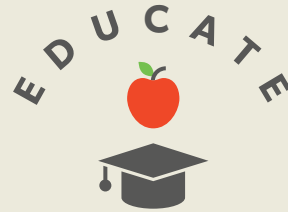




**Annual Menu 2019**

# La Tablée des Chefs



## MISSION AND VALUES

La Tablée des Chefs is a charitable organization whose mission is to feed people in need and to develop culinary education for young people.

The values guiding our programs, activities, decisions and daily endeavours are:

**empathy**  
**sharing**  
**respect**  
**passion**  
**determination**



## IMPACT SINCE ITS FOUNDATION IN 2002

Since its founding in 2002, more than 34,000 young people have benefited from culinary training in high schools and youth centres, and more than 4 million portions have been redistributed to people in need.

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## COMING IN 2020

## OUR VITAL PARTNERS

## A word from the Executive Director and Founder of La Tablée des Chefs

Another year has come to a close; a year of many successes and great achievements among young people of Quebec and from across the country. Since the very start, we have been driven by passion and a thirst for accelerating a type of social change for which we have chosen to be leaders. You all motivate us tremendously, and it is with great humility and conviction that we welcome the message you have conveyed to us through your support and involvement. For this reason, we are confident that we are taking the right actions to make a significant difference in the lives of those we want to reach!

We wish to see even more chefs and cooks getting involved, recovering their food surpluses and participating in our charitable activities. We also hope that as many young people as possible become involved in Quebec kitchens, taking part in our food revolution and, in turn, becoming agents of change in their circles and families!

We will always be out building engagement among the chef and cook community, but also among all the partners, workers and volunteers it takes for them to get the most out of their experience. Everyone is involved in building an engaged food culture!

To make a real difference, everyone must be part of the recipe.

Tastefully,



**Jean-François Archambault**  
Executive Director and Founder

## A word from the spokesperson for La Tablée des Chefs

Just as the RICARDO Media's mission is to promote the importance of cooking and eating together, so is La Tablée des Chefs' to educate future generations by helping them develop their food autonomy.

As a spokesperson for La Tablée des Chefs, I have been privileged to witness young people being guided and nurtured through learning the basics of cooking and healthy eating. Over the years I have seen many smiles light up the faces of these young people when they are proud of their achievements. But the most beautiful thing I have seen is that by getting involved, learning basic techniques and sharing their culinary knowledge, young people discover around the table that they can not only satisfy their hunger, they can also actually help to change the world.

That is why I have pledged to make culinary education for young people my main focus for years to come.

Many thanks for supporting this cause!



**Ricardo**

Spokesperson for *La Tablée des Chefs*

# Members of the Board of Directors

## PRESIDENT

### **Mario Gagnon**

Retired, Executive Director of  
the École hôtelière de Laval

## VICE-PRESIDENT

### **Daniel Bernier**

Partner, Earncliffe Strategy Group

## TREASURER

### **Martin Leblanc CPA, CGA, M. Fisc.**

Taxation, Deloitte LLP / s.e.n.c.r.l.

## SECRETARY

### **Renée Bénard**

Director, Business Development

## ADMINISTRATORS

### **Jean-François Archambault**

Executive Director and Founder  
La Tablée des Chefs

### **Jean-François Beaulieu, CFA**

Portfolio Manager  
Coerente Capital Management

### **Robert Trudeau**

Sr. Director, Corporate Sales and  
Business Development  
Air Canada

### **Geneviève Lafitte, avocate, CPA, CGA, M. Fisc.**

Financial Director  
Investicap

### **Geneviève Paquette**

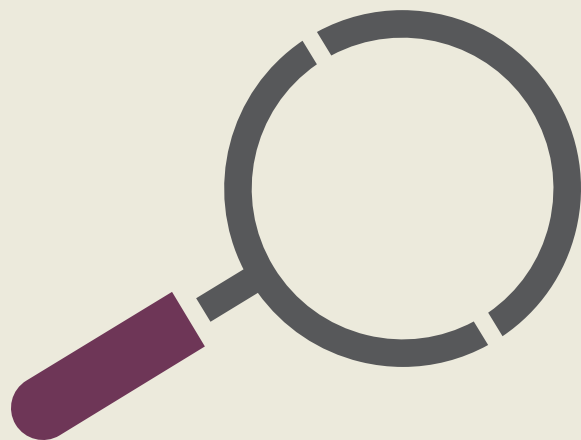
General Manager and Vice-President,  
Community engagement  
Montreal Canadiens Children's Foundation

### **Josianne Gagnon**

Tax specialist  
Dollorama L.P. / S.E.C.

### **Catherine Demers-Rivard**

Consulting Manager  
Ig2



# L'équipe de La Tablee des Chefs

## **Jean-François Archambault**

Executive Director and Founder

## **François Desroches**

Culinary Director

## **Hélène Gayraud**

Director of the Kitchen Brigades program

## **Nancy Lacas**

Director of the Cook Up Your Future program

## **Catherine Mariani**

Director of the Feed program and Legal Advisor

## **Mélissa Parseghian**

Director of Business Development and Marketing

## **Nathalie Pomerleau**

Director of the Cooking Schools and the Food Bus

## **Yoni Bélanger**

Coordinator, Kitchen Brigades

## **David Bérard**

Technological Development Advisor

## **Jean-François Bonin**

Chef Trainer

## **Viki Brisson-Sylvestre**

Coordinator, Kitchen Brigades

## **Camille Chamberland**

Psychosocial Counsellor, Cook Up Your Future

## **Mikaelle Daneau**

Coordinator, Kitchen Brigades

## **Nancy Duchesne**

Controller

## **Patrick Emedy**

Chef Trainer, Cook Up Your Future

## **Sylvie-Anne Guertin**

Coordinator, Culinary training

## **Dominique Larose**

Head Accountant

## **Marjorie Lavoie**

Event Manager and Partnership Activation

## **Laurence Lavoie-Tremblay**

House Chef

## **Eric Lorent**

Event Project Manager

## **Luc Marchildon**

Business Development Manager

## **Geneviève Massé**

Coordinator, Cook Up Your Future

## **Doria Poirier**

Coordinator, Kitchen Brigades

## **Véronique Robitaille**

Coordinator Feed program

## **Stéphanie Roy**

Coordinator, Kitchen Brigades

## **Florence Roy-Allard**

Coordinator Feed program

## **Rolie Srivastava**

Regional Director, Canadian Division

## **Anh-Thu Tran**

Communications and Marketing Advisor

## **Claude Beausoleil**

Ambassador

## **Yvon Tremblay**

Executive Chef, Marketing Consultant at Sphère Marketing

## 2019 highlights

A total of 1,315,568 portions were redistributed to people living with food insecurity through the food recovery program, Culinary School Week and other food preparation activities this year.

Over \$700,000 net was raised through the organization's three main fundraising events. La Grande Tablée in Montreal, Québec, and for the first time in Toronto, hosted 1,200 people from the business communities.

At the start of the 2019 school year, 152 schools across Quebec launched the Kitchen Brigades program. It was also offered at 19 other high schools throughout the rest of Canada, including the inaugural implementation in an Inuit community in Akulivik, Nunavik.

La Tablée des Chefs' new website was launched in March, showcasing the organization's new visual identity, colours, and program logos.

In July, La Tablée des Chefs officially began operating its brand new cooking school located in the Grand Marché de Québec. Nestled in the heart of a vibrant neighbourhood of this capital city, the school provides a close connection with the region's young people.

The opening of Montreal's Refettorio in 2020 was formally announced jointly with a City of Montreal representative and a Food for Soul representative during Montreal's La Grande Tablée event in November.

Jean-François Archambault's interview televised on Radio-Canada's *Tout le monde en parle* in December generated a great deal of interest. A segment of the interview was also featured as one of the talk show's highlights of the year.



# 2019 PRESS REPORT

## GENERAL OBSERVATIONS RELATED TO PRESS COVERAGE

We identified 515 mentions of La Tablée des Chefs, for a total reach\* of 100,241,538. This is 37% more than in 2018.

