



# Rooks To Cooks School Programs

## YOUR STUDENT'S RECIPE FOR SUCCESS

Are your students hungry for fun?  
Perhaps you'd like to spice up your after school programming with  
an innovative and hands-on cooking program?

Look no further, Rooks to Cooks has just the program for you. Founded by Shai Mandel, chef and Ontario Certified Teacher (OCT), Rooks to Cooks is dedicated to teaching food literacy and hands-on cooking while integrating and supporting various curriculum expectations for nearly all subjects for grades JK - 12. Chef Shai's student-centred workshops emphasize empowerment, healthy eating, and fun. All programs are carefully designed to offer students real-world applications for reading and writing, math, health, science and social studies. Our programs are your student's recipe for success!

Don't miss out and book yours today.  
For more information visit: [www.rookstocooks.ca](http://www.rookstocooks.ca)





# SCHOOL WORKSHOP OFFERINGS

Bring the kitchen to your classroom with one of our innovative and hands-on school workshops.

Our workshops have been carefully designed to offer students real-world applications for reading and writing, math, health, science and social studies. From JK – grade 12, our workshops are your students' recipe for success. Spice up your unit with one of our workshops today!

## OVERVIEW OF SERVICE:

### ROOKS TO COOKS WILL SUPPLY:

- ✓ 2+ highly experienced chef instructors
- ✓ All handouts & recipes
- ✓ All necessary equipment
- ✓ All necessary ingredients
- ✓ Chef coats & aprons for all participating students to use
- ✓ Take-home containers

### CLASS STRUCTURE:

Class size min. 20 and max. 30 students

### WORKSHOP DURATION:

1 hour – 1.5 hours

### SET UP AND CLEAN DOWN:

We will require access to the space a minimum of 1 hour prior to the start of the first workshop, and 1 hour preceding the last workshop to set up and clean down from the day.

*\*Travel fees may apply outside of GTA*

### SCHOOL WILL SUPPLY:

- ⊕ 3 volunteers/assistants per workshop
- ⊕ Classroom or gym space with access to a sink
- ⊕ Table tops
- ⊕ Garbage & green bin
- ⊕ Broom & mop



## IN-CLASS WORKSHOP OFFERINGS:

### **ENERGIZING ENERGY BITES** (1-1.5 hours)

Through the preparation of 2 flavours of protein energy bites; divine chocolate and luxurious vanilla, students will learn to think of food as energy that powers our bodies and enables us to grow and function properly.

### **FRESH PASTA** (1-1.5 hours)

Through the preparation of fresh pasta dough, students will learn how to shape pasta by hand, the history of fresh pasta and the science behind gluten development.

### **VINAIGRETTE VISIONARY** (1-1.5 hours)

Students will learn about liquid forms of measurements and use fractions and tools to write and execute their very own vinaigrette recipe.

### **HOLY GUACAMOLE** (1-1.5 hours)

While preparing fresh and nutritious guacamole, students will learn how to build healthy and sustaining meals and how to correctly fuel our bodies.

### **CUCUMBER SUSHI** (1-1.5 hours)

Students will learn all the tricks of the trade on how to make sushi as well as master knife skills safely.

### **FOOD AS FUEL WORKSHOP**

In this extremely popular workshop, students will learn how to view food as fuel for their bodies and apply this newfound knowledge to build healthy and sustaining meals independently.

*Option a. Kale Caesar Wraps (1.5 hrs, grades 1 to 6)*

*Option b. Black Bean Burger (2.5 hrs, grades 7 to 12)*



# ENERGIZING ENERGY BITES (1 hour 15 minutes)

Inspired by our very popular half-day Food as Fuel session, our Energizing Energy Bites workshop is ideal to supplement either your health and nutrition or measurement unit.

We help students gain hands-on skills and knowledge on how to effectively fuel our lives! Students will learn to think of food as energy that powers our bodies and enables us to grow and function properly

## WORKSHOP STRUCTURE:

1. Our chefs begin the workshop with a brief lesson on the 3 macronutrients (carbohydrates, proteins and fats) and how they differ in terms of energizing our bodies;
2. From there, students will learn to measure by preparing their energy bite mise en place as directed by the instructors;
3. Next, our chefs will demonstrate how to mix their energy bite dough, assemble their bites and conduct a taste test;
4. Students return to their stations and execute their energy bites;
5. The workshop will conclude with a summary of the lessons learned and a discussion on how they can use the information to brainstorm more snack ideas that they can prepare independently at home.
6. Conclusion: each student will leave the workshop with 6-8 delicious and nutritious energy bites in a take-home container and our energy bites recipe to share with their family.



