

## 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 after school once a week for five weeks, but schools can also choose to run it during the school day, during curriculum time or the lunch hour. 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 training and organize the cooking program
- Ideally, a room with two sinks and tables that can be used for cooking stations e.g., staff room
- Basic kitchen equipment and supplies

### PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/nutrition](http://york.ca/nutrition)

- Funding to cover the cost of food (approximately \$250-300)

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

Volunteers for YTC are recruited by schools. At least one volunteer must participate in a training session offered by York Region Public Health. Volunteers will receive resources that include:

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

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

### Training sessions

Training sessions are held four times a year during Fall and Winter at our York Region Public Health office in Newmarket. Volunteers attend only one training session. For more information or to express interest in participating in YTC training, please e-mail [healthyschools@york.ca](mailto:healthyschools@york.ca).