



La Tablée des Chefs

Annual menu 2018

La Tablee des Chefs

F E E D



FEED PEOPLE
IN NEED

E D U C A T E



DEVELOP CULINARY EDUCATION
FOR YOUNG PEOPLE



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A word from the Executive Director and Founder of La Tablée des Chefs

We must constantly question our role and our *raison d'être*, the value of our actions. Are our deeds and struggles justified and are we making a difference, improving the lives of the people we help? I can tell you that at *La Tablée des Chefs* the whole team is passionate about food and cooking and that we all loathe food waste. But is that enough? It may be part of our DNA, but it alone is not enough!

What we also bring to the table that makes all the difference is the will to change things and the ability to assess the impact we have on peoples' lives. Individuals who are food insecure must have enough to eat. Community organizations who spend much of their budget on food ought to receive food surpluses to reduce their expenses, so they can then invest their money in social programs for their clients. Finally, all young people who attend our culinary training workshops must move towards food independence.

We also want all cooks and chefs involved with *La Tablée des Chefs* to understand the importance of their social role and the need to help us achieve common objectives. *La Tablée*, its partners, volunteers and Board are all focused on the desire to carry out our mission and create a real impact through our actions.

2018 was a year of investment and planning in order to continue to increase the social impact of our projects, both in food recovery and in the development of food autonomy among youth. The government has shown its full confidence in us and we have been able to benefit from the expertise and cooperation of the *ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec* (MAPAQ) in the implementation of our growth strategy.

I look to the future with great hope and with the same vision that has motivated me from the beginning. I know that this determination is contagious and that you will share the next steps with us. Let's continue working together and look to the future! The task will not be easy, but it will be rewarding and essential, because giving is receiving!

Yours in taste,



Jean-François Archambault
Executive Director and Founder

A word from the spokesperson for *La Tablée des Chefs*

If the mission at RICARDO Media is to promote the importance of cooking and eating together, *La Tablée des Chefs'* mission is in line with ours: to educate future generations by helping them to develop their food autonomy.

As spokesperson for *La Tablée des Chefs* since the very beginning, I have been a privileged witness to young people who have been guided and nurtured by learning the basics of cooking and healthy eating. Over the years, I have seen many smiles on the faces of these young people, proud of their achievements. But the most beautiful thing I have seen is that by getting involved, learning basic techniques and sharing their culinary knowledge, young people discover that it is not only their hunger that they can satisfy around the table, they can actually help change the world.

That is why I have pledged to make culinary education for young people my main focus for the next few years.

Many thanks for your support for this cause!



Ricardo

Spokesperson for *La Tablée des Chefs*

Members of the board of directors

PRESIDENT

Mario Gagnon

Retired, Director of the *École hôtelière de Laval*

VICE PRESIDENT

Daniel Bernier

Partner, Earnscliffe Strategy Group

TREASURER

Martin Leblanc CPA, CGA, M. Fisc.

Taxation, Deloitte LLP / s.e.n.c.r.l.

SECRETARY

Renée Bénard

Director, Business Development,
Charter Transportation
Keolis Canada

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La Tablée des Chefs

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Executive Director of the Foundation Club de
hockey Canadien, inc.

Josianne Gagnon

Director of Taxation
KPMG LLP / LLP

Catherine Demers-Rivard

Counsellor
Ig2



La Tablée des Chefs' Team

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Executive Director and Founder

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Operations Manager

François Desroches

Culinary Director

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Culinary training program

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Lawyer, Director of the *Feed* component,
Combatting Food Insecurity Program

Nathalie Pomerleau

Director of the *Social Economy* component,
Cooking school, Food Bus

Claude Beausoleil

Ambassador

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Kitchen Brigades Coordinator

David Bérard

IT Project Manager

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Chef trainer

Sylvie Boutin

Communications Coordinator

Viki Brisson-Sylvestre

Kitchen Brigades Coordinator

Camille Chamberland

Psychosocial intervener

Mikaelle Daneau

Kitchen Brigades Coordinator

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Controller

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Sylvie-Anne Guertin

Culinary training coordinator

Samuel Josquin

Chef, Culinary workshops

Éric Lorent

Event Project Manager

Luc Marchildon

Business Development Manager

Geneviève Massé

Nutritionist
Coordinator of the Socio-professional
culinary training program

Mélissa Parseghian

Business Development Manager

Doria Poirier

Kitchen Brigades Coordinator

Véronique Robitaille

Coordinator of the *Feed* component

Florence Roy-Allard

Coordinator of the *Feed* component

Rolie Srivastava

Regional Director
Canadian Division

Highlights 2018

In May 2018, the Government of Quebec announced \$5 million in financial assistance to *La Tablée des Chefs* over five years. The assistance provided will make it possible to better target food surpluses to people experiencing poverty and to introduce more young people to cooking and healthy eating.

In 2018, our organization's main benefit events, La Grande Tablée, Le Grand Souper Spaghetti and the À TABLE! project raised \$550,000 in profits.

The food recovery program, the *Semaine des Écoles Hôtelières* (Culinary Schools' Week) and the various food preparation activities made it possible to distribute this year more than 840,000 portions of food to people living with food insecurity.

The Kitchen Brigades program is now offered in all administrative regions to nearly 3,000 young people in 125 high schools in Quebec. The Canadian component is being developed in 21 high schools in seven other Canadian provinces.

In 2018, the Food Bus carried out a total of 56 culinary outings, covered 8,000 km and served more than 5,000 gourmet sandwiches!