## GRADE LEVEL :

JK - Grade 4

## CURRICULUM TIES :

Health and Phys Ed: Healthy living

Language: Listening to understand; forms; active listening strategies; procedural writing

## COST:

Number of Workshops:	4	3	2	1
Price / Student (excluding tax):	\$20	\$25	\$30	\$35

Call us at (833) 243-3862 or email us at [info@rookstocooks.ca](mailto:info@rookstocooks.ca) to book today!



## VINAIGRETTE VISIONARY (1 hour)

Students will learn the how's, why's and secrets to creating the perfect vinaigrette. Our chef instructors provide a lesson on vinaigrettes and the science behind emulsification - the process of combining two molecules together through the use of friction. We explain the difference between a permanent and temporary emulsification and how to accomplish both types.

### WORKSHOP STRUCTURE:

1. Students learn about liquid forms of measurements and use fractions and tools to measure out their vinaigrette ingredients;
2. Our chefs provide a brief lesson, which includes a demonstration and tasting exercise showing a comparison of taste versus flavour;
3. Students will use a pantry of herbs to develop their own "specialty" vinaigrette recipe which they will prepare, bottle up, label, and take home to share with the family.

4. **Conclusion:** each student will leave the workshop with their vinaigrette, handwritten recipe and our vinaigrette visionary worksheet for future creations.

**GRADE LEVEL:** JK - Grade 8

### CURRICULUM TIES:

*Math:* Number sense and numeration; measurement

*Science & Technology:* Understanding structures and mechanisms; understanding matter and energy

*Language:* Listening to understand; forms; active listening strategies; procedural writing

*Health and Phys Ed:* Healthy living

### COST:

Number of Workshops:	4	3	2	1
Price / Student (excluding tax):	\$20	\$25	\$30	\$35

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## HOLY GUACAMOLE! (1 – 1.5 hour)

Inspired by our very popular half-day Food as Fuel session, Holy Guacamole is the perfect workshop to supplement your health and nutrition unit. While preparing fresh and nutritious guacamole, students will learn how to build healthy and sustaining meals and how to correctly fuel our bodies.

### WORKSHOP STRUCTURE:

1. We begin with a 15-minute theory lesson on the three macronutrients; how they differ in terms of digestion and how to categorize our food to help us fuel our bodies;
2. Our chefs demonstrate how to work with knives safely and how to process the vegetables and ingredients for the guacamole;
3. Students return to their stations to prepare their mise en place and execute their recipe as per the demonstration;
4. Following the guacamole preparations, our chefs will conduct an end of workshop huddle. The class will summarize their findings and use what they've learned to work together to brainstorm more snack ideas that they can prepare independently at home.
5. **Conclusion:** each student will leave the workshop with 250ml of fresh-made guacamole, a portion of tortilla chips, our Holy Guacamole

worksheet with recipes, and the knowledge and skills to independently build healthy and sustaining meals with their family!

**GRADE LEVEL:** Grade 3 - 10

### CURRICULUM TIES:

*Health and Phys Ed:* Healthy living

*Language:* Listening to understand; forms; active listening strategies; procedural writing

### COST:

Number of Workshops:	4	3	2	1
Price / Student (excluding tax):	\$20	\$25	\$30	\$35

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# CUCUMBER SUSHI WORKSHOP (1 – 1.5 hours)

In this workshop, students will learn all the tricks of the trade on how to make sushi. Our chefs will begin with a demonstration on safety and knife skills and work through the sushi-making process with the participants.

## WORKSHOP STRUCTURE:

1. Under the guidance and supervision of our instructors, students will learn various knife cuts, but most importantly, the julienne cut;
2. Students will work at their stations and practice their knife skills as they julienne their cucumbers;
3. Students proceed into the maki making component of the workshop. They will learn the difference between short, medium and long grain rice and how to wash and prepare the sushi rice using ancient Japanese techniques;
4. Students are taught the different types of sushi, and how to assemble, roll and cut their very own cucumber maki. They return to their stations and execute 2 cucumber maki rolls.
5. **Conclusion:** following this workshop, each student will leave with 2 full-size cucumber maki rolls in a takehome container, our sushi rice recipe card and the knowledge to rock and roll their own sushi at home!

