



La Tablée des Chefs

La Tablée des Chefs' mission can be summed up in two words: **feed** and **educate**. Feed today, to reduce food insecurity, and educate young people to develop their food autonomy.

The Kitchen Brigades is an extra-curricular program offered by La Tablée des Chefs in schools since 2012. It consists of a series of **24 culinary workshops**.

WHAT IS IT?



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)

4 LEVELS inter-school COMPETITIONS
1 NATIONAL FINAL hosted by RICARDO

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

Provided by

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

THE SCHOOL :

- A functional kitchen (with a minimum of 2 conventional ovens)
- A contact-person for the program (approximately 70 hrs/year)
- Registration fees: \$2 250*

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



TO REGISTER YOUR SCHOOL OR FOR MORE INFORMATION

eduquer@tableedeschefs.org
tableedeschefs.org



T 450-748-1638 ou 1-877-821-1877 TC 450-748-1680