Feed component - 2018 at a glance



9

841,700 portions

in the FEED segment:

**670,000
portions**

(Food Recovery
Program)

**100,000
portions**

(Culinary Schools'
Week)

**71,700
portions**

(in food
preparation)



Food recovery program

Even today in Canada, food insecurity remains a major social problem. Despite this reality, healthy and nutritious food surpluses intended for human consumption still too often end up in the garbage, even though they are still edible. In order to fight this phenomenon, *La Tablée des Chefs* set up an innovative food recovery program in 2003 with the mission of feeding people in need, while ensuring compliance with hygiene, safety and food security rules.

Through this program, *La Tablée des Chefs* acts as a liaison between donors of food surpluses and the various organizations that will ensure the recovery of the donation and its distribution to beneficiaries in need. We are thus mobilizing chefs, cooks and pastry chefs in the hotel, restaurant and institutional sectors to manage their food surpluses, while respecting the vocation of food and culinary talent, and thus promoting social inclusion and respect for human dignity.

In order to properly support donors and organizations that receive donations, *La Tablée des Chefs* handles all the logistics surrounding food recovery. Thus, for each of the requests received, *La Tablée des Chefs* analyses the needs of the donor and the receiving organization in order to set up a personalized program. Throughout the process, which is intended to be simple and sustainable, our organization supervises and coordinates, in addition to offering after-donation services.

Launched this year, new elements have been added to the program to facilitate enrollment and improve its effectiveness, including new communication tools needed to implement the program (i.e. practical guide and posters), as well as a brand new dynamic and user-friendly web platform, allowing donors and organizations to access their statistics at all times (number of portions recovered), as well as their collection schedule.

UNSCHEDULED RECUPERATION

In 2018, we carried out nearly 120 impromptu recoveries, saving several thousand portions of food. One-time food pick-ups allow individuals and organizations to add a social dimension to their catered events. We invite anyone to contact our organization so that we can help them recover food surpluses from events, thus making it possible to feed people in need in their region.

In 2018, in Canada, more than 670,000 servings of food were redistributed to food insecure individuals and families through our food recovery program.

Our donors in 2018

- Sobeys
- SAQ
- Saputo
- Première Moisson Bois-Franc
- Première Moisson Côte-des-Neiges
- Première Moisson DIX-30
- Première Moisson Gare Centrale
- Première Moisson Gatineau
- Première Moisson Jean-Talon
- Première Moisson Kirkland
- Première Moisson Laval
- Première Moisson Lawrence
- Première Moisson Lebourgneuf
- Première Moisson Marché Atwater
- Première Moisson Marché de l'Ouest, Dollard-Des-Ormeaux
- Première Moisson Maisonneuve
- Première Moisson Mascouche
- Première Moisson Masson
- Première Moisson Mont-Royal
- Première Moisson NDG
- Première Moisson Repentigny
- Première Moisson Outremont
- Première Moisson Terrebonne
- Première Moisson Vaudreuil-Dorion
- Association Étudiante du HEC
- Alouettes de Montréal
- Association québécoise des transports (AQTr)
- Aux Vivres
- Bernard & Fils Traiteur
- Buonanotte Traiteur
- Casino du Lac-Leamy
- Centre Bell
- ExpoCité-Centre de Foires
- Centre des sciences de Montréal
- Centre Vidéotron
- CHUL de Québec-Université Laval
- CHUM-Centre hospitalier de l'Université de Montréal
- Cité Lunch
- Clinique 180
- CISSS de Laval - Hôpital de la Cité-de-la-Santé
- CIUSSS MCQ - Hôpital Sainte-Croix
- CSSS de Fleurimont
- CSSS de Memphrémagog
- Collège LaSalle
- Conseil MRM
- Hôtel de ville de Montréal
- COOPSCO
- Courchesne-Larose
- CUCINA fine foods
- C2 International Inc.
- Défi sportif AlterGo
- Hôtel Delta Montréal
- Hôtel Delta Trois-Rivières
- Estérel Resort
- École de technologie supérieure (ÉTS) de Montréal
- Fairmont Le Reine Elizabeth
- Fairmont Le Manoir Richelieu
- Fondation Sainte-Justine
- Réseau pour une alimentation durable/ Food Secure Canada
- Double Tree par Hilton Montréal
- Hôtel Mortagne
- Hôtel Omni Mont-Royal, Montréal
- W Montréal
- HEC Montréal
- Hydro-Québec Manic-5
- Institut de tourisme et d'hôtellerie du Québec (ITHQ)
- Jour de la Terre
- La Place Bell
- Diner Saint-Sauveur
- Montpak International
- Montréal en fêtes
- Musée de la civilisation
- Patrice Pâtissier
- Résidence Place Belvédère inc.
- Centre de Congrès Palace
- Peccadille
- Restaurant Leméac
- SherWeb
- Société Traiteur
- Sofitel Montréal Le Carré Doré
- Stade Saputo
- St. Edmund School
- Stikeman Elliott
- Somm360
- Sun Life
- La Tablée des Chefs
- Tennis Canada
- Université Concordia
- Zeste Incentive
- 360 L'Agence
- MLSE (Scotiabank Arena)
- Westin Ottawa
- Shaw Center
- University of Ottawa
- Delta Toronto
- Sheraton Toronto
- Westin Edmonton
- Delta Edmonton
- Westin Calgary
- Calgary Stampede



La semaine des Écoles Hôtelières

(Culinary schools' week)

Presented by SAQ

In March 2018, *La Tablée des Chefs* held the 15th edition of the *La Semaine des Écoles Hôtelières* (Culinary Schools' Week), presented by the SAQ. Once again this year, several dedicated teachers and nearly 500 motivated cooking students from 15 different culinary schools across Quebec mobilized to produce 100,000 portions of Italian-style meatloaf, which were donated to community organizations to fight the phenomenon of food insecurity. This unique social experience allows future cooks and chefs to get involved in society, through the school curriculum they are passionate about, at a time of year when food is becoming scarcer in Quebec's food banks.