**GRADE LEVEL:** Grade 2 - 12

## CURRICULUM TIES:

*Health and Phys Ed:* Healthy living

*Language:* Listening to understand; forms; active listening strategies; procedural writing

## COST:

Number of Workshops:	4	3	2	1
Price / Student (excluding tax):	\$20	\$25	\$30	\$35

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# FOOD AS FUEL WORKSHOP

In this extremely popular workshop, students will learn how to view food as fuel for their bodies and apply this newfound knowledge to build healthy and sustaining meals independently.

## WORKSHOP STRUCTURE:

1. We begin with our Food as Fuel powerpoint presentation where students learn about the concept of food as fuel, the three macronutrients and their differences in terms of energy potential and speed of digestion, how to assess the satiety of meals, and how to build healthy and sustaining meals;
2. From there we proceed to the hands-on component of the workshop where, under the supervision and guidance of our chef instructors, students will learn applicable knife skills and pan work to prepare either our kale caesar wraps with homemade dressing or our famous black bean corn burgers, inclusive of a fanned avocado and homemade chipotle aioli!
3. **Conclusion:** following the workshop each student will leave with their food in take-home containers, our Food as Fuel handout, the recipe for each dish and the knowledge and skill to prepare healthy and sustaining meals at home.

## GRADE LEVEL:

option a. grade 1 - 6;  
option b. grade 7-12

## CURRICULUM TIES:

*Health and Phys Ed:* Healthy living

*Language:* Listening to understand; forms; active listening strategies; procedural writing

## COST:

Cost for a: Same as above workshops  
Cost for b: 1 workshop \$60 or 2 workshops \$50

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# AFTER SCHOOL PROGRAMS

## AFTER SCHOOL PROGRAM OVERVIEW

Building upon our successful full day cooking classes, Rooks to Cooks is pleased to offer our new after school programming. Learning to cook is a valuable skill and our experienced chefs are dedicated to sharing their knowledge and passion with our students. We aim to equip today's youth with integral life and cooking skills by offering unique, hands-on classes that exceed the expectations of our students and their families. Innovative, student-centered lessons focus on each child's unique learning goals and skill levels. Our programming enables more students to experience the joys and benefits of learning to cook with the added convenience and flexibility of after school scheduling.

Educational, nutrition-focused and hands-on! All our classes explore themes of healthy eating, teach food literacy and emphasize safe kitchen practices. The new Canada's Food Guide was considered during the selection of all menu items and consulted while building our lesson plans and program curriculum.





## AFTER SCHOOL PROGRAM STRUCTURE

**DURATION:** Programs are designed for a 13-week school term but can be customized to fit specific school terms. Classes are between 1 and 1.5 hours in length.

**STAFFING:** We deploy 2+ highly experienced chef instructors to your school to execute the program of your choice. We ensure a 1:6 staff-to-student ratio, for optimal safety and education.

**DEMONSTRATIONS:** Chef's cooking demo precedes the hands-on component. Coupled with the recipe booklets, this method of instruction provides the most inclusive learning style and is extremely efficient when teaching youth new cooking skills.

**STUDENT PRACTICE:** Following the demonstration, students pair up to execute the dish. Chefs supervise and provide assistance to children at all times.

**WRAP-UP:** Once the recipes have been completed, each chef-in-the-making will pack up their take home samples to share with their family. Students assist in cleaning the space.

