

YOU'RE THE CHEF

YTC
you're the chef

Program Information Sheet

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 nutritious recipes.
- Understand Canada's Food Guide.
- Learn different ways to include vegetables and fruit in meals and snacks.

What does your school need to run You're The Chef?

- 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).

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:

- Safe food handling and kitchen safety.
- Nutritious recipes.
- Different ways to include vegetables and fruit in meals and snacks.

Chatham-Kent Public Health staff 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 Chatham-Kent Public Health staff to review the YTC program materials.

Contact Us

For more information contact us at 519-352-7270