



La Tablée des Chefs

The Kitchen Brigades is an extra-curricular program offered by La Tablée des Chefs in schools since 2012. It consists of a series of 22 culinary workshops.

THE KITCHEN BRIGADES ARE*

- 18** culinary workshops with various themes
- 3** mobilizing challenges based on 3 elements: social, multicultural, creative
- 1** special Holiday workshop
- 2** bonus culinary workshops (to be used at the school's discretion)

OFFERED IN QUEBEC

- 4** level inter-school competitions
- 1** Provincial Final, hosted by Ricardo

** Some activities will be adapted based on the evolution of the pandemic.*

OBJECTIVES



To help students adopt **healthy eating habits**.



To develop **food autonomy** through the teaching of basic culinary techniques.



To develop **team spirit**, leadership and creativity among participants.



To learn about the **pleasure of cooking**, eating together and discovering new foods.

Act quickly! Places are limited!



LA TABLÉE DES CHEFS

- A chef-trainer
- Food and ingredients
- The Program material (workbooks, posters, aprons, etc.)
- Expertise, coordination and support
- If needed, a loan of the cooking equipment is possible with the first year subscription

PROVIDED BY



THE SCHOOL

- A functional kitchen (with a minimum of 2 conventional ovens)
- A contact-person for the program (approximately 70 hrs/year)
- Registration fees: \$ 1 000 *

** This is the cost for public schools. Please contact us for private school rates.*



TO REGISTER YOUR SCHOOL OR FOR MORE INFORMATION

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