



La Tablée des Chefs



La Tablée des Chefs - Kitchen Brigades Program Making Food Literacy Skills Fun!

La Tablée des Chefs, created in 2002, is excited about bringing the Kitchen Brigades Program to your region. This successful program has been running in Québec for the past 6 years starting from 21 schools to over 125 schools across the province and growing!

Why is it important to teach students about food nutrition and food preparation and why should my region/school get involved?

We all have to feed ourselves three times a day, and the earlier we figure out how to do it (and enjoy it), the better. In fact, when Health Canada introduces its new food guide this year in 2018 its expected to encourage Canadians to learn more about what they're eating by preparing their own meals and sharing them with family. The cooking process, dieticians emphasize, is an important way to help children build healthy relationships with food. These skills will give them self-confidence and autonomy in the kitchen as they grow.

What is the Kitchen Brigades Program?

The Kitchen Brigades Program consists of 20 culinary workshops, 3 Culinary Challenges and local, provincial and national iron chef type competitions. The 20 culinary workshops are held as extra-curricular activities from November to May and allow students to develop their culinary skills and food knowledge.

The three Culinary Challenges focuses on three main areas of teaching: Community Engagement, Local Food Sourcing and an International Food Fair.

The Community Engagement Challenge



Will require the students to choose a local organization (eg. shelter, community centre) and to make lasagnas within a certain time and give them to the organization.

The Local Food Sourcing Challenge



Will require students to connect with their community and source local ingredients to prepare a nutritious healthy menu that will be judged.

The International Food Fair Challenge



Will require students to choose a dish from a specific country or region of the world and prepare a tasty portion sized snack that will be judged.

This is an enjoyable and exciting way for teachers, staff and students to get involved and learn about healthy eating, their local community and how food connects us all. The judging for the food dishes can bring together staff, teachers, students, local businesses, chefs, local politicians and even school administrators to join the fun!

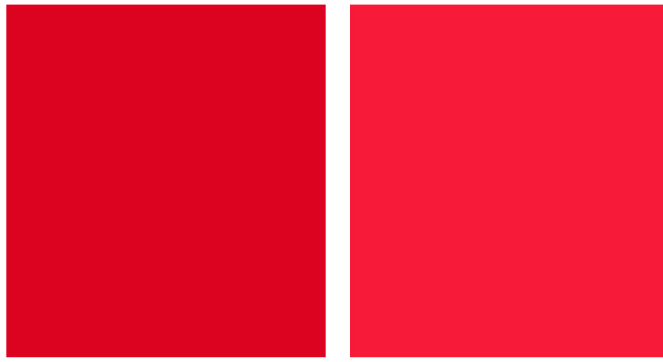
In the past, these different food Challenges have brought other departments in the school together, such as Arts and Music, and created awareness of these subjects through food for the rest of the school to learn and enjoy.





What are the objectives of the Program?

- To introduce students to cooking and healthy eating
- To allow students to become agents of change or “Nutritional Leaders” in their communities
- To create awareness among students to healthy eating habits that will lead to food autonomy, and in certain cases offset any eventual dependence on food centres
- To involve students in their school life through the various culinary challenges
- To create awareness among students to the diverse range of foods available to them and to help them understand the needs of their community and centres that provide food



What will the school need to provide to join the Program?

The commitment by each school will include the following:

- Provide a kitchen area (minimum of 2 ovens, 8 burners, 1 refrigerator and 4 large counters) and basic kitchen utensils
- Identify a committed teacher who will assume the responsibility for the students' behaviour, assist the students throughout the after school workshops (20 x 2 hours),
- Coordinate 3 Challenges (3 x 2 hours), support the Provincial Challenge (1x3 hours), organize a Community Dinner in December (1 x 3 hours) for a total of 52 hours
- Contribute \$ 1,000 to cover a part of the cost of the food for the program
- Help enrol a minimum of 16 student participants (maximum of 25)
- If your group is chosen to attend the National Mini-Iron Chef Competition it will take place over a weekend in early June.

What will La Tablée des Chefs provide?

La Tablée des Chefs will provide the following:

- A chef from the region (hired by La Tablée des Chefs) who will be responsible for the purchase of the ingredients and will lead the cooking workshops
- Promotional materials (aprons, recipe books, posters etc.)
- Ensure the presence of a chef and feedback throughout the program
- Travel support to Montreal if your group is chosen to attend
- Contribute \$ 2,000 to cover the rest of the food cost for the program

Expected Outcome

After participating in the program, students can expect to have a better understanding about food preparation, nutritional health, food safety, food recovery, and food issues in their community.



Next Steps

The Kitchen Brigades Program in your province is part of a pilot project that will run until 2021. We will be conducting on-going evaluation throughout the program with the students, teachers and parents to learn how to improve the program in your region.

Based on the feedback we hope to grow the program across the province to help increase food literacy skills among students that will help them in the future.

Who should I contact if my school/region wants to get involved?

If you would like to register with the program please contact Rolie Srivastava, Regional Director at rolie.srivastava@tableedeschefs.org or you can call the Toronto Office at 519-760-5442.

To learn more about the exciting work La Table des Chefs is doing on food recovery and education in schools in Québec, France and Mexico please visit our website at www.tableedeschefs.org



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