Virtual Session Requirements
Food Skills for Families

Tech Equipment Requirements

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

❑ **Lap top or Computer**

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

❑ **Extension Cord(s)**

❑ **Video Conferencing Platform (i.e. Paid ZOOM Account)**

Platform used must be able to accommodate a session time of 45 – 60 minutes.

Note: Free ZOOM accounts have a 45-minute time limit that is not suitable for this session.

Facility Requirements

❑ **Uninterrupted Space (3 hours)**
Session requires space for roughly three hours. This allows time to set up tables and computer, test microphone, video and ensure lighting is adequate, prepare ingredients, run the session and clean up when done. Dedicated space is required to minimize interruptions and prevent background noise.

❑ **Internet Connection**
Reliable and stable high-speed internet connection.

❑ **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**

Required equipment to complete the session recipe. Equipment is dependent on agenda being used.

Participant Requirements

❑ **Ability to Reach Priority Populations**
The Host organization must be a community-based organization able to reach at least one of the five priority groups; Indigenous, Punjabi, newcomer, lower income or seniors.

❑ **Registration of 7-16 Participants**

❑ **The session is designed for 8-16 participants and should not run until at least 7 participants are registered.**
Ability to Meet Participant Age Requirements
All participants must be 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.