

## **YOUTH CULINARY PROGRAM** **REQUEST FOR PROPOSALS OVERVIEW**

### **Objective:**

As the CETC's core mandate is to provide education and training, it is an excellent accompaniment for a youth culinary program to be developed at the Centre.

The objective of the Youth Culinary Program is to develop healthy children by teaching healthy nutrition habits.

### **How:**

Getting children excited about learning the full cycle of how food is sourced from planting, growing, and harvesting; to sourcing food locally and from abroad. Food preparation and cooking healthy food options will be hands-on for the children working with local professional chefs.

The CETC will provide the on-site full commercial kitchen that is available for culinary training programs. The program would be structured to bring local youth to the facility and utilize the available amenities including audio-visual and video-conferencing technology along with local culinary professionals.

### **Program:**

Grades 1-3 Primary Program (April to June)

Grades 4-6 Intermediate Program (September to November)

Lessons will be one and a half hours in length and will run once a week. There will be 12 children per class.

For the three month duration of the course the chef and/or instructor meets with the children to engage in games, lessons and activities focusing on the food chain and the value of sourcing local foods while discussing urban agriculture, sustainability and nutrition. There will be two field trips arranged including a visit to a local farm and to a local grocery store, and if scheduling time permits to the local farmers market and community garden.

Varieties of fruits and vegetables will be presented during the program, including everyday foods that are grown locally and worldwide and foods that are specific to certain regions in the world. This will provide the children with the understanding of food cultures from around the world by different growing regions and climates and how to integrate these foods sustainably into our diets.

The students will utilize locally sourced food and chefs will teach them how to cook delicious healthy meals with what they have sourced from producers or grocers. The primary program will start a small indoor herb planter and take it home at the end of the program to continue growing the fresh herbs and share with their family. This will provide the children the experience to care for their own food source and understand the simplicity of how food can be self-sustaining.

The intermediate program will learn the basics of how to develop a meal recipe and will take home their own created recipe and sourced ingredients to prepare the meal at home with some assistance from their parents. This experience will teach the basics of what is involved in preparing a daily meal for the family and what planning decisions should be included such as the amounts of food and nutritional variety.

**Program Budget:**

Through the program budget there will be no charge for the youth participating in the program, all costs for the course and materials costs will be covered through the below outlined budget.

The program is estimated to be at a cost of \$5,000:

Develop and Deliver Program Curriculum:	\$2,600
Bussing for Field Trips	\$1,400
Supplies for Cooking	<u>\$1,000</u>
	<b>\$5,000</b>

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The Clean Energy Technology Centre will be providing the on-site commercial kitchen for use of the program along with a classroom area. The kitchen includes small wares and equipment. The kitchen is not stocked with food supplies and multiple sets of measuring utensils or pans.

Deadline for applications to be submitted is by 4:30pm on Friday, March 24, 2017. Applications can be emailed to [admin@draytonvalley.ca](mailto:admin@draytonvalley.ca) or hand-delivered to the CETC at 5400 – 24<sup>th</sup> Avenue, Drayton Valley.