

Overview of the *Brigades Culinaires* Program

***Registration is complete for the 2018-19 school year; however, schools are encouraged to express their interest in participating in 2019-20.**

The *Brigades Culinaires* program consists of 20 culinary workshops, 3 competitions, and 1 Grand Competition. The workshops, held as extra-curricular activities from October to May, allow students to develop their culinary skills and food knowledge.

- ✓ The program focuses on 3 main areas: **Social**, **Nutritional**, and **Multicultural**.
 - **Social:** The brigades prepare a large number of meals that are made available to local food banks which in turn distribute the meals to families in need.
 - **Nutritional:** The brigades must choose and prepare a recipe for a nutritional snack they would hope to see on their own cafeteria menu. The snack is then presented to a jury that decides based on pre-determined criteria related to healthy eating. This snack can be featured as part of the cafeteria menu as the « Special Snack» during the March Nutrition Month.
 - **Multicultural:** The brigades organize a multicultural fair. The brigades must select a country, choose recipes, cook them, and serve them to their fellow students with the goal of introducing their peers to new flavours.

- ✓ **1 Grand Competition**– The Battle of the Brigades!
 - The brigades take part in an « Iron Chef » type of competition within their respective schools. The brigades prepare a dish using ingredients from a surprise basket. A jury samples each dish and a winner for the school is determined.

More about the « Iron Chef » Quarterfinals, Semi-Finals and Grand Finale

The winners from each school move on to quarterfinals. The quarterfinal winners move on to the semi-finals. The five top crews move on to the Grand Finale hosted by Ricardo during the month of May.

Objectives:

- ✓ Introduce teens to cooking and healthy eating.
- ✓ Allow teens to become agents of change « Nutritional Leaders » in their respective milieus and to be at the heart of the action in creating group phenomenon as it relates to diet and healthy lifestyle.
- ✓ Involve students in their school life through the various culinary challenges.
- ✓ Sensitize teens to the multicultural diversity of food, actively involve them in healthy eating in their school, and help them to understand the needs of their community food banks.
- ✓ Sensitize teens to healthy eating in order to lead them to eventual food autonomy, and in certain cases offset any eventual dependence on food banks.

Your Commitment:

- Provide a kitchen area (minimum of 2 ovens, 8 burners, 1 refrigerator and 4 large counters) and basic kitchen utensils.
- Name a motivated monitor who can assume student discipline, assist the students throughout the 19 workshops (19 x 2 hours) and coordinate the 3 challenges (3 X 5 hours), the final challenge, (1 x 3 hours) and the Christmas Dinner (1 x 3 hours) for a total workload of 70 hours per year.
- Budget \$1000 to assume part of the cost of food.
- Help enrol a minimum of 16 student participants (Maximum of 25).

Our Commitment:

- Provide a chef (hired by La Tablée des Chefs) who will be responsible for the purchase of the ingredients and leading the workshops.
- Provide promotional material (aprons, recipe books, posters, etc.)
- Ensure the presence of a chef and feedback throughout the year.

For more information, visit our Website **e-learning.tableedeschefs.org**

**This public-school program is financed by our various partners. If you are a private institution, please contact us for additional information.*