

You're the Chef (YTC) Recipe Selection Criteria

YTC recipes have been carefully selected to expose students to vegetables and fruits, increase food skills, increase affordability and accessibility, and to minimize risk to foodborne illness.

Selection of new or alternative recipes should follow these criteria.

YTC recipes should include:

- A variety of vegetables and fruit. These can be fresh, frozen, or canned vegetables or fruit.
- Plant-based protein choices and/or eggs.
- Opportunities for skill development.
- Use food preparation and cooking skills appropriate for students' ages and abilities (e.g. chopping, slicing, stirring, blending, etc.).
- Recipes that can be prepared by most youth aged 10 and up.
- Minimal kitchen equipment.
- Common, accessible, low-cost ingredients available at a range of food outlets (e.g. grocery stores, convenience, charitable organizations, etc.).
- Recipes that can be prepared in less than one hour.

Select recipes that align with additional recommendations from [Canada's Food Guide to Healthy Eating](#) including:

- Select whole grains and as much as possible.
- Limit highly processed foods that contain excess sodium, sugars, or saturated fat.
- Include culturally diverse options.
- Incorporate sustainable food practices like eating more plant-based foods, reducing food waste, and shopping locally and seasonally when possible.

Select recipes that can be prepared following [food safety best-practices](#).

YTC recipes should not include:

- Meat, poultry, or fish.
- Peanuts and nut products due to allergy risk.
- Other allergens that are unique to the participating group or school in which cooking sessions are being held.



You're the Chef (YTC) Recipe Selection Criteria

Add your recipe below:



YOU'RE THE CHEF



Adapted with permission from Niagara Region Public Health, 2018