

PROGRAM SCHEDULE:

WEEK ONE

Introduction & Eating 101

WEEK TWO

Hydration & Sugar

WEEK THREE

Portions & Balanced Plate

WEEK FOUR

Label Reading

WEEK FIVE

Macronutrients

WEEK SIX

Grocery Store

WEEK SEVEN

Eating Out

WEEK EIGHT

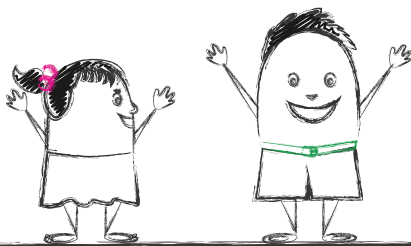
Recipe Re-Do

WEEK NINE

Meal & Snack Map

WEEK TEN

Celebration



FREE TO REGISTER

All cooking skill levels welcome. Groups are led by facilitators trained and certified by BC Centre for Disease Control. This program is appropriate for youth aged 13 -19 who want to make nutritious and delicious meals for themselves and their family.

Teen2Chef
food skills program

Teen2Chef
food skills program

JOIN US!

**FREE 10 WEEK
COOKING PROGRAM**

**Taste new foods
Improve cooking skills
Learn about nutrition**



FOOD SKILLS FOR FAMILIES

BUILDING HEALTHIER COMMUNITIES BY

CONNECTING people in the kitchen.

TEACHING hands-on cooking skills.

MAKING HEALTHY EATING easy, quick and fun.



COME COOK WITH US

- Cook simple, delicious meals
- Learn to read nutrition labels
- Tour your local grocery store
- Connect with others in your community
- Learn all about fibre
- Find out how much sugar is in your favourite beverage
- Get tips on how to drink more water
- Discover ways to season food without adding salt

Teen2Chef

food skills program

- Learn to adapt recipes
- Make restaurant favorites at home including Caesar salad, pizza and burgers
- Learn how to compare foods to find healthier choices
- Plan meals and learn how to shop smart at the grocery store
- Learn how to cook with seasonal vegetables and fruits

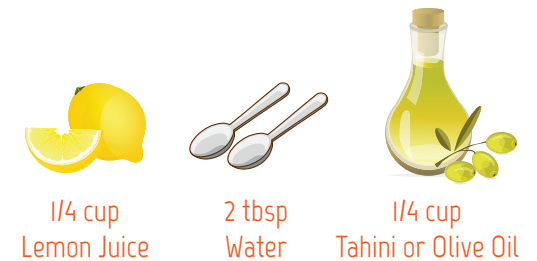


COOK NEW RECIPES

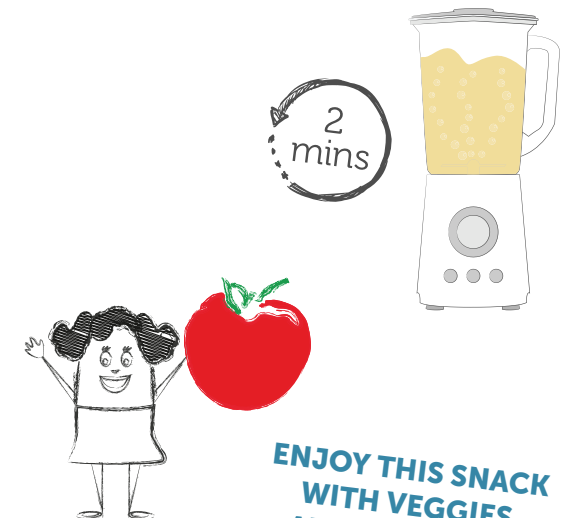
- Wraps & Veggies with Dip
- Zucchini Pasta
- Meat Sauce
- Lentil Beef Burgers & Slaw
- Pumpkin Zucchini Muffins
- Smoothie Bowls
- Tortilla Pizzas
- Burrito Bowls
- Caesar Salad
- Chewy Seed Granola Bars
- Energy Bites

HOMEMADE HUMMUS

YOU WILL NEED:



BLEND UNTIL SMOOTH:



ENJOY THIS SNACK WITH VEGGIES AND PITA CHIPS