

# 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 during or 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?

- A school lead, who is an educator or adult volunteer. The school lead will need to be 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 equipment and food approx. (\$500-1000).

## PUBLIC HEALTH

519-352-7270

[ckphu.com/foodandnutrition](http://ckphu.com/foodandnutrition)

Adapted with permission from York Region Community and Health Services.

## You're the Chef is run by trained volunteers

The program lead(s) for YTC are recruited by schools. At least one leader must participate in the training provided by staff at Chatham Kent 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.

Chatham Kent Public Health will be available to help provide support throughout the YTC program.

## Training sessions

- Review recorded presentations in Food Literacy and Food Safety
- Attend training with public staff to review the YTC program materials.