- The overall tone is positive or neutral.
- Mentions are distributed across all major communication channels (print, radio, television, websites), with a slight predominance of websites (37% of mentions) and radio (36% of mentions).

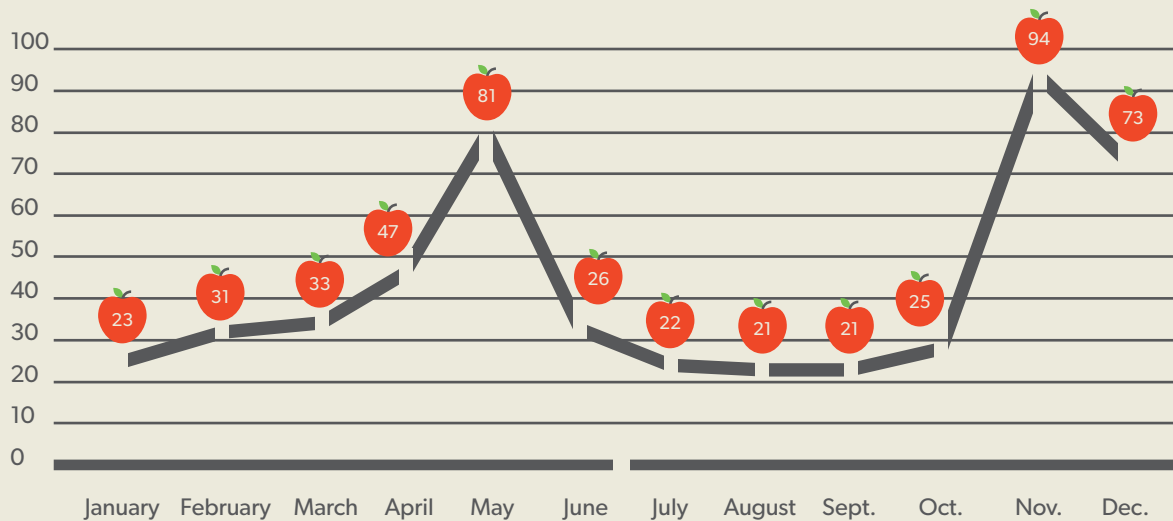
\*The reach represents the number of people who were potentially exposed to (had the opportunity to read, see or hear) the topic at hand. Each person may have encountered the same topic more than once.

La Tablée des Chefs' activities were covered by local media (54% of mentions), but also by media with a broader audience (46% of mentions) such as La Presse +, Le Devoir, le Journal de Montréal, le Journal de Québec and Radio-Canada. This represents a good balance between regional and provincial coverage.

Jean-François Archambault's appearance on Tout le monde en parle was a big hit! It alone generated 28 mentions for a reach of 4,451,800 (i.e., 4.5% of the total reach).

The times of the year with the most mentions are the months of May and November.

## MEDIA PRESENCE OVER THE COURSE OF THE YEAR (IN NUMBER OF MENTIONS)



SOURCE: TACT CONSEIL, AGENCE DE RELATIONS-PUBLIQUES



# Observations related to the topics covered and the quality of information disseminated

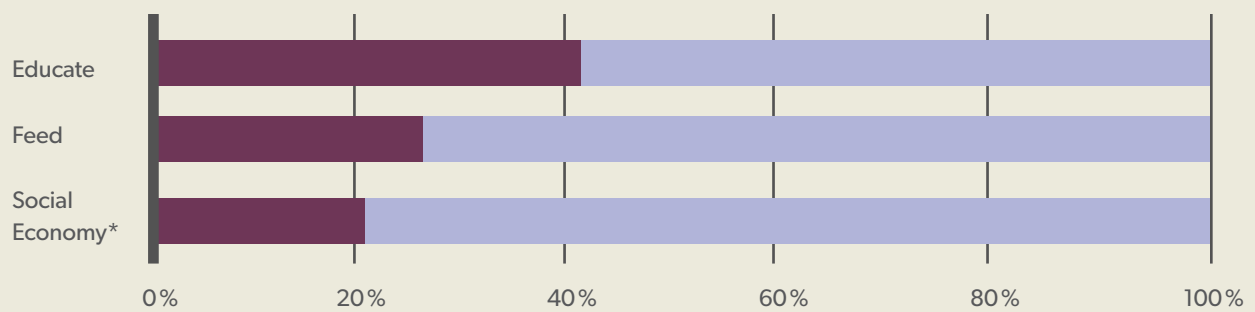
The topics that generated the most mentions of La Tablée des Chefs are:

- Saputo's Big Cook Up (50 mentions for a reach of 2,848,229)
- Opening of the cooking school at the Grand Marché de Québec (39 mentions for a reach of 4,292,457)
- Kitchen Brigades (30 mentions for a reach of 7,468,297)

The distribution of topics for each component are:

- The actions carried out under the Educate component are the most talked about, generating 43% of mentions and 34% of the reach.
- The Feed component was referred to in 26% of the mentions, with 25% of the reach.
- 26% of the mentions reported La Tablée des Chefs' mission.
- 6% of the mentions included a spokesperson's quote.

## MENTIONS PER COMPONENT



\*Social economy: the social role of La Tablée des Chefs through all of its programs.

## NUMBER OF MENTIONS PER TOPIC





## Feed program 2019 at a glance



11

**1,315,568 portions**  
with the Feed program

**1,133,246  
portions**

Food recovery:  
1,044,256 Quebec  
88,990 Canada

**100,000  
portions**

Culinary School Week

**82,322  
portions**

Through food  
preparation activities

- Kitchen Brigades food chores:  
60,000 portions
- Social economy food chores:  
7,442 portions
- Saputo's Big Cook Up:  
14,880 portions



## FOOD RECOVERY PROGRAM

In Canada, **1,133,246** portions were donated by 166 donors to more than **185** beneficiary community organizations and redistributed to people living with food insecurity.

The donor gives their food surplus



La Tablee des Chefs oversees the logistics of the pick up



The local charity identified by La Tablee des Chefs picks up and feeds its beneficiaries

### Types of organizations benefiting from this program:

food banks, homeless shelters, women's shelters, organizations providing assistance to seniors, low income families, new comers, and marginalized populations

# What is the food recovery program?

ACCORDING TO OUR DONORS AND BENEFICIARY ORGANIZATIONS:

essential  
visionary  
involvement

commitment  
necessary  
facilitating



## PROGRAM PRESENCE:



13 of the 17 administrative regions of Quebec

3 provinces outside Quebec

5 institutions within the new Lower Saint-Lawrence administrative region:

- CISSS du Bas-Saint-Laurent - Rimouski Regional Hospital
- CISSS du Bas-Saint-Laurent - Rimouski long-term care residence
- CISSS du Bas-Saint-Laurent - Rivière-du-Loup Hospital
- CISSS du Bas-Saint-Laurent - Notre-Dame-du-Lac Hospital
- CISSS du Bas-Saint-Laurent - Amqui Hospital

## AREAS OF IMPACT

- 28 institutional health centres in Quebec with well-developed program
- New areas to reach include entertainment, filming and cinemas

## COMMUNICATION TOOLS

**Creation of recipes and video segments: building momentum between the organizations, the donors and the public!**

- *Food recovery: To feed people one surplus at a time!*
- *Food recovery: How to organize your fridge*

### What to do with your surplus?

- *Roasted fruits purée*
- *Nachos*
- *Crispy Burger spiced with veggies*
- *Fish Rolls*

### Promoting the program at the following events

- Gastronomic Lab Symposium
- Quebec Association of Convention Professionals
- Zero Waste Festival

## FOOD RECOVERY AT MAJOR SPORTING EVENTS

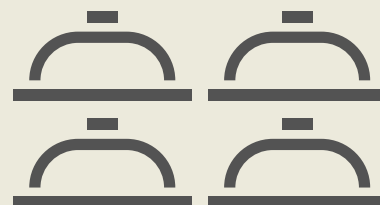
# 12,793 portions

From the Canadian Formula 1 Grand Prix:  
The biggest single recovery!



# 4,825 portions

From the Rogers Cup in Montreal



## Testimonials from donors and beneficiary organizations



“Our teams appreciate being given this opportunity to help those in need. It ties in with our values of humanization, collaboration, commitment, and accountability.”