Thank you to the teachers and students of the 15 institutions who took part in this community support initiative

Centre de formation professionnelle Jacques-Rousseau vers l'École hôtelière de la Montérégie • Institut de tourisme et d'hôtellerie du Québec • Pearson School of Culinary Arts • École hôtelière de Laval • École hôtelière des Laurentides • Centre de formation professionnelle Relais de la Lièvre-Seigneurie • Centre 24-Juin, Pavillon du Vieux-Sherbrooke • Collège LaSalle • École des métiers de la restauration et du tourisme Montréal • École hôtelière de la Capitale • Centre de formation professionnelle de Charlevoix • École hôtelière de Lanaudière • Centre de formation des bâtisseurs • Collège Mérici • Cégep Limoilou

We would also like to thank our valued partners

SAQ • AlimPlus Inc. • Saputo • Les Soeurs en vrac • Ardent Mills • Bonduelle • Olymel • Ferme Valuepierre • Hector Larivée Inc • Les Banques alimentaires du Québec • Cascades • Miller & Smith • Stoney Creek • Tilton • Lassonde • Redpath





Culinary training



Kitchen Brigades

The goal of the Kitchen Brigades program is to place young people from Quebec high schools (12-17 years old) at the centre of the action, making them aware of the joy of cooking and creating a certain excitement in the school environment around food and healthy lifestyles. Through 24 theoretical and practical culinary workshops, including various food preparation and challenge activities (20 workshops, 3 challenges, a battle of the Brigades, quarter finals, semi-finals and a provincial culinary competition grand final), the students develop their food knowledge and learn the various basic cooking techniques to help them increase their food autonomy.

For the 2018-2019 school year, the Kitchen Brigades program is offered in 125 high schools to nearly 3,000 young people, mainly as extracurricular activities, in all 17 administrative regions of Quebec. In this 7th year of *La Tablée des Chefs'* training program, aimed at developing the culinary education of young people, there were 16 quarter-finals, followed by five semi-finals, in competitions to find the best brigade of the year. During the Kitchen Brigades Provincial Grand Final, held in May 2018 at the Institut de tourisme et d'hôtellerie du Québec (ITHQ) and hosted by Ricardo Larrivée, one of the brigades from Des Pionniers High School in Trois-Rivières was crowned the big winner.

**Our ultimate goal is to offer the culinary training program
in 200 Quebec secondary schools by the end of 2021.**



SAPUTO'S BIG COOK UP: WHEN EDUCATING AND FEEDING ARE ONE!

In November 2018, for the first time, the 125 Quebec high schools that host *La Tablée des Chefs'* Kitchen Brigades mobilized to take part in the Saputo's Big Cook Up.

The objective for each school was to prepare 50 nutritious lasagnas per school and donate them to a community organization in their region. In total, 50,000 portions were distributed to people in need! *La Tablée des Chefs* has chosen to support Saputo's Big Cook Up by placing this initiative at the heart of the Kitchen Brigades activities. This year, the young participants were able to develop their culinary education while expanding the social impact of this major community initiative.

Saputo's Big Cook Up is perfectly in tune with the mission of *La Tablée des Chefs*, which seeks to feed the needy. This community outreach program, launched in 2017 by Saputo, a long-time partner, has distinguished itself by its distinctive format and its unifying effect, both for the people who prepare the meals and for the needy families who enjoy them.

KITCHEN BRIGADES IN OTHER PROVINCES

This year, we also worked on the adaptation and translation into English of the Kitchen Brigades program, in order to offer this program in the rest of Canada.

We recruited 21 high schools from seven other Canadian provinces:

British Columbia (3), Alberta (2), Manitoba (3), Ontario (3), Nova Scotia (7), New Brunswick (2) and Newfoundland and Labrador (1). As of January 2019, the Kitchen Brigades program was offered in after-school programs in 17 English-language schools, and in 4 French-language schools that offered the original program in French!

Testimonials

PARENTS

"My daughter is autistic. In recent years, she has been followed for depression and anxiety. The Brigades had a positive influence on her socialization and participation in school life. In addition, she has a certain dietary rigidity like many people with ASD (Autism Spectrum Disorders). The Brigades have opened a window on the notion of experimentation. We are grateful for the team's openness and the opportunity she was given."

"My son has more ideas and, above all, more taste and motivation to cook. He always wants to impress us. He sometimes prepares surprise evenings for us where he is the master of ceremonies and makes us dinner and sets the table by himself. He is also very proud of his work. His greatest gain is in terms of socialization and esteem. He tells us about his group experiences and, even if sometimes, there have been some differences, we are happy that he has experienced everything and has learned to deal with other ideas. Great!"

"Before, he was absent from the kitchen and even running away. Now, not only is he present and more alert to our needs, but he has inspired his younger brother and father to participate in food preparation. This takes some of the pressure off me and allows me to develop a more communicative relationship and get to know my teenager. It changed everything in our family dynamics!"

YOUNG COOKS

"Participating in the Kitchen Brigades program has allowed me to get to know and taste new dishes, to work in a team, to develop my autonomy, to trust my teammates, and above all, to discover new foods and spices that I now include in my meals."

"I learned a LOT of things that were useful to me. Being guided by a real chef really gives us a chance to immerse ourselves in the world of food and to learn new tricks. Being with friends allows you to create links. I plan to register for a third year!"

"I now often cook meals, help my parents cook and much more. I am also interested in the products we buy at the market and in new discoveries."



