

YOU'RE THE CHEF

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 children in grades 5-8, youth or adults to prepare tasty recipes emphasizing vegetables and fruit. A typical school program runs after school weekly for five weeks. Schools can choose to run it during the school day during curriculum time or the lunch hour. Community agencies can run YTC as part of existing youth programming or adapt it to meet their programming needs.

By the end of YTC, participants will be able to:

- Practice safe food handling and kitchen safety
- Prepare tasty recipes
- Learn different ways to include vegetables and fruit in meals and snacks

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

WHAT DO YOU NEED TO RUN YTC?

- Leader, someone (staff or adult volunteer) who is willing to attend training and organize the cooking program
- A room with two sinks (ideal) and tables that can be used to cooking stations

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/nutrition
September 2024

- Basic kitchen equipment and supplies
- Funding to cover the cost of food (approx. \$300 for 5 sessions)

YTC IS RUN BY TRAINED VOLUNTEERS/STAFF

At least one volunteer or staff member must participate in a leader training session offered by York Region Public Health.

At the leader training, volunteers will receive resources that include:

- Instructions on running a YTC program
- Detailed nutrition and food safety information
- Recipe collection to use during sessions

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

YTC LEADER TRAINING SESSIONS

Leader training sessions are held in the fall, winter and spring at our York Region Public Health offices in Newmarket. Leader training is comprised of two components a self-study and an in-person training. The self-study component is to be complete before attending the in-person training. For more information or to express interest in participating in YTC training, please email NutritionServices@york.ca