– **Daniel Tobien**, Head of Food Services, Pôle-Ouest, CISSS du Bas-Saint-Laurent

“After being approached by J-F Archambault, we introduced the food recovery program. The Centre’s entire food and beverage department (box seats, buffets and main kitchen) is involved in this fantastic endeavour. It is very beneficial seeing as, considering the large quantities we produce, a lot of food was being wasted. Today, our employees have increased awareness and have the ability to recover any surpluses. I am very happy to know that people in need can enjoy our great food!”

– **Mathieu Jaucourt**, Sous-Chef, Videotron Centre in Québec

“La Tablée des Chefs is directly linked to our mission and values of sharing and countering food waste. With the food we collect, our organization can redistribute healthy and varied dishes. Our food service helps a growing number of people living in great difficulty. The area we cover with food donations is a highly disadvantaged one that is gradually becoming a food insecure area. An organization such as La Tablée des Chefs definitely gives some relief to our emergency service in providing food for individuals. The Centre d’action bénévole du Bas-Richelieu currently serves nearly 6,000 people living in precarious situations. Your help is, without a shadow of a doubt, invaluable to us. Thank you again!”

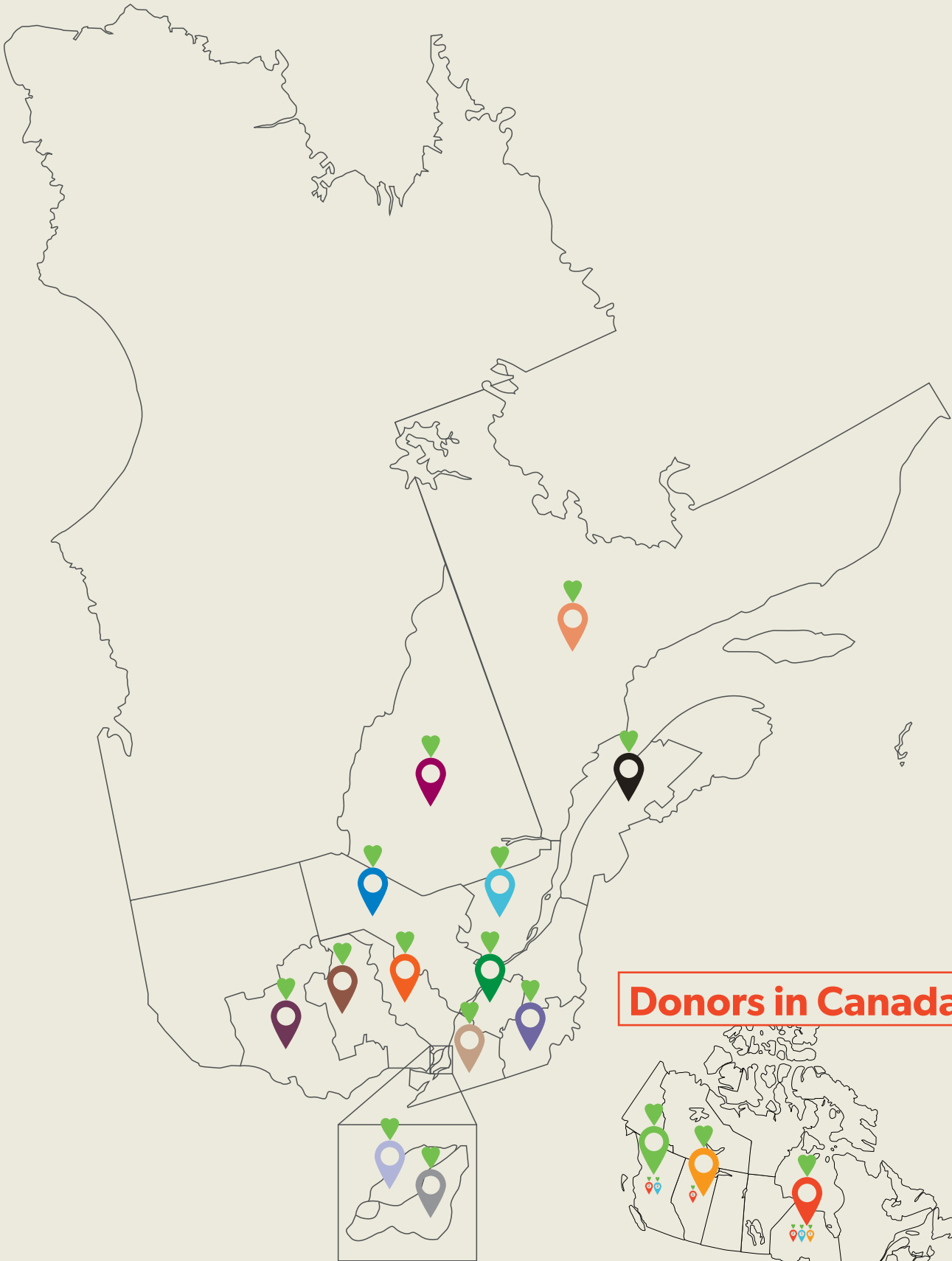
– **Lorraine Ducasse**, Collective Kitchen Coordinator and Food Manager, Centre d’action bénévole du Bas-Richelieu

“Since 2016, Entraide Agapè has collected nearly 200,000 portions of food from 242 drives, redistributing them to families and individuals in need in the Québec region. La Tablée des Chefs has made it possible to increase the number of repeat partners from whom we get dozens of pounds of food each week. Furthermore, La Tablée often offers impromptu agreements to collect additional food. During our four years of partnership, your help has been vital to us in carrying out our mission: to feed the heart, the body and the soul.”

– **Clémence Mercille**, Coordinator, Entraide Agapè, Québec



## Donors in Québec



## Donors in Canada





**BC**  
(4 donors)  
Rogers Arena  
JW Marriott  
BC Place  
Fairmont Waterfront

**AB**  
(5 donors)  
Mariott  
Westin  
Delta South Conference  
Delta Centre Suites  
Westin

**ONTARIO**  
(4 donors)  
Scotiabank Arena (MLSE)  
BMO Field (MLSE)  
Delta Toronto  
Université Ottawa

**QUÉBEC**  
Capitale Nationale  
(11 donors)  
Première Moisson  
Lebourgneuf  
Centre de Foire  
Centre Vidéotron  
CHU de Québec - CHUL  
CHU de Québec -  
Hôpital Enfant- Jésus  
CIUSSS Capitale -  
Nationale IUSMQ  
CIUSSS Capitale -  
Nationale IRDPQ  
Fairmont Le Manoir Richelieu  
Hilton Québec  
Musée de la civilisation  
La Cage-traiteur événementiel  
SAQ Centre de Distribution  
Québec

**Laval (4 donors)**  
Première Moisson Laval  
CISSS de Laval -  
Hôpital de la Cité-de-la-Santé  
La Place Bell  
Palace Centre Des Congrès

**Montérégie (22 donors)**  
Première Moisson Dix30  
Première Moisson  
Vaudreuil-Dorion  
Auberge Des Gallant  
Boulangerie  
Ange- Boucherville  
Boulangerie Ange-Brossard  
Centre D'Hébergement  
De Contrecœur  
Centre D'Hébergement  
De Lajemmerais  
Centre D'Hébergement  
Élisabeth-Lafrance  
Chefs d'Oeuvre

Crémy Pâtisserie -  
Métro Drouin  
Hôpital Honoré-Mercier  
Hôpital Pierre-Boucher  
Hôtel Dieu De Sorel  
Hotel Mortagne  
Le Château Vaudreuil  
La Tablée Des Chefs  
La Tablée des Chefs (Corvée)  
L'Amour Du Pain -  
La Fabrique-Brossard  
L'Amour Du Pain - Boucherville  
Les producteurs de lait  
du Québec  
Yum Yum Croustilles  
Peccadille  
Sucrierie St-Valentin  
Withlock Golf  
and Country Club

**Outaouais (2 donors)**  
Première Moisson Gatineau  
Casino du Lac Leamy

**Montréal (92 donors)**  
Première Moisson Bois-Franc  
Première Moisson  
Côte-des-neiges  
Première Moisson  
Gare Centrale  
Première Moisson Kirkland  
Première Moisson Jean-Talou  
Première Moisson  
Laurier Ouest  
Première Moisson  
Marché Atwater  
Première Moisson  
Marché de l'ouest,  
Dollard-Des-Ormeaux  
Première Moisson Masson  
Première Moisson Mont-Royal  
Première Moisson NDG  
Première Moisson Outremont  
AEHEC  
Agnus Dei  
Alouettes de Montréal  
(1 rapport de don / saison)  
Association Québécoise  
des transports AQTR  
Bélaïr Direct  
Bernard & Fils Traiteur  
Centre Bell  
Centre des sciences  
de Montréal  
CHUM  
Cité Lunch  
Complexe Desjardins  
Consulat général de France  
à Montréal  
COOPSCO  
Crémy Pâtisserie - (voir  
Montréal-Métro Drouin)  
CUCINA fine foods  
C2 International Inc.

