

# YOU'RE THE CHEF

## Estimated Recipe Costs

Recipes	Base Cost	Recipe x2	Recipe x3	Recipe x4
Ground up frog smoothie	\$20	---	---	\$25
Moroccan couscous	\$20	+ \$10	+ \$10	\$45
Polenta with black bean salsa	\$20	+ \$10	+ \$10	\$45
Zesty bulgar and lentil salad	\$25	+ \$10	+ \$10	\$50
Blueberry grunt	\$25	+ \$10	+ \$10	\$50
Chickpea and cauliflower curry	\$25	+ \$10	+ \$10	\$65
Veggie pita and hummus	\$30	+ \$10	+ \$10	\$70
Vegetable fried rice	\$30	+ \$10	+ \$10	\$55
Minestrone soup	\$30	+ \$10	+ \$10	\$60
Greek salad	\$30	+ \$12	+ \$12	\$65
Every day omelette	\$30	+ \$15	+ \$15	\$65
Southwest quesadilla	\$30	+ \$15	+ \$15	\$65
Super fruity pancakes	\$35	+ \$10	+ \$10	\$65
Tex Mex black bean salad	\$30	+ \$15	+ \$15	\$70
Fan favourite meatless chili	\$30	+ \$15	+ \$15	\$70

\*All prices are approximate

Scenario	Cost
Average price per recipe (priced for 1-4 groups)	\$30 - \$60
Price for school to offer 4 recipes over 4 week program (avg price x 4)	\$120 - 240
Price for school to offer 6 recipes over six week program (avg price x 6)	\$180 - \$360

Average cost of one recipe based on # of participants	
# participants	Average Cost
4 or less	\$30
5-8	\$40-45
9-12	\$50-60
13-16	\$60-75
<b>Multiply by # of weeks to get cost for the entire program</b>	