The Introduction - Pilot Requirements
Food Skills for Families

Facility Requirements

Uninterrupted Space (3 hours)
Session requires space for approximately three hours. This allows time to set up tables, prepare ingredients, and set up tech equipment if delivering the pilot virtually. Dedicated space is required to minimize interruptions.

Space to Cook
Adequate kitchen space with enough room and countertops to prepare the recipe and to set up all required tech equipment.

Equipped Kitchen
Appliances, equipment and tools, in good working order, to complete the session recipe. Equipment etc. is dependent on agenda and recipe being used.

Participant Requirements

Registration of 6-16 Participants
- A minimum of six participants is suggested to help create fruitful discussions that lead to a more enriched learning experience for all participants.
- A maximum of sixteen participants is recommended to help the group stay focused on the activity at hand.

Ability to Meet Participant Age Requirements
All participants are adults (ages 19 and over) unless the following criteria is met.

- Minors aged 13-18 are allowed to participate if a parent or legal guardian is participating with them or;
- Minors aged 13-18 are allowed to participate unaccompanied if the Facilitator is a staff member of the organization hosting the program and the organization has satisfied all the requirements outlined in the *BCCDC Youth Guidelines* document.

Tech Equipment for Virtual Delivery Requirements

Please ensure to check, and test, all the necessary equipment before starting the session.

Laptop or Computer

Webcam and Microphone
This may or may not be built in to your laptop or computer, check beforehand.

Extension Cord(s)

Internet Connection
Reliable and stable high-speed internet connection is ideal. If high-speed internet connection is not available, please consider the in-person format.

Video Conferencing Platform (i.e. Paid ZOOM Account)
Platform used must be able to accommodate a session time 60 minutes.
Note: Free ZOOM accounts have a 40-minute time limit that is not suitable for this session.