Culinary à la carte workshops

This program is offered in high schools and in various community settings throughout Quebec. For young people who want to learn and develop their cooking skills, but do not want to be part of the competitive spirit of the Kitchen Brigades program, this alternative is ideal! The program is flexible and can be offered on an à la carte basis or in blocks of 6, 12 or 24 workshops. This allows interested schools and organizations to choose the number of workshops they wish to host, depending on their intent, willingness and budget. This year, the workshops were offered in 28 settings in Monteregie, as well as in the Montreal, Laval and Laurentian regions.

Cuisiner pour manger mieux

(Cooking for healthier eating)

Since 2013, the *Cuisiner pour Manger Mieux* program has been part of the school curriculum for students aged 13 to 16 years in the Preparation for the Job Market Program (FPT) in 10 high schools in the Marguerite-Bourgeoys, Montreal, Pointe-de-l'Île and English-Montreal school boards. This training course includes 20 culinary workshops, 10 of which are with the teacher and 10 with a chef. These workshops are part of a determination to contribute to the development of culinary education for young people throughout the province. This program allows them to discover new professions in the kitchen, such as cheese making, pastry making, as well as the preparation of meals and takeaway dishes. We are also working to develop these young people's confidence, self-esteem, resourcefulness, food autonomy and many other essential attitudes and skills.

Cuisine ton avenir

(Cook Up your Future)

The culinary training program offered to young people in Youth Centres, *Cuisine ton avenir* (Cook Up your Future), developed by *La Tablée des Chefs*, is based on three initiatives, which are as follows in 2018:

Food Kit

Once again this year, a food kit containing three items (recipe book, grocery list booklet and wooden spoon) was distributed to the participants, in order to give them more tools when they leave the youth centres and set an apartment!

Culinary Workshops

The Culinary Workshops offered to young people in Youth Centres is a cooking program, divided into two blocks of 12 different workshops, each lasting two hours. They are led by a chef or cook, assisted by two educators from the Ensuring Qualification and

Independence Program (EQIP). Once again this year, youth centres in 16 regions of Quebec were able to benefit from these unique culinary training workshops. Many cooks and passionate chefs have been able to contribute to bringing the pleasure of cooking to a few hundred young people in full development.

The mission of these culinary workshops is to encourage young people to develop food autonomy and to enable them to acquire life skills (personal and social skills).

Socio-Professional Culinary Training Program

This year, two students successfully completed this brand new training program offered by *La Tablée des Chefs*. We are proud to see that these two young adults are now working in the restaurant business. In addition, one of them has been admitted to the ITHQ, where he will be able to expand his knowledge.

For the second year of the program, four young people from youth centres across Quebec were selected and began their ten-month culinary training last September, preparing them to work as cooks in the restaurant industry. The training is accompanied by internships and catering experience. In this way, we hope to contribute not only to the social integration of these young people, but also to the development of the restaurant industry in Quebec!

"It's more than just culinary training! We support young people, we surround them, we want them to develop within the framework of the program. All this in order to make the student really well equipped. Basically, we help him build his toolbox for the future!"

- Geneviève Massé, Program Coordinator

Montréal en lumière

In 2018, as part of the gastronomic component of the 18th edition of the *Montréal en Lumière* festival, several young people in our Kitchen Brigades training program had the opportunity to live an extraordinary culinary learning experience! 11 top restaurants in Montreal participating in the festival welcomed a young person in their kitchen as part of the Apprentices' Evening. They had the opportunity to experience a magical moment, directly in the kitchens of great restaurants, accompanied by renowned chefs! The guests had the opportunity to taste dishes cooked by young people from the Kitchen Brigades program. This is a unique opportunity for these teenagers to push their passion even further!

We would like to thank the participating restaurants for once again this year allowing several young enthusiasts to live this memorable experience that they will share with their peers. *La Tablée des Chefs* would like to acknowledge the generosity of the teams from:

Alexandre et fils • Chez Victoire • Renoir (Hôtel Sofitel) • Chez Chose • Le Blumenthal • Nom Nom (Hôtel W) • L'Auberge St-Gabriel • La Société Bistro • Restaurant de l'ITHQ • Ikanos • H4C • HVOR



Fundraising events 2018



The Hot Chocolate festival

(La tournée du chocolat chaud)

This year, *La Tablée des Chefs* and chocolate maker Valrhona once again joined forces to offer a unique chocolate moment, combined with support for a worthy cause. During the fourth edition of The Hot Chocolate Tour, from January 20 to 28, 2018, nearly

30 pastry and chocolate professionals from Quebec City and the Greater Montreal area proposed an exclusive recipe based on Valrhona chocolate. The participating establishments then donated 50 cents to our organization for each hot chocolate sold, to help us carry out our various culinary training programs for young people. In return, Valrhona offered 50 g of chocolate to *La Tablée des Chefs* per product sold, as part of its various social initiatives.

This fourth edition of the Hot Chocolate Tour sold 4,871 hot chocolates, worth \$2,435.50 and 246 kg of Valrhona chocolate donated to *La Tablée des Chefs* projects.

***La Tablée des Chefs* would like to sincerely thank its partner Valrhona, the participating establishments and all the sweet teeth throughout the province who braved the cold to enjoy a hot chocolate for the benefit of the organization!**

AGF Group Foundation Gastronomic Dinner

On May 24, 2018, the AGF Group Foundation held its major fundraising event, in collaboration with *La Tablée des Chefs*, under the theme Altitude. It was in an exciting and colourful environment, thanks to our team of chefs, that *La Tablée des Chefs* received a \$50,000 donation, through the profits raised by this memorable event! Thanks to the Foundation and the chefs involved: Jonathan Lapierre-Réhayem, François Desroches, Vanessa Trahan, Cédric Deslandes, Alexandre Gosselin, Dany Bolduc, Rémy Couture and Kelvin.