## AFTER SCHOOL PROGRAM OFFERINGS:

### CUTTING EDGE CHEFS (1 hour)

Menu Sneak Peek: Sweet Potato Black Bean Quesadilla with a Lime Zested Sour Cream / Teriyaki Turkey Lettuce Wraps

### SWEET & SAVOURY SNACKS (1 hour)

Menu Sneak Peek: Black bean sliders with a chipotle greek yogurt aioli / Sweet and savoury toast - bananas foster and avocado with fried egg

### AROUND THE WORLD (1.5 hours)

Menu Sneak Peek: Scallion Pancakes & Homemade Kimchi (Korea) / Jiaozi Dumpling with a with a Toasted Sesame Cucumber salad (China)

### COZY COMFORTS (1.5 hours)

Menu Sneak Peek: Apple and Cheddar Panini with Roasted Tomato Soup / Chicken Cacciatore with Garlic Bread



## CUTTING EDGE CHEFS (1 – 1.5 hours)

Knives are the most important tool in any chef's kitchen! Mastering knife skills safely, confidently and efficiently is integral to any cook's path to safe and successful cooking at home. This belief inspired the creation of our newest and most innovative program yet - Cutting Edge Chefs! Whether your students are interested in mastering knife skills, eager to have fun, learn about nutrition or are just here to eat, Cutting Edge Chefs is the program for them.

**OVERVIEW:** Our goal is to equip students with integral knife skills, as well as educate our students on basic kitchen safety and how to maintain ideal nutritional practices. Students will become increasingly more confident and skilled in knife work by slicing and dicing their way through 13 delicious weeks!



### SPECIFIC TEACHING GOALS:

1. Exposure to foundational blade instruments, such as knives, microplanes, peelers and graters.
2. Learn specific skills, such as slicing, dicing, chopping and mincing, through daily demonstrations, hands-on practice and corrective guidance from our chef instructors.
3. Students prepare 20 non-cook recipes that emphasize knife work from start to finish.
4. Learn about Nutritional significance of each dish.

### MENU SNEAK PEEK:

- ▲ Fresh Spring Rolls with Ginger Garlic Dipping Sauce
- ▲ Teriyaki Turkey Lettuce Wraps
- ▲ Sweet Potato Black Bean Quesadilla with a Lime Zested Sour Cream
- ▲ Vegetarian Buddha Bowl with Ginger Tahini Drizzle

**RECOMMENDED AGE:** Grade 1 - 8

**MAX CLASS SIZE:** 16 students

**COST:** \$55.00/student/week

Call us at (833) 243-3862 or email us at [info@rookstocooks.ca](mailto:info@rookstocooks.ca) to book your program today!

## SWEET & SAVOURY SNACKS (1 hour)

Students will learn fundamental cooking techniques, proper knife skills and diverse cooking methods, as they prepare new sweet and savoury snacks each week! This course was developed to help youth of all ages build their independence and self-sufficiency, while teaching them to view food as fuel and how to take control of their personal nutrition. All the recipes are exceptionally balanced nutritionally and meant to inspire a lifelong appreciation and prioritization of one's health. Following their participation, not only will they have gained practical cooking and baking skills, they will also leave with a new mindset, passion for their personal nutrition and the skills to cook for themselves and their families. This course is perfect for budding chefs of all ages and skill levels looking to add to their recipe repertoire.

**OVERVIEW:** Our goal is to equip our students with both pastry and culinary skills and knowledge meant to help build their confidence in and out of the kitchen. Upon completion of our program, our Students will feel prepared to independently execute recipes at home and obtain the skills necessary to assist with dinner preparation and/or even make their own lunches.

### SPECIFIC TEACHING GOALS:

1. Learn foundational culinary and pastry skills and theory.
2. Exposure to a wide variety of tools and equipment.
3. Learn specific skills, such as slicing, dicing, chopping and mincing, through daily demonstrations, hands-on practice and corrective guidance from our chef instructors.
4. Learn about Nutritional significance of each dish.

### MENU SNEAK PEEK:

- ▲ Toasted sesame and cucumber salad with sautéed edamame beans
- ▲ Broccoli Fritters with a Chive and Garlic Sour Cream Dip
- ▲ Black bean sliders with chipotle aioli
- ▲ Sweet and savoury toast - bananas foster and avocado with fried egg

**RECOMMENDED AGE:** Grade 1 - 8

**MAX CLASS SIZE:** 16 students

**COST:** \$55.00/student/week

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## AROUND THE WORLD ROUND TRIP (1 – 1.5 hours)

Get ready for your inner chef to take flight with delicious recipes, hands-on cooking, and cultural exploration -- without leaving the classroom! Around the World is your student's one-way ticket to a culinary reawakening. This gastronomic adventure is sure to tingle those taste buds as students prepare a wide variety of savoury recipes from around the world! In each class, we will prepare new recipes that honour the food culture of the day.