Dana Hospitality -  
Carrefour Sherbrooke  
Dana Hospitality - New  
Residence Hall  
Dana Hospitality -  
Redpath Café  
Delta Montréal  
Défi Sportif AlterGo  
École Hôtelière de  
Montréal - Calixa-Lavallée  
Ecole Technologie Supérieure  
Essilor  
F1 Grand Prix Montréal 2019  
Fairmont Reine Elizabeth  
Fédération des Caisses  
Desjardins du Québec  
Fondation de l'Hôpital  
Sacré-Coeur  
Hôtel Bonaventure  
Hôpital Maisonneuve-  
Rosemont  
Hôpital Marie-Clarac  
DoubleTree par Hilton  
Montréal  
Hotel Omni Mont Royal,  
Montréal  
Hotel W Montréal  
Hôtel William Gray-  
Restaurant Maggie Oakes  
COOP HEC  
Kemestre Bar Gourmet  
Intercontinental Montréal  
Institut Gériatrique  
de Montréal  
Institut Philippe-Pinel  
Invest PSP  
ITHQ  
Jour de la terre  
La Cuisine Traiteur Catering  
La Fabrique Essentielle  
L'Amour Du Pain-Griffintown  
L'Amour Du  
Pain-Vieux-Montréal  
Le Butterblume  
Le Lunch Box  
Le Mount Stephen  
Les Cuisines De L'Air Culin-Air  
Mister Jaune Inc  
Moment Factory  
Musée Grevin  
Newcities Montreal  
Oatbox  
Olive & Olives  
Olive Orange  
Patrice Pâtissier  
Régénération Canada  
Réseau Environnement  
SAQ  
Sobeys  
Société le Traiteur  
Stade Saputo  
Stikeman Elliott  
St. Mary's Hospital

Tennis Canada  
Traiteur Chemin Faisant  
Université Concordia  
Zeste Incentive  
360 L'Agence  
Parkinson Québec  
Régénération Canada  
Restaurant le Mousse  
Restaurant Candide  
The Bold Type S4 (tournage)  
Valeur mobilière Desjardins  
UQAM  
YMCA

**Centre-Du-Québec**  
(3 donors)  
CIUSSS MCQ - Centre  
d'hébergement du Roseau  
CIUSSS MCQ -  
Hôpital Sainte-Croix  
CIUSSS-MCQ-Hôpital Dieu  
d'Arthabaska

**Lanaudière (4 donors)**  
Première Moisson Mascouche  
Première Moisson Repentigny  
Première Moisson Terrebonne  
Hôpital Pierre-Le Gardeur

**Mauricie (5 donors)**  
Bionest  
Delta Trois-Rivières  
Place Belvédère  
CIUSSS MCQ -  
Centre Avellin-D'Alcourt  
CIUSSS MCQ- Hôpital  
du Centre-de-la-Mauricie

**Estrie (2 donors)**  
CSSS de Fleurimont  
CSSS de Memphrémagog

**Laurentides (1 donor)**  
Fairmont Tremblant

**Saguenay-Lac-Saint-Jean**  
(1 donor)  
Hydro Québec Péribonka

**Bas-Saint-Laurent**  
(5 donors)  
CISSS-Bsl-Hôpital Régional  
de Rimouski  
CISSS-Bsl-Centre  
d'hébergement de Rimouski  
CISSS-Bsl-Hôpital  
Rivière-Du-Loup  
CISSS-Bsl-Hôpital  
Notre-Dame-Du-Lac  
CISSS-Bsl-Hôpital d'Amqui

**Côte-Nord (1 donor)**  
Hydro Québec Manic 5

# Québec Culinary School Week, presented by the SAQ

- 16<sup>th</sup> year in March 2019
- Social support movement
- 586 student cooks
- 15 hospitality schools across Québec
- 100,000 portions of Italian-style meatloaf

Participating in this one-of-a-kind social experience allows future cooks and chefs to get involved in their communities through the curriculum. We would like to thank all the dedicated teachers and motivated students who got involved! A big thank you goes out to our partners for their unwavering support.

## PARTNERS

SAQ	Ardent Mills
Stoney Creek	Saputo
Miller and Smith	Courchesne Larose
Lassonde	Food Banks of Quebec
Cascades	AlimPlus
Bonduelle	Les Sœurs en vrac
Tilton	Agro Quebec
Olymel	Ferme Valupierre
Hector Larivée	

## PARTICIPATING SCHOOLS

Institut de tourisme et d'hôtellerie du Québec (ITHQ)	École des métiers de la restauration et du tourisme de Montréal (EMRTM)
École hôtelière de la Montérégie	École hôtelière de Lanaudière
Pearson School of Culinary Arts	Centre de formation des Bâtisseurs
École hôtelière de Laval	Méridien Collégial Privé
École Hôtelière des Laurentides	Centre de formation professionnelle
École hôtelière Fierbourg	Cégep de Saint-Jérôme
École hôtelière de l'Outaouais	
Lasalle College Montréal	
L'académie hôtelière de Charlevoix	



**100,000 portions**

## SPECIAL MENTION FOR THE CÉGEP DE SAINT-JÉRÔME

In addition to preparing 1,000 portions of meatloaf, they served approximately another 100 portions the following day to the people in need in the Saint-Jérôme area together with the Soupe de la Cathédrale organization. Two groups of students from the complimentary "sustainable food and cooking" course, which brings together students from various CEGEP programs, also participated. They expressed their appreciation for having had the opportunity to contribute a hands-on experience to assist with this solid effort in the fight for food security.

"The teacher in charge is often asked in the hallways if the activity will be coming back this year!"

– **Valentine Laperle**, Teacher at Cégep de Saint-Jérôme, *Gestion d'un établissement de restauration*





## Culinary training for high school students



19

### The Kitchen Brigades is:

- a high school after-school program that engages students
- 18 practical culinary workshops that focus on various culinary topics
- 3 mobilizing challenges in three areas: social, multicultural, creative
- 1 special holiday workshop-meal
- 2 optional culinary workshops (offered at the school's discretion)

#### PROGRAM GOALS

- Teach students to adopt better eating habits
- Develop food autonomy by teaching basic culinary techniques
- Stimulate participants' team spirit, leadership and creativity
- Convey the joy of cooking, eating together and discovering new foods

## MORE SPECIFICALLY, FOR THE END OF THE 2018–2019 SCHOOL YEAR

- An update of the program’s nutrition component for the following school year, in collaboration with University of Montreal’s Extensio, after the release of Canada’s new Food Guide.
- A four-tiered culinary competition in Quebec, with nearly 125 intra-school competitions, 23 regional quarterfinals, 5 regional semifinals, and a provincial grand final hosted by Ricardo held at the ITHQ.
- A first edition of the Let’s Eat Local contest was held, in partnership with Aliments du Québec. Students were invited to create a recipe featuring products of their region. There were 17 regional winners, and the “dumplings in maple syrup verrines” recipe earned the provincial grand prize. The divine dessert was later served from the Food Bus on its tour to visit 11 schools in spring 2019.
- The Kitchen Brigades program was adapted and translated into English by our partner LEARN Quebec, making it possible to offer the program throughout English Canada and in Quebec’s English schools as of the start of the 2019 school year.
- 21 high schools were recruited in seven other Canadian provinces.