À TABLE! Recipe booklet

In October, thanks to the support of TC Media and its generous food partners, *La Tablée des Chefs* distributed the À TABLE! recipe booklet for the second consecutive year, via the Publisac network, to some 150,000 homes in specific areas surrounding high schools that are part of the Kitchen Brigades program.

Through this leaflet, people have the opportunity to discover culinary tips and a dozen unique and tasty recipes to help them prepare their meals on a daily basis. In this way, we want to make the public aware of the importance of family cooking at home, using local products! This year, a youth component was added to a special four-page section of the printed leaflet to raise awareness among young people about the origin of our food, as well as the different agricultural production sectors in Quebec.

From the beginning of May 2018 (and until April 2019), each week, a new original recipe is published on the Facebook page and on the *La Tablée des Chefs* website under the heading À TABLE! In total, more than 60 recipes will have been created by our culinary director as part of this project, in collaboration with the various food partners involved.



Spaghetti dinner campaign

This year, as part of the third edition of the Spaghetti Dinner fundraising campaign, *La Tablée des Chefs* was looking for the 2nd best spaghetti sauce in Quebec. Why the second? Because everyone is convinced that they have the secret of THE best sauce!

Between April 16 and May 14, 2018, people from the public were invited to register their recipes on the *La Tablée des Chefs* website. A public voting period followed to determine the ten favourite recipes. These ten finalists then had the opportunity to have their sauce tasted by a prestigious jury composed of chefs Stefano Faita, Martin Juneau and Ricardo. The final took place on June 12 at the Jean-Talon Market, in Montreal. The winner's recipe was published in the September-October issue of RICARDO magazine.

Financing the culinary education of young people, one spaghetti at a time

The Spaghetti Dinner fundraising campaign, launched by *La Tablée des Chefs* in 2015, is designed to invite the general public to organize a spaghetti dinner to support culinary education in secondary schools.

Convinced of the importance of encouraging the development of culinary education for young people, the four main partners in the Spaghetti Dinner fundraising campaign, IGA, Catelli, Saputo and Ricardo Media, have been contributing to the success of this project for three years now. We thank them!

Le Grand Souper Spaghetti (Great Spaghetti Dinner)

The second edition of *Le Grand Souper Spaghetti* was held on October 3, 2018, at L'Étoile Banque Nationale, Quartier DIX-30 in Brossard. Hosted by Ricardo, in collaboration with chefs Stefano Faita and Martin Juneau, this rallying and festive culinary evening brought together more than 400 people who enjoyed a unique 4-course menu.

This year, the spotlight was on some 60 students from Montérégie and Montreal, from the Kitchen Brigades and Cook Your Future programs, who came to assist the chefs during their respective courses. The assembly of each plate took place on the stage of L'Étoile, where an improvised kitchen had been set up, to the delight of the guests who were able to admire the skill and talent of our chefs and their young brigades!



La Grande Tablée

A record year for fundraising

La Grande Tablée is still one of the most anticipated epicurean and social events in town. At these events, more than 800 people from the business community, from Montreal and Quebec City, gather to support our mission. Each year, the evenings bring together, in the same kitchen, a team of passionate and talented chefs, who work together to create a gourmet menu for *La Tablée des Chefs*. In 2018, the benefit events in Montreal and Quebec City were co-chaired by Christiane Germain, Groupe Germain Hôtels and Jean Gattuso, Industries Lassonde.

GRANDE TABLÉE MONTREAL

Montreal's benefit event was held at Windsor Station on Monday, November 5. The gourmet menu was the work of eight chefs, who surpassed themselves in order to please our 500 guests from the Montreal business community. The 2018 brigade consisted of **Chef Romain Lerot** – *Café Prague*; **Chef François Desroches** – *La Tablée des Chefs*; **Chef Sophie Tabet** – *Chez Sophie*; **Chef Stelio Perombelon**; **Chef Baptiste Peupion** – *Fairmont Le Reine Elizabeth*; **Chef Jean-Marc Guillot** – *Fairmont Le Reine Elizabeth* et de **Chef Benjamin Oddo** – *L'Atelier de Joël Robuchon Montréal*. **Chef Kelvin**, from *Bistro Invitation V*, was also part of the team this year, with the creation of a vegan menu, gluten-free and nut-free.

GRANDE TABLÉE QUÉBEC

The Quebec City event was held at the Fairmont Le Château Frontenac on Monday, November 19, with more than 300 guests in attendance. This highly prized culinary event featured a unique menu created by a team of six talented chefs from the Quebec City region: **Chef Guillaume Barry** – *Traiteur Espace Artevino*; **Chef Arnaud Marchand** – *Chez Boulay-Bistro Boréal*; **Chef Olivier Godbout** – *La Planque*; **Chef Frédéric Cyr** – *Fairmont Le Château Frontenac*; **Chef Philippe Castel** – *Résidence Le St-Patrick/Chef à La Maison* and **Chef Gaël Vidricaire** – *Gaël Vidricaire Pâtisseries*.

The signature wines offered during these two gastronomic evenings were specially selected by sommelier **Vincent Lafortune**, in collaboration with the SAQ, the major partner of the evening.

In total, the two events raised a record \$425,000 for the benefit of our organization's mission. We would like to thank all those who have been involved, directly or indirectly, to make this annual fundraising event a great success!