**OVERVIEW:** Our goal is to equip students with integral life and cooking skills by exposing them to authentic dishes from around the world. We aim to open their minds to new foods and flavours so they may gain an appreciation for other cultures. Students will acquire the knowledge, experience and confidence to independently execute recipes at home!

### SPECIFIC TEACHING GOALS:

1. Proper knife skills
2. Foundational cooking methods
3. Entry level cooking techniques

### MENU SNEAK PEEK:

- 🇫🇷 France: Croque Monsieur Crêpes
- 🇰🇷 Korea: Scallion Pancakes & Homemade Kimchi
- 🇨🇳 China: Jiaozi Dumpling with a Toasted Sesame Cucumber salad
- 🇲🇽 Mexico: Black Bean Tacos with Purple Cabbage Slaw and Lime Crema

**RECOMMENDED AGE:** Grade 3 - 10

**MAX CLASS SIZE:** 16 students

**COST:** \$60.00/student/week

Call us at (833) 243-3862 or email us at [info@rookstocooks.ca](mailto:info@rookstocooks.ca) to book your program today!



## COZY COMFORTS (1 – 1.5 hours)

With temperatures dropping outside, we're heating things up in the kitchen with our newest and most delicious program yet, Cozy Comforts! Cozy Comforts is an intermediate cooking program built for passionate young cooks with a taste for cozy comfort foods. Whether it's soups, stews or bakes, Cozy Comforts is sure to tingle your child's taste buds and keep them warm this winter term.

In this program, students will learn all the foundational cooking skills and knowledge needed to work safely and proficiently in a kitchen, and gain a new mindset and passion for their personal nutrition.

**OVERVIEW:** Our goal is to equip students with integral life and cooking skills through the preparation of a wide variety of winter inspired dishes. We aim to open their minds to new foods and flavours, and inspire a lifelong passion for cooking. Students will acquire the knowledge, experience and confidence to independently execute recipes at home!

### SPECIFIC TEACHING GOALS:

1. Proper knife skills.
2. Foundational cooking methods.
3. Entry level cooking techniques.

### MENU SNEAK PEEK:

- Apple and Cheddar Panini with Roasted Tomato Soup
- Chicken Cacciatore with Garlic Bread
- Moroccan Chickpea and Lentil Stew with Zaatar Pita Chips
- Roasted Veggie Lasagna with Homemade Tomato Sauce

**RECOMMENDED AGE:** Grade 3 - 10

**MAX CLASS SIZE:** 16 students

**COST:** \$60.00/student/week

Call us at (833) 243-3862 or email us at [info@rookstocooks.ca](mailto:info@rookstocooks.ca) to book your program today!



# “BAKE SALE” VIRTUAL BAKING CLASS (School/Community)

Elevate your bake sale experience by having your students/participants join one of our professional chefs in their home kitchens to masterfully prepare your bake sale offerings!

Students/participants will benefit from this fun and educational experience and will also ensure that all baked goods are made under the supervision and tutelage of a certified chef. The Baking Class will also be a rich social experience where participants can interact with each other during the baking process and will be encouraged to show off their delectable creations.

A Virtual Baking Class runs for 1.5 hours and will be focused on preparing one “recipe experience”, encouraging students to get creative and add their own twist.

Rooks to cooks will provide a “Certified Rooks to Cooks Recipe” poster for your bake sale table.

**OVERVIEW:** Our goal is to equip students with integral life and cooking skills through the preparation of a wide variety of dishes. We aim to open their minds to new foods and flavours, and inspire a lifelong passion for cooking. Students will acquire the knowledge, experience and confidence to independently execute recipes at home!