## Soirée des apprentis at Montreal en Lumière Festival

From February 21 to March 3, 2019, as part of the gastronomy component of the festival’s 20th season, several young people selected within our Kitchen Brigades program had the opportunity to have a one-of-a-kind culinary learning experience! Several participating Montreal establishments hosted young apprentice cooks in their kitchens during the apprenticeship evening. Under the supervision of either the chef or sous-chef, selected young people were able to participate both back and front of house for an evening.

We would like to thank the establishments that allowed several passionate young people to have this memorable experience. La Tablée des Chefs wishes to highlight the generosity of the teams at these 15 restaurants: Au Petit Extra, Manitoba, Radicelle, W Montreal, État-Major, Le Quartier Général, Chez Chose, Le Blumenthal, Chez Victoire, Renoir (Sofitel hotel), ITHQ Restaurant, Le Local, Le Valois, Candide, and Maison Boulud.

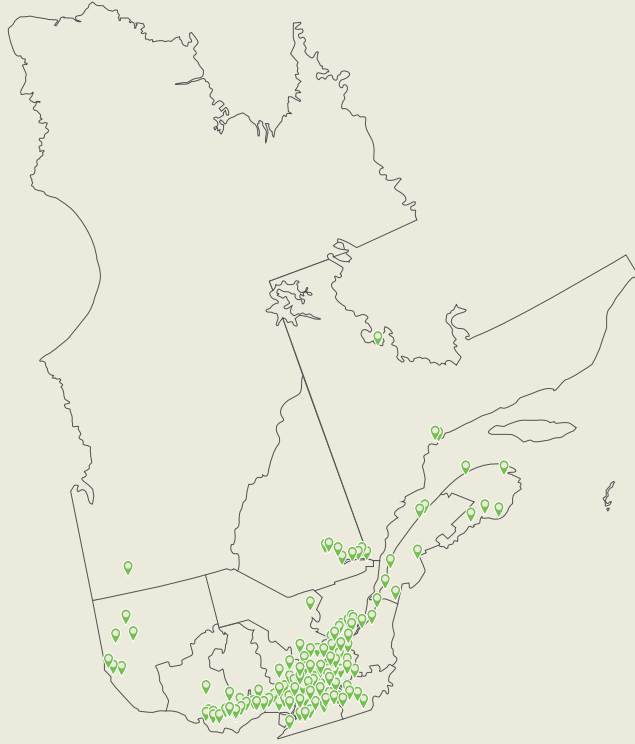
## MORE SPECIFICALLY, FOR THE 2019–2020 SCHOOL YEAR

- 152 Quebec schools have implemented the program, offered in all of Quebec’s administrative regions, including Nunavik in Northern Quebec!
- 19 schools outside Quebec, in 6 different provinces.
- Nearly 3,500 Québécois and Canadian young people benefit from the program, acquiring food and culinary skills and knowledge.
- Nearly 8,000 hours of training provided by 135 trained chefs, assisted by La Tablée des Chefs’ team.
- Challenges that impacted communities:
  - 60,000 portions of lasagna cooked by the students and distributed to 175 Quebec organizations thanks to Saputo’s Big Cook Up!
  - More than 1,500 Québécois parents participated in the holiday meal put on by their children.
- First edition of IGA’s Semaine de La Tablée des Chefs, raised \$110,000 from consumers through in-store activations, and from vendor partners.

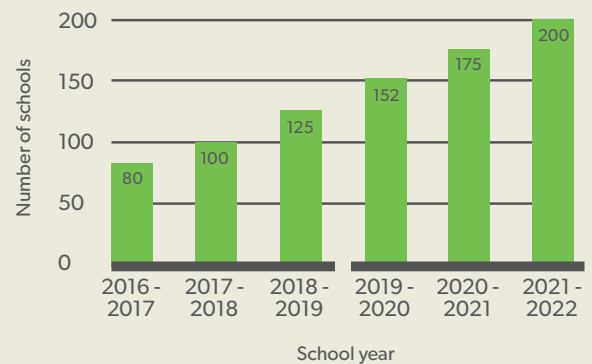


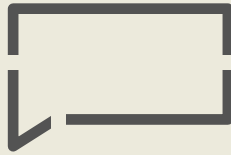
Kitchen Brigades students in a Sobeys store (IGA) in Québec.

**Map of schools participating in the Kitchen Brigades program in Quebec**



## KITCHEN BRIGADES PROGRAM IN QUEBEC





## Students' testimonials

"By participating in the Kitchen Brigades, I learned how to make a recipe from A to Z, to have more confidence in my cooking abilities, and not to rely solely on others. I also developed my leadership abilities!"

"I never used to cook before. Now, I cook a lot at home. Also, I help my mother modify recipes to make them healthier thanks to tips from my cooking teacher."

"The Kitchen Brigades encouraged me to balance my meals, develop my creativity, and not be afraid to try new recipes."

"I'm the one who cooks the most at home now, after my mother. This way, since my whole family works, we don't eat as much fast food."

## Parents' testimonials

"My daughter has developed a real sense of competence since she has been cooking with the Kitchen Brigades. When she decides to make a recipe, she takes the project on from A to Z. She even goes to the grocery store to buy any ingredients that are missing. After the class on food waste, she repeatedly cooked meals using the ingredients we already had. During her workshops, she cooked foods that she usually doesn't eat. I couldn't believe it, but she recreated the recipes at home! So thank you, thank you!"

"My son has more ideas and, above all, the desire and motivation to cook. He always wants to impress us. He sometimes organizes surprise evenings for which he's the master of ceremonies, makes us dinner and sets the table on his own. He's also very proud of his work. It's on the socialization and self-esteem levels where it is the most incredible."

"She has more confidence in herself. She made friends that she sees outside the workshops. She chose the nutrition program at CEGEP. She even developed an interest in science since it is a prerequisite for the nutrition program."

## Chef trainer testimonial

"I accepted a job with a social purpose. It comes with a lot of challenges, but for me it's pure happiness; it's a gift of life! Every time a workshop finishes, I say to myself: 'we had a great time!' And yes, I'll say it again; it takes a village to raise a child. Our behaviour has a great influence on them. We have a great responsibility; they need positive role models!"





## Socio-professional training

### COOK UP YOUR FUTURE

This year, a second cohort of four apprentices completed our training program. Some of these young adults had the opportunity for internships with renowned chefs such as Simon Mathys, master pastry chef Patrice Demers, or to work alongside Guillaume Cantin. Despite their extremely difficult life paths, we are confident that this training has had a positive impact on the young students. One of our graduates still works at a fish market, a real dream come true.

For the third cohort of the program, five young people were selected from youth centres across Quebec. They began the ten-month culinary training last September, equipping them to work as restaurant cooks. The training is enhanced by internships and catering service experiences. We therefore wish to contribute, not only to the social integration of these young people, but also to the growth of Quebec's restaurant industry. These young people had the opportunity to participate in the kitchen during Montreal's La Grande Tablée event.



## Testimonials

"It's more than culinary training! We counsel and support our young participants, helping them to flourish in the program. We want to equip the students. Essentially, we help the young people build their toolkits for the future!"

–Geneviève Massé,  
Coordinator, Cook Up Your Future

"...I haven't yet completed my journey, but I appreciate the help La Tablée has given me in Montreal."

– A CUYF program participant

## Culinary workshops for teenagers

The Ateliers culinaires pour adolescents (ACA) program is offered in high schools and in different community spaces throughout Quebec.

For young people who want to learn and develop their culinary knowledge, without the competitive spirit of the Kitchen Brigades program, the ACA is the perfect alternative!

Because the program is flexible, it can be offered à la carte or in blocks of 6, 12 or 24 workshops, allowing interested schools and organizations to choose the most suitable number of workshops, depending on their intention, willingness and budget. This year, ACAs were offered in 20 locations in Montérégie, and in the Montreal, Laval and Laurentian regions.

