

YOU'RE THE CHEF

WHAT IS YOU'RE THE CHEF?

You're the Chef (YTC) is a hands-on cooking program that develops the skills and confidence for Grade 5, 6, 7 & 8 students to prepare tasty recipes emphasizing vegetables and fruit.

A typical program runs after school once a week for five weeks. By the end of YTC, students will be able to:

- Practice safe food-handling and kitchen safety
- Prepare healthy recipes
- Understand Canada's Food Guide
- Learn different ways to include vegetables and fruit in meals and snacks

Running YTC at school and encouraging students to practice cooking is a great way to help young people build their self-esteem, confidence and sense of achievement, while developing valuable life skills. These are all assets that contribute to positive mental health.

What does your school need to run YTC?

- Volunteer leader - willing to attend training and organize the cooking program
- A room with two sinks e.g., staff room
- Basic kitchen equipment and supplies
- Funding to cover the cost of food (approximately \$200-250.00)

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/nutrition

You're the Chef is run by trained volunteers

Volunteers for YTC are recruited by schools. At least one volunteer leader must participate in a training session offered by York Region Public Health.

Volunteers will receive resources including:

- Instructions on how to run a YTC program
- Detailed nutrition and food safety information
- Recipes for each session

York Region Public Health will be available to help provide support throughout the YTC program.

Training sessions

Training sessions are held four times a year – two times in October and two times in January in Richmond Hill from 5:00 - 9:00 pm.

Volunteers attend only one training session. Join our mailing list <http://eepurl.com/20aE9> to keep informed of YTC program updates and upcoming training sessions. For more information contact susanne.Bennett@york.ca.