



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 program can be offered in the classroom 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?

- Volunteer leader - willing to attend virtual 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

Volunteers for YTC are recruited by schools. Volunteers will receive resources including:

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

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

Training sessions

Pre-training presentations in Food Literacy and Food Safety are required and a virtual training session date will be made available.

Lambton Public Health

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LambtonPublicHealth.ca

Adapted with permission from York Region Public Health



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