## Cuisiner pour manger mieux (CPMM) program

Since 2013, the CPMM program has been built into the curriculum for students ages 13 to 16, as part of the Formation préparation au travail (FPT), in ten high schools of the Marguerite-Bourgeoys, Montreal, Pointe-de-l'Île and English Montreal School Boards. The program includes 20 culinary workshops: ten facilitated by the teacher and ten by a chef. These workshops are a result of the desire to contribute to the development of culinary education for young people throughout the province. This program allows them to discover new culinary trades such as cheesemaking, baking, and the preparation of meals for takeout. We are also working to develop their confidence, self-esteem, resourcefulness, food autonomy, and many other core attitudes and skills.

## Culinary workshops in youth centres

### COOK UP YOUR FUTURE

This year, we worked on reforming the program, breathing new life into it so it better meets the needs of our target clientele. The program was redesigned by adapting the workshops to the sector's new realities, and by making it easier for youth centre educators and young people to participate and engage.

In fact, our observations have led to an overhaul of the workshop format, making them customized. Four seasonally inspired blocks of five workshops each (for a total of 20 workshops) will be offered to young people who want to acquire tools for food autonomy.

As in previous years, the workshops are led by a chef or cook, assisted by two educators from the Youth Qualification Program (YQP). Again this year, youth centres in 16 regions of Quebec benefited from these one-of-a-kind culinary training workshops. As a result, many passionate cooks and chefs had the opportunity to help cultivate the joy of cooking in a few hundred eager young people.

These workshops aim to encourage young people to develop their food autonomy while enabling them to acquire skills (personal and social) for day-to-day life. The recipes are simple, inexpensive and nutritious. Each young person is responsible for designing the recipes prepared during the workshops, thereby accelerating the acquisition of skills and, most importantly, fostering self-esteem. Each block includes one workshop reserved for a specific theme while visiting a grocery store.

Upon completion of the course, the participants received a kit containing a recipe book, a grocery list booklet and a wooden spoon to assist them when they leave the youth centres.







## La Tablee des Chefs in Canada Activities across the country



### NEW REGIONAL OFFICE IN ONTARIO

To support La Tablee des Chefs' expansion across the country, a regional office was set up in Toronto in 2018. The Regional Director's role is to promote the organization's mission, develop partnerships and participate in the development and implementation of La Tablee's programs.

### La Grande Tablee Toronto

Toronto's first La Grande Tablee event took place at the Arcadian Court on October 7, under the honorary co-chairmanship of Mr. Frank Guido, President and Chief Operating Officer, Dairy Division (Canada) at Saputo, and Mr. Dave Wagner, Vice-President, Merchandising, Meat, Seafood, Deli and Bakery at Sobeys. The evening was hosted by Tony Chapman in front of 310 guests.

A special thanks to Hellmann's, the event's official sponsor, and to Charton-Hobbs for the selection of wines.



Chef Chris Zielinski, Culinary Director at MLSE (left) and Chef Yves Lowe, Executive Chef at Bell Centre (right), at La Grande Tablee in Toronto.

# FEED

In 2013 the FEED program began with its initial partners. In 2018-2019, ten new donors joined the food recovery program.

## British Columbia (4)

Sports centres

- Rogers Arena, Vancouver
- BC Place Stadium, Vancouver

Hotels

- JW Marriott Parq, Vancouver
- Fairmont Waterfront, Vancouver

## Alberta (5)

Hotels

- Marriott, Calgary
- Westin, Calgary
- Delta South Conference, Edmonton
- Delta Centre Suites, Edmonton
- Westin, Edmonton

## Ontario (4)

Sports centers

- Scotiabank Arena, Toronto
- BMO Field, Toronto




Hotels

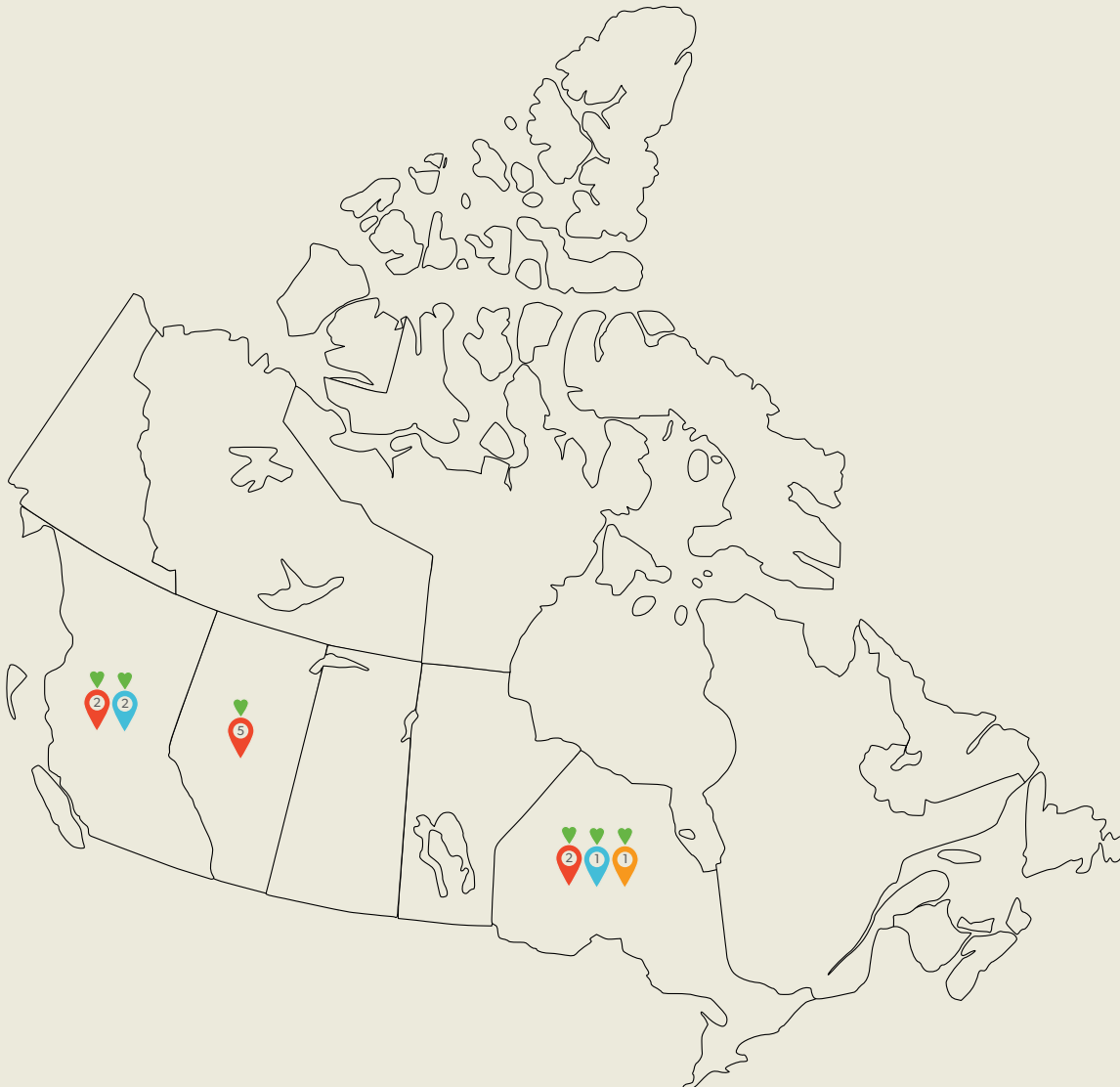
- Delta, Toronto

Institution

- University of Ottawa

## Legend

-  Sports centers
-  Hotels
-  Institutions



# EDUCATE

## THE KITCHEN BRIGADES

In 2018, the EDUCATE component began a three-year pilot project of the Kitchen Brigades program in high schools in several provinces.