La Grande Coupe

On Friday, October 5, *La Tablée des Chefs* was at the centre of the action as it collaborated with the Courchesne Larose team for the La Grande Coupe event, which took place on the Esplanade of Montreal's Olympic Stadium. The goal of the event: to make the world's largest fruit salad! This record was reached, with a total preparation weight of 22,400 pounds (10,160 kilos), or the equivalent of 33,866 portions. These were redistributed to community organizations through the Moisson Montréal network, via our Food Recovery Program.

A \$25,000 donation from Stefano Faita and Michele Forgione

From November 1 to 28, 2018, at all IGA stores, a 50-cent donation was made to *La Tablée des Chefs* for every jar of Stefano Sauce sold. A \$25,000 donation was made by the two chefs to our organization.

Congratulations and thank you for your great generosity, on behalf of the families and young people who will benefit from our programs!





Socially conscious cooking schools

Longueuil and Montreal



In 2018, *La Tablée des Chefs* opened its socially conscious cooking schools to more than 120 companies and foodies groups.

These companies and people have gotten together to participate in culinary workshops, to organize community kitchens or to use our spaces for their events or culinary projects.

Their commitment has enabled us to pursue our mission of feeding people in need and developing culinary education for young people.

THIS YEAR, OUR COOKING SCHOOLS WELCOMED:

- 75 companies/foodie groups, i.e. 1,600 people, who took part in a tailor-made culinary workshop for a team-building experience or to share time with friends who are passionate about good food
- 13 companies, more than 300 people, who have made a concrete gesture of sharing by organizing community kitchens that provided more than 9,700 portions of food for people in need
- 33 companies that have opted for an event, a project that is socially committed by renting our spaces.

A special mention to these companies that make a culinary activity at *La Tablée des Chefs* an annual tradition:

Lowe's • Ivanhoé Cambridge • Telus • BNP Paribas • SAP

Testimonials

"We have had a great evening, thank you very much! It was amazing, my clients and colleagues loved their experience! We were pampered with the chef, your ambassador and the volunteers, a great team!"

- Danielle Vidal

SSQ Insurance | SSQ, Life Insurance Company Inc.

"I can tell you that we loved our time with you. My team had a lot of fun. It was a great activity to end the year 2018. Many thanks again for your support throughout the organization of the event. It was much appreciated. We look forward to doing business with you in the future."

- Andréane Ménard

Chambre des notaires du Québec

"I had a meeting with the committee that was in charge of the Ados-Kuiztot activity held in your locale and it was unanimous! We want to make it an annual event. We really liked the formula, the leader and the way the activity went. The comments from the young participants were all positive. We are very happy with the event and I will certainly contact you for the coming year."

- Christine Leclerc

La Piaule, Local des Jeunes

"We (my daughter and I) are delighted with your cooking camps! We would like to know the date of the next registrations for the summer 2019-day camps, in order to take advantage of this exceptional opportunity again ;)"

- Pascale

A happy mother

Thanks to all our volunteers, our ambassadors, our talented chefs and all our partners at the Cooking Schools! We are privileged to work with dedicated and committed teams that allow us to pursue our objectives.



Culinary workshops

This year, 75 companies and Foodie groups have chosen *La Tablée des Chefs* to experience a unifying culinary experience.

Passionate and dynamic chefs guided them in the creation of a menu that they then were able to share with their work teams, families or friends.

As well as participating in a culinary, convivial activity, they have all contributed to the development of culinary education for thousands of young people, since all the profits raised through the culinary workshops are used to finance our culinary training programs for teenagers.

Community kitchens

Generous companies, their employees and committed foodie groups have gathered in our cooking schools to fight hunger and participate in community kitchens. Led by our chefs, participants prepared meals that were then distributed to food bank member agencies to feed people in need.

This year, 13 community kitchen events were held in our two cooking schools, providing more than 9,700 portions of food to food-insecure people.

A huge thank you to all for this involvement that makes a real difference!

Rentals of cooking schools

In 2018, 33 companies opted for an event, a socially committed project by renting the premises and facilities of our cooking schools.

Companies have chosen our Montreal Cooking School to hold their team meeting, give a conference, launch a promotional campaign, organize a networking evening or a launch.

Our Cooking School in Longueuil was also rented for the production of culinary video clips and styling and culinary photography projects.

Culinary camps

For a period of eight weeks from the end of June to the end of August, *La Tablée des Chefs* welcomes groups of young people between the ages of 10 and 15 as part of a series of one-week culinary camps offered in its two cooking schools in Montreal and Longueuil. In 2018, we also offered our culinary camp in Laval for three weeks.

For these young people who are passionate about cooking or who are simply curious to learn a new activity, it is an opportunity to perfect their knowledge or develop new skills while having fun and sharing unique moments with other young people of their age. As part of their camp, which runs from Monday to Friday of the same week, they are also required to cook all the meals they eat on site as well as their snacks. Once again this year, all available spaces were filled, which means that 296 young people had the opportunity to live this enriching experience.

All profits raised through the culinary day camps are reinvested in our culinary training programs offered to teenagers throughout Quebec.



Food Bus

With 56 culinary outings to its credit, the 2018 season of the *Tablee des Chefs' Food Bus* was particularly well booked.

THE MISSION OF THE FOOD BUS IS TO:

- Promote the Kitchen Brigades program in Quebec high schools and make it better known to corporate and institutional partners as well as to the general public;
- Generate revenues to finance its operating costs and the development of the Kitchen Brigades program in new schools;
- Provide young people who are part of the Kitchen Brigades program with a place to express their talents and opportunities to use their skills in real professional cooking situations.

We are proud to say that this year again, we have accomplished our mission!