## “RECIPE EXPERIENCES” OFFERED:

- ▲ Game of Scones
- ▲ Blondie Blast
- ▲ High Stakes Cupcakes
- ▲ First Class Cookies
- ▲ Boss Brownies

*\*dietary restrictions will be accommodated*

## CURRICULUM TIES:

Math: Measurements and recipe conversions

Science: Chemical reactions in baking

Health and Phys. Ed.: Healthy eating and ingredient substitutes

Baking techniques: Whisking, folding, working with temperatures

Life skills: Kitchen safety, kitchen hygiene, sanitation, proper food handling and storage, working cleanly and organised

## COST PER EXPERIENCE:

\$500 (excluding taxes)

\*Maximum 24 participants per class







# FREE SERVICES & COMMUNITY INITIATIVES

Educate your students on food literacy  
and culinary skills with Rooks to Cooks

## FREE FOOD SKILLS PROGRAMS – ONE WAY WE GIVE BACK

Food literacy among youth is in decline. We aim to change that fact by educating your students on personal nutrition and teaching them food literacy skills. We acknowledge that not all schools can accommodate a Rooks to Cooks after school program or a full scale culinary workshop. As such, we have decided to launch four FREE services that we hope will not only educate your students on food literacy but will also help inspire them to consider incorporating more cooking into their lives and take control of their personal nutrition.

### FREE SERVICES AND COMMUNITY INITIATIVES

- > Assembly and presentation
- > Pancake flip game
- > Silent auction donation
- > Volunteer
- > Employment

All services are well-suited for students from JK - Grade 12



## ASSEMBLY AND PRESENTATIONS (customised presentations)

In our customized assembly presentations, our educated and experienced chef and nutrition representative can talk to your student body about a variety of food related topics which include:

- Food and nutrition
- Food and the environment
- Food and agriculture
- Cooking and the development of character
- Taste vs. Flavour
- Career opportunities in the Hospitality Industry

This content is truly life changing and incredibly useful for students of all ages. The presentation can be tweaked to speak to audiences between 4 and 18 years of age, and can vary in length from 15 to 30 minutes.



## PANCAKE FLIP GAME

Established in 2015, our Pancake Flip Game is the perfect addition to any school Fun Fair or Community Event!

We will supply all the necessary materials such as the pans, pancakes, banners, table cloth, lollipop prizes and the chefs to run the game.

The object of the game is simple: Flip the pancake 5 times in a row to WIN the prize!

Prior to taking their turn, participants will be shown a brief demonstration by our chefs on how to flip pancakes in a pan and get 2 practice rounds before they start their one attempt. At the start of their turn, participants can opt in to attempting our "TOP FLIPPERS" challenge in which case the participant would flip the pancake as many times as possible without dropping or stopping in a row.

There is a first, second and third place prize and the top scores are tracked on a white board. At the end of the day, the top 3 flippers of the day are identified and awarded a first, second and 3rd grand prize.

Our beloved Pancake Flip Game is truly a fan favourite! It can be tweaked to accommodate your School Fair's system/structure, such as use of tickets or total free entry. This game is super fun for all ages. It is a low stakes and inviting way to introduce your school to the culinary world.

If you are interested in one or more of these Free Services, please contact us at [info@rookstocooks.ca](mailto:info@rookstocooks.ca)



## SILENT AUCTION DONATION

In the pursuit of helping your school reach your fundraising goals, Rooks to Cooks is open to donating a \$75.00 Gift Certificate free of charge to include in any upcoming fundraising events such as a Silent Auction or Raffle Prize.

In return for this donation, we hope your school will assist us in spreading the word about our summer camp program. We will supply you with poster cards and posters to distribute among your student body, and put up on your community bulletin board.

If you are interested in one or more of these Free Services, please contact us at [info@rookstocooks.ca](mailto:info@rookstocooks.ca)





# VOLUNTEER

Are your students looking to gain valuable leadership and team-building skills this summer? Rooks to Cooks is recruiting Summer Camp Assistant Volunteers to work at various Cooking Camp locations in the GTA! Each year we rely on the valuable help of our volunteers to provide a fun and enjoyable experience for our campers. Our volunteers will work alongside the kitchen assistant and counsellor to gain valuable skills and experiences related to the culinary, childcare, and education industries.

- We will provide Volunteer Hours Letter / or Work Reference (if required)
- Free lunches
- Learn to work as part of a team
- Make new friends
- Boost your self-confidence
- Develop valuable communication skills and problem-solving skills
- Work with and learn from industry professionals
- Obtain experience if interested in a career in youth work, coaching, teaching, child care, or culinary arts
- Volunteering is rewarding and feels good!