- For the 2018–2019 school year, 21 high schools from seven provinces in Canada were recruited:
  - British Columbia (3), Alberta (2), Manitoba (3), Ontario (3), Nova Scotia (7), New Brunswick (2), Newfoundland and Labrador (1)
  - The Kitchen Brigades program was offered in 17 English schools and 4 Francophone schools
- For the 2019-2020 school year, the Kitchens Brigades program is present in 19 schools (10 English, 9 French) in 6 provinces not including Quebec.
  - British Columbia (2), Manitoba (1), Ontario (6), Nova Scotia (8), New Brunswick (1), Labrador (1).
  - At Hampton High School in New Brunswick, the implementation of the Kitchen Brigades program has helped reduce the waiting list for Culinary Technology courses (CBC).

- Two participants from the Kitchen Brigades program won the top award for the "Young Chef Contest" from the National Farm to School Conference in Victoria, BC. in 2019

–Farm to Cafeteria Canada (F2CC) is a Canada-wide organization that seeks to create “vibrant and sustainable regional food systems for the health of people, communities and the planet.”

–They are proud to lead the national Farm to School movement, which brings local healthy foods to schools and provides students with hands-on learning experiences that promote culinary education, while strengthening the local food system and school-community connections.



Students winners of the Young Chef Contest in Victoria, BC

## 2019 PRIZES AND AWARDS

- **Leadership Award, Restaurants Canada** (formerly the Canadian Restaurant Association) recognizes excellence in the foodservice industry in Canada at its prestigious annual "Awards of Excellence." The Leadership Award was presented to Jean-François Archambault in Toronto in September.

The Leadership Award category rewards:

- An outstanding and innovative contribution to Canada's restaurant and foodservice industry
- A positive and measurable impact in their community
- The impact could be based on one major initiative or several smaller accomplishments over time pertaining to employment opportunities, arts and culture, sustainability, philanthropy, community involvement or other worthy areas.

- **Cannes Bronze Lions**

A Bronze Lion in the Media category was awarded to Ogilvy Canada (along with the media agency Mindshare, public relations agency Edelman, production company Spy Films and campaign partner MLSE) for Real Food Rescue.

- The campaign, created for Unilever's Hellmann's brand, won for Best Use in the sub-category events for the activity at the BMO Field during a Toronto FC game. Food recovered from Toronto grocery stores, which would otherwise have been thrown away, were prepared and distributed to the spectators (October 2018) in partnership with La Tablee des Chefs. This activity is part of the brand's ongoing platform to fight Canada's food waste problem.

- **The Applied Arts Awards**

- Hellman's Real Food Rescue campaign in partnership with La Tablee des Chefs won the Canadian Applied Arts Awards competition in the Advertising category.



Jean-François Archambault, Rolie Srivastava, Lana Popham BC Minister of Agriculture, 2 students

## What's Coming in 2020

- The first season of Jeunes chefs en mission, a television series inspired by the Kitchen Brigades program, began broadcasting on Unis TV in early January 2020. Thirteen francophone Canadian schools were featured in 13 episodes highlighting the accomplishments of young people carrying out a social food mission they chose. The filming of a second season is already underway!
- A large mapping project across Canada (not including Quebec) will be carried out to determine the best strategy for the Kitchen Brigades program
- The “Culinary Arts” theme will be displayed at the 2020 Canadian Francophone Games in Victoria, British Columbia in July. La Tablée des Chefs has been asked to recruit and select two young people from the Kitchen Brigades to represent Quebec at the Games.
- La Tablée des Chefs will be leading a food recovery event at the Restaurants Canada 2020 show in Toronto.
- Toronto’s La Grande Tablée will be hosting its hosting its second annual epicurean event.



Jean-François Archambault and Chef Chris Zielinski





## Major fundraising events of 2019



Jean-François Archambault, Sandy Vassiadis (Saputo) and Carl Pichette (Sobeys)

30

### LA GRANDE TABLÉE: NOW A TRIO!

La Grande Tablee was held for the first time outside Quebec, in the city of Toronto, to raise awareness of La Tablee des Chefs to the rest of Canada.

The signature event retains its special place as a gourmet and socially happening evening, bringing together the local business community and foodies. This year, the three events brought together more than of 1,200 people from Toronto, Montreal and Québec to discover and support our mission. It was also an opportunity to bring together various passionate chefs in one kitchen to create a gourmet meal.

In total, the three events raised a record \$700,000 to benefit the organization's programs. We wish to thank once again all those who were involved, from near and far, in making this annual fundraising event a great success!

The Toronto event was co-chaired by Mr. Frank Guido, President and Chief Operating Officer, Dairy Division (Canada) at Saputo, and Mr. Dave Wagner, Vice-President, Merchandising, Meat, Seafood, Deli and Bakery at Sobeys. A special thanks to Hellmann's, the main partner of this inaugural event in Toronto.

The Montreal and Québec events were co-chaired by Ms. Sandy Vassiadis, Vice-President, Communications and Corporate Responsibility at Saputo, and Mr. Carl Pichette, Vice-President, Marketing, E-commerce and Mobile Solutions at Sobeys.

For the first time, we benefited from the support of our major partners in Montreal and Québec: the National Bank, Olymel and RBC.

We would like to thank the SAQ, our major sponsor for the Montreal and Québec events, with the collaboration of Charton-Hobbs, a new partner this year.

## LA GRANDE TABLÉE TORONTO

The inaugural Toronto event was held on October 7 at the legendary Arcadian Court located downtown and welcomed 310 guests from the city's business community. For the occasion, the red-blue theme was reminiscent of a certain friendly sports rivalry and highlighted duos of Toronto-Montreal chefs who concocted an original menu featuring ingredients from both regions.

The 2019 brigade was composed of:

**Chef Samuel Sirois** – ITHQ Montreal ;

**Chef Amanda Ray** – Bar George, Montreal

**Chef Alida Solomo** – Tutti Matti, Toronto

**Chef Yves Lowe** – Bell Centre, Montreal

**Chef Chris Zielinski** – MLSE, Toronto

**Chef Anthony Walsh** – Oliver & Bonacini Hospitality, Toronto

**Chef Marc-André Jetté** – Hoogan et Beaufort, Montreal

**Chef Baptiste Peupion** – Fairmont The Queen Elizabeth, Montreal

**Chef JW Foster** – Fairmont Royal York, Toronto

**Chef Nadège Nourian** – Nadège Pâtisserie, Toronto

**Chef Jean-Marc Guillot** – Fairmont The Queen Elizabeth, Montreal

## LA GRANDE TABLÉE MONTRÉAL

The Montreal fundraiser took place on November 4 at the Fairmont The Queen Elizabeth, gathering 575 guests, a record attendance for this event. Members of the business and food communities enjoyed a lively networking cocktail reception and an evening of warm camaraderie. The epicurean menu sparkled with Aliments du Québec fare.

The 2019 brigade was composed of:

**Chef Baptiste Peupion** – Fairmont The Queen Elizabeth

**Chef Grégory Faye** – William Gray

**Chef Stéphane Galibert** – Atelier Montréal de Joël Robuchon

**Chef François Desroches** – La Tablée des Chefs

**Chef Olivier Vigneault** – Jatoba

**Chef Simon Mathys** – Manitoba

**Chef Helena Loureiro** – Portus 360

**Chef Valentin Rouyé** – Ratafia



## LA GRANDE TABLÉE QUÉBEC

The Québec event was held in the ballroom of the Fairmont Le Château Frontenac on November 18, gathering more than 320 guests. This highly praised culinary event offered a unique menu created by a brigade of seven talented chefs from the Québec region:

**Chef Maxime Moreau** – Consulate General of France in Québec

**Chef Benoît Poliquin** – Restaurant Albacore

**Chef Olivier Godbout** – Restaurant La Planque

**Chef Frédéric Cyr** – Fairmont Le Château Frontenac

**Chef Baptiste Peupion** – Fairmont The Queen Elizabeth

**Chef Nikolas Couture** – Louise Taverne & Bar à Vin

**Chef Joël Lahon** – Fairmont Le Château Frontenac

## NATIONAL BANK'S NATIONAL ACCOUNTS GOLF TOURNAMENT

La Tablée des Chefs was present at the annual golf tournament organized by the National Bank in September. With its Food Bus, La Tablée des Chefs distributed appetizers to participating golfers as they arrived at the halfway point of the course at The Royal Montreal Golf Club on Île Bizard.