In addition to the annual tour of 15 high schools to promote the Kitchen Brigades program to young people, the Food Bus team participated in every First Friday (*Les Premiers Vendredis*) held at Montreal's Olympic Stadium, the UPA's *Journée Portes ouvertes sur les fermes du Québec* (Quebec Farms Open House) and over 25 corporate events, not to mention two charity golf tournaments. The Food Bus also served as a rallying point during the *La Grande Coupe* event.

During the 2018 season, we covered more than 8,000 kilometres that took us as far as Rimouski, Gatineau, Sherbrooke and La Pocatière and cooked and served more than 5,000 sandwiches, not to mention the side dishes included in our catering offer. During school visits, more than 40 young people had the opportunity to cook with the permanent team in the vehicle and we created a paid summer job where a young girl, registered in the Kitchen Brigades program, had the opportunity to perfect her skills by cooking with us during our events for the public at large.

As in the previous year, the Food Bus activities made it possible to fully finance its own operating costs and generate profits that were invested in the development of the Kitchen Brigades program.



La tournée des chefs À vos frigos

(The chefs' at your fridge tour)

Once again this year, *La Tablee des Chefs*, in collaboration with *Jour de la Terre* (Earth Day) Quebec, participated in *À vos frigos* workshops as part of the Chefs' Tour. Facilitated by an expert in food waste from Earth Day and a chef from *La Tablee des Chefs*, 69 workshops were offered to 864 participants across the province. The workshops aim to provide simple and concrete solutions for Quebecers and New Brunswickers to help them better manage their refrigerators and reduce food waste at home.

OSM's bal des enfants

(Children's Ball)

Every year for the past 5 years, the Orchestre symphonique de Montréal (OSM) has organized the *Bal des enfants* event, whose profits help support *La Tablee des Chefs'* educational mission and make it more accessible to the public. Once again this year, 1,500 people were invited to the event including 500 guests from 25 children's organizations, such as the Montreal Children's Hospital Foundation, the Charles Bruneau Foundation, La musique aux enfants, *La Maison d'Haïti* and CHU Ste-Justine, to name a few, who were able to attend the concert for free.

La Tablee des Chefs was mandated to feed all these people by producing, with the help of 20 volunteers, 1,600 healthy lunch boxes that were given to participants and volunteers at the event, who gave their time to ensure its success. During lunch time, the children had the opportunity to enjoy an excellent family meal.

The profits generated by *La Tablee des Chefs* for the preparation of lunch boxes were invested in our culinary training programs for young people.



Our chefs involved



25

Since its creation, *La Tablée des Chefs* has been very fortunate to be able to count on the support of many renowned chefs and cooks, who have come together and become involved with our organization.

Their invaluable involvement brings notoriety within the food community, in addition to spreading our message to the culinary industry throughout Quebec and even internationally! Not only do they enable us

to feed thousands of people in need, but they also ensure a transfer of knowledge to future generations, with the aim of encouraging them to develop their culinary education. The chefs who are involved in our cause are invaluable, as they help us reduce food waste and develop culinary education for young people in Quebec.

The [BRIGADEDESCHEFS.COM](https://brigadedeschefs.com) platform brings together chefs and cooks, and rally them to our cause. More than 400 members regularly receive various exclusive offers and social implications in the culinary field in the regions of their choice. All chefs are invited to join this brigade FREE OF CHARGE. Help us to exceed our objectives!

Volunteer support

For an organization like *La Tablée des Chefs*, the involvement of volunteers is crucial to the functioning of its activities. There are approximately 300 generous and dedicated volunteers who get involved year after year with our organization, all of whom are committed to the food cause and culinary education. Our volunteers allow us to accomplish our mission and even exceed our objectives!

Our volunteers are always available to support us in all our actions. Together, they get involved in various events, culinary workshops and other food preparation activities. Our longest-standing volunteers even act as ambassadors, taking our mission further and making it known throughout the province. *La Tablée des Chefs* would like to tip its hat to all these volunteers who have become involved with our organization. You have certainly contributed, through your generosity and involvement, to the success of *La Tablée des Chefs*!

"Being part of the volunteer team at La Tablée des Chefs is for me a most rewarding experience. It allows me to contribute to an important social cause. Everyone should have the right to eat well, especially in a privileged society like ours! Volunteering at La Tablée des Chefs is backed by a team of professional, motivated and generous people, who always take the time to thank us and make us feel useful. In addition, we meet other volunteers who share the same values of mutual aid and who wish to "work" in pleasure. Friendships are made. In short, this experience pays off as much as I give! Thank you to the team and the other volunteers!"

– Paule

"What attracted me above all was the extraordinary social mission of La Tablée des Chefs, the young people, food, cooking, food recovery! I volunteer for several reasons: the dynamic team, the varied activities and people you meet, the lack of a set schedule, the appreciation I receive and the feeling of being part of a team."

– Claire

How to get involved with La Tablée des Chefs

TAKE PART IN THE SPAGHETTI DINNER CAMPAIGN

Make a socially delicious gesture and contribute to the food security of thousands of young people in Quebec by organizing your spaghetti dinner for the benefit of the The Kitchen Brigades' training program. All are invited to participate, via the platform www.souperspaghetti.com

BECOME AN INVOLVED CHEF

Are you a chef or a cook? *La Tablée des Chefs* invites you to join the *Chefs Brigade*. By joining it, you will be in contact with other chefs involved in supporting the food cause in Quebec. Get involved and access a multitude of social opportunities within your region. Visit www.brigadedeschefs.org

BECOME A CHEF TRAINER

Become a chef trainer, and pass on your passion for cooking to young people. You will be able to enhance the culinary education of young people who participate in our various culinary training programs (*Kitchen Brigades*, *Cuisiner pour Manger Mieux*, *À la carte Culinary Training Workshops* and *Cook Up your Future*).