*\*Student volunteers must be at least 14 years old.*



# EMPLOYMENT

Rooks to Cooks is currently in the process of recruiting staff for next summer, and I wanted to inform you of a new position that is being added this year – JR Kitchen Assistant. This position was created to help individuals gain experience in the culinary field and working with children.

The JR Kitchen Assistant position is a part time paid kitchen assistant role that can help set you up for a future full-time kitchen assistant position. Below are details regarding the position.

- Hours: 12:30pm – 5:30pm Monday – Friday, extending on Fridays until 8:30pm
- Minimum of 4 consecutive week commitment (either July or August), option to work the whole summer is also available

## **Responsibilities:**

- Manage and organize inventory of food and supplies
- Conduct mise en place preparation for campers
- Monitor and help execute the cooking processes of daily recipes
- Execute and maintain the cleanliness of the camp space
- Wash dishes and take the garbage out
- Support camp counsellors with break time activities, games, and exercises  
Help supervise and support campers
- Assist with the preparation and cleaning of the Friday night pop-up restaurants





## TESTIMONIALS

"Working with Rooks to Cooks was a truly collaborative process. Together we designed and built a highly effective and enjoyable experience founded upon student learning. Chef Shai's care and concern for the student experience to be at the forefront of all planning meant we held a highly engaging workshop that was truly experiential learning. The results were that students now know more food skills, have a deeper understanding of food nutrition principles and have experience that gives them the confidence to continue creating nutritious and delicious meals."

**Garth Nichols,**  
*Vice Principal of Havergal College*

"Rooks to Cooks came to our school to run a program for all of our Kindergarten classes, teaching them how to make their own pasta. The students enjoyed getting their very own dough and using the pasta machine to create fettuccine. The staff were so helpful and patient with our students. The students were then sent home with the pasta and instructions on how to cook it with their families that night. What a great way for students to learn how to be involved in the kitchen with their families!"

**Jennifer Sharma,**  
*Kindergarten teacher Beckett Farm Public School*

"We had Chef Shai and her team plan and run a tailor-made program based on our school schedule, and being mindful of our pedagogical requirements- no small feat. Not only were the supporting teachers blown away by her safety priorities, class management and engaging personality, the students were actively engaged in learning the theory and cooking skills taught as they participated in teams to make a beautiful, nutritious and delicious meal! A wonderful and appetizing experience."

**Tamara Curtis,**  
*Health & Physical Education / Guidance at Havergal College*

"The day was just fantastic! Wish I could have been relieved from teaching all day to help them out and make more sushi!"

**Sarah Empey,**  
*Teacher at John A Leslie Public School*

"Bannockburn School was lucky enough to have Rooks to Cooks provide extracurricular cooking classes for two years as part of our after-school programming. Our experience with Chef Shai, her staff and the program were amazing! The program theme, which changed each term, showed a clear understanding of children's needs and was respectful of children's abilities to learn to cook real food in the kitchen. The students were taught essential skills, such as knife safety, an appreciation for eating healthy foods, how to safely navigate a kitchen and how to handle food. The food made each week, through multiple programs, was high quality and simply delicious! Chef Shai selects staff who are positive individuals with a passion for food and educating children, which makes each class a fantastic experience for the students. Additionally, the staff were extremely respectful while using the space provided by Bannockburn and always ensured that the environment was left clean and in good condition at the end of each class. Overall, our experience with Rooks to Cooks was fabulous and our students often talk about their cooking classes and the food they learned to make! We would highly recommend this program for other schools or parents looking for a fun, educational and delicious program for their children!"

**Jacqueline Richman,**  
*Director of Advancement and Community Relations,  
Bannockburn School*

"As a Grade 7 and 8 teacher, I was looking for a unique experience to supplement the intermediate Health curriculum. I knew I wanted the experience to be both educational and hands on. What made Rooks to Cooks stand out against the other organizations I came across was the fact that Chef Shai, who founded the cooking school, is also a teacher. This experience comes through in the structure of the workshops. The planning could not have been easier. After a few email exchanges, things were set up and we were ready to go. Chef Shai is excellent to work with. She was friendly, well-prepared, but most importantly she was accommodating. Students and staff alike were left impressed with the set up and the detail that went into this one-day workshop."

**L. Grappone,**  
*Grade 7 & 8 teacher at  
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