harvesting only what she needed from her kitchen counter rather than buying full herb bundles that spoil. She now grows herbs that compliment her fish and chicken dishes.

KATRINA MACKEW,
Field Operations Administrator

Katrina shared that indoor gardening has become a rewarding hobby. She grows lettuce, tomatoes, peppers, and herbs hydroponically during the winter months. For her, growing food indoors supports personal health while reducing her carbon footprint. Microgreens require minimal energy - and are extremely healthy and fun to experiment with. She often enjoys sharing fresh herbs with coworkers.

WASSIM LOUIS,
Special Projects Specialist

Wassim began using a grow tent as a sustainable alternative but quickly found joy in the learning process itself. He has grown tomatoes, peppers, and strawberries, and finds it rewarding to understand how plants grow from start to harvest. The experience of growing food, and enjoying it at the end, has made sustainability feel hands on and meaningful.