SOCIALLY ORIENTED COOKING SCHOOL FOR COMPANIES (COMMUNITY KITCHENS AND COOKING WORKSHOPS)

Come and participate, with your work team, in a dynamic and culinary team-building activity. At the same time, you will contribute to the mission of *La Tablée des Chefs* and mobilize your employees around the cause.

FOOD SURPLUS DONOR

Do you generate food surpluses? Join the hundreds of participating food surplus donor institutions through the Food Recovery Program and help fight food insecurity.

BECOME A VOLUNTEER

Join a team of volunteers who are passionate and motivated by our mission and the pleasure of cooking. You will also have the opportunity to engage in an activity that is personally rewarding and gives back to the community.



La Tablée des Chefs

International



Our recovery and culinary education programs
have been in place in Mexico and France for the past five years.

Tablée des Chefs in Mexico in 2018

#FEED

In 2018, a grand total of 82,995 food portions was redistributed in Mexico City, the metropolitan area and the cities of Aguascalientes, Acapulco, Huatulco, Ixtapa and Queretaro. These portions come from the Food Recovery Program and the Culinary Schools' Week.

FOOD RECOVERY

42,995 portions were redistributed to Mexicans in need through the food recovery program.

Surplus food donor institutions:

- Sheraton Maria Isabel Hotel & Towers
- Sheraton Santa Fe
- Galeria Plaza Reforma
- Citibanamex Center
- Saks San Angel
- Restaurante Lalo!

New donors:

- Rosetta
- Bakers
- Hacienda Jurica by Brisas
- Las Brisas Acapulco
- Las Brisas Ixtapa
- Las Brisas Huatulco
- Yolcan
- Camino Real

Culinary Schools' Week in 2018

More than 1,150 students from 18 cooking schools and universities generously cooked 40,000 servings of pasta and vegetable salad.

#EDUCATE

25 young Mexicans participated in culinary education activities with chefs working with *La Tablee des Chefs*.

Tablée des Chefs in France in 2018

#FEED

In France, the food recovery program linked 20 donor institutions and more than 100 food aid associations that benefited from food donations. In total, more than 9,000 portions were recovered and redistributed to those in need this year.

For the equivalent of our community kitchens in Quebec, 140 employees from 3 companies mobilized to cook meals for food aid.

In March 2018, the Culinary Schools' Week (6th edition in France) mobilized 450 students from 12 schools.

#EDUCATE

120 culinary workshops were given in 2018. Nearly 450 young people were directly involved in the culinary education programs, whether through culinary workshops in 12 *Maisons d'enfants à caractère social* (MECS) or through the Kitchen Brigades program, offered at six colleges.

Other key events:

- *La Tablee des Chefs* is now present in 20 regions in France.
- More than 200 volunteers took part in the organization's various activities: chefs, cooks, pastry chefs and private individuals.
- The third edition of La Grande Tablee Paris brought together 215 guests, 60 volunteers and more than 50 corporate partners to raise funds dedicated to supporting the organization's mission.
- The official spokesperson for *La Tablee* has been named: Guillaume Gomez, Executive Chef of the *Élysée*.

Coming in 2019

YOUTH INVOLVEMENT IN À TABLE!

The next edition of À TABLE! will present a portrait of our regions through the young participants in the Kitchen Brigades program. The 17 regions of Quebec will be represented in this project using locally available products. Follow À TABLE! on social networks, starting in May 2019, to learn more!

OPENING OF THE QUEBEC CITY COOKING SCHOOL

We are pleased to announce the opening of our third socially conscious Cooking School, in Quebec City! This school will be part of the social economy component of *La Tablée des Chefs* in order to generate self-sustaining revenues for the organization's programs, through culinary activities for businesses and the general public, and to mobilize the region's population for this cause.

GRANDE TABLÉE IN TORONTO

The deployment of the Kitchen Brigades and Food Recovery programs in the rest of Canada has led *La Tablée des Chefs* to hold its annual fundraising event in Toronto. In the fall of 2019, we will offer a unique gastronomic experience in this beautiful region.

We look forward to welcoming you there!

Thanks to our generous partners and donors

We would like to give special mention to our starred chefs, executive chefs and restaurant chefs for their generosity and commitment to our organization.



STARRED CHEFS

Gouvernement du Québec	Saputo
Sobey's/IGA	SAQ
Secrétariat à la Jeunesse	Olymel
La Fondation McConnell	Le Creuset
Fondation Marcelle et Jean Coutu	Hellmann's
Ricardo Média	DEL

EXECUTIVE CHEFS

Fondation Groupe AGF	Fondation Jeunesse Vie
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HEAD CHEFS

Ashoka Canada	Fondation RBC
Banque Nationale	Groupe Germain Hôtels
Breville	Groupe Jean Coutu
Catelli	Lassonde
Fairmont Le Château Frontenac	L'œuvre Léger
Fédération des transporteurs par autobus	L'Union des producteurs agricoles
Fondation Air Canada	Marché Public 440
Fondation des Canadiens de Montréal	Première Moisson
Fondation J. Armand Bombardier	Stefano Faita et Michele Forgione
Fondation La Capitale Groupe Financier	TACT Intelligence-conseil
Girardin Bluebird	Tilton

A huge thank you to all our partners, suppliers, donors, volunteers and people involved with our organization. Thanks to you, *La Tablee des Chefs* is not only able to achieve its objectives, but also to exceed them and aim further!

Thanks also to the VIP partners of La Grande Tablee de Montréal et Québec and to all the sponsors.

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