More than \$115,000 was collected thanks to the golf tournament's fundraising activity, benefiting mainly La Tablée des Chefs and Montreal's National Circus School. Our Food Bus put on a notable display that was greatly appreciated by the players.

## IGA'S SEMAINE DE LA TABLÉE DES CHEFS

From October 16 to 23, at all IGA stores, 25 cents from every dollar spent was given to La Tablée des Chefs for each participating product sold. During the same period, young people, chefs, employees and volunteers were present in stores, offering finger food made from unsold food and increasing awareness of La Tablée des Chefs' programs. This volunteer mobilization initiative raised \$110,000. Thanks to the IGA merchants and suppliers for their great generosity on behalf of the families and young people who will benefit from our programs!

## IGA ANIMATED SHORT FILM

During the month of December, IGA broadcasted on its social media networks and on television an animated tale about the friendship between two young children sharing food. For each social media shared clip, \$1 was donated to La Tablée des Chefs. The initiative sparked numerous interactions on social media with a total of 2.7 million views, 7,000 comments, 59,000 Likes and nearly 89,000 shares.

## Other fundraising events

Throughout the year, La Tablée des Chefs takes part in several events to increase visibility, awareness, fundraising, community involvement and to carry out joint activities with our partners. These include:

### THE HOT CHOCOLATE FESTIVAL

For a fifth year, La Tablée des Chefs, along with its partner chocolatier Valrhona, presented the much-anticipated Hot Chocolate Festival from January 19 to February 3. Twenty pastry and chocolate artisans from Québec and the Greater Montreal area created unique recipes using Valrhona chocolate. These tasty beverages were offered for the enjoyment of young and old gourmets alike. A portion of the profits (\$0.50 for every hot chocolate sold) was donated to our organization by participating restaurants. As for Valrhona joined in by donating 50g of chocolate for every item sold.

### GOOD FRANCE FESTIVAL

On March 20, at the Montreal Museum of Fine Arts Hall of Bronzes, a celebration of the richness of French gastronomy and of the Franco-Quebec friendship was held in collaboration with the Consulate General of France in Montreal and Chef Olivier Perret. During this prestigious evening, nine pairs of French and Quebec chefs, both artisans of taste and mixologists, gathered together to develop unique creations from local ingredients.

### THE AGF GROUP FOUNDATION'S EPICUREAN DINNER

On May 23, the AGF Group Foundation's benefit event was held in collaboration with La Tablée des Chefs. The event supports one of the AGF Group Foundation's mission which is to contribute to the development of a philanthropic culture. Thanks in part to our brigade of chefs, La Tablée des Chefs benefited from the donation of the profits generated by this stunning event! Thanks to the Foundation and to the participating chefs: Chef Vanessa Trahan, Chef Constance Tassé-Gagnon, Chef Alexandre Gosselin, Chef François Desroches, Chef Olivier Perret, Chef Jonathan Lapierre Réhayem, and Chef Éric Champagne.

### BURGER WEEK

Between September 1 to 7, participating restaurants donated \$1 to our organization for each burger sold. The organization participated in the jury tour.

### OPEN HOUSE DAY ON QUEBEC FARMS ORGANIZED BY THE UPA

On September 9, La Tablée des Chefs had a booth at the Montreal Olympic Park Esplanade site. Visitors were able to learn about the organization's mission and test their knowledge with a quiz on food myths and facts. The Food Bus was also on location serving up a tasty menu.

### YUL EAT FESTIVAL

This festival is aimed at epicurious, gourmets and culinary creativity enthusiasts in Montreal. On September 13, 14 and 15, at Montreal's Quartier des spectacles, La Tablée des Chef facilitated workshops for young people in the festival's Family Corner. Omelette-making competition and a lentil soup recipe!

## Upcoming events 2020

- RBC Gourmet BBQ: From farmland to smokehouse
- La Tablée des Chefs will help feed the 3,300 athletes competing in the 55th finale of the Jeux du Québec in Laval.

\*\*Several events are coming, but these are new.







## Social economy: building stronger communities



La Tablée des Chefs is a registered charity operating as a non-profit organization and devoting its resources to charitable activities aimed at poverty alleviation, food security, the development of food autonomy through culinary education, and other goals for building stronger communities.

Our organization is founded on the social economy model, working for the good of the community. Social economy, or social entrepreneurship, is a dynamic form of economy that is not based on profit, but rather on community development. Companies that are based on a social-economic model thus redistribute profits within the community. These organizations and collective businesses contribute to the development of a more humane society and economy.

La Tablée des Chefs, part of the regional hub of the social economy project in the greater Longueuil area, was featured in November, Social Economy month.

### Special mention

Thank you to all our volunteers, our ambassadors, our talented chefs and all our cooking school partners! We are privileged to work with dedicated and committed teams that allow us to achieve and pursue our goals.



## Our Culinary Camp menu:

**The achievements of the inquisitive and passionate young people of our Culinary Camps:**

- Participation in exploratory workshops designed to enhance culinary education
- Exploration of current and innovative themes such as insects in food
- Introduction to culinary techniques such as fermentation
- Rising to the challenge to create new dishes
- Discovering urban agriculture
- Heightening awareness of local food and food waste
- Getting involved in their community

## We're building a new generation!

For a first edition, the young people from our three cooking schools lent a hand to feed people in need by participating in a food drive.

In Québec, an exceptional collaboration was made between La Tablée des Chefs and the INAF (Institute of Nutrition and Functional Foods). They joined to mobilize their young people to carry out food drives which led to the preparation of 726 portions. In Montreal, our young people proudly cooked 1,044 portions, and while those in Longueuil made 1,248 portions.

In total, 3,018 portions of chicken with barbecue sauce and summer legume salad were made. The prepared food was distributed to community organizations in each of the three cities. Paying it forward took on real meaning!

## Testimonials about the Culinary Camps

"Great camp! As parents, we loved seeing our child come back in the evening with stars in his eyes from his day. They learned a lot, did all sorts of different things. We recommend this camp. Our child will definitely return next year!"

—A happy parent

"This is the second time we have taken part in an activity with La Tablée and we plan on doing it again next year! This year was even more advanced and the young people learned two culinary techniques, making it that much more interesting. Congratulations to the whole team!"

—Christine, La piaule, local des jeunes





## Cooking schools with social flavour

### POSITIVE IMPACT

Businesses and foodies mobilized to participate in our various culinary activities:

- Culinary workshops to experience tasty team-building or to have a unifying experience among enthusiastic friends.
- Food drives to fight hunger and feed people in need.
- The rental of our three cooking schools for socially engaging events or projects.

### 2019 at a glance:

- Opening of La Tablée des Chefs' third cooking school in the extraordinary Grand Marché de Québec!
- Launching of a culinary program open to the public: ten workshops that drew in 170 people from Québec.
- 73 culinary workshops involving 1,859 participants.
- 41 food drives mobilizing 741 people, for a total of 7,442 portions prepared for people in need.
- 309 young people aged 10 to 15 at our summer culinary camp.
- Our cooking schools in Longueuil and Montreal enabled young people in youth centres to participate in culinary workshops
- Our Montreal cooking school is used as a learning place for young people in our Cook Up your Future socio-professional program.

Everyone's enthusiasm made a real difference; such mobilization is what allows us to continue our mission! All profits generated by our culinary activities are entirely reinvested in our culinary training programs offered to young people throughout Quebec.



## Testimonials from businesses

"Everything was perfect, we had a wonderful evening and, with La Tablée's mission, we are very proud to have contributed; it made perfect sense."

–Danielle, SSQ Assurance

"We loved the activity. It was full of fun and laughter. It's with great pleasure that we will refer you to our peers, our friends and our families. Thank you!"

–Geneviève, RBC

## Other culinary projects in our cooking schools

Cooking schools also offer these services: culinary content creation, food styling and photography, and videography. The following projects have benefited from our expertise:

- Coordination of the kitchen component and drafting of the operation procedures for Saputo's Big Cook Up
- Production of culinary content and videos for CAA-Quebec
- Making packages of pancake mix for the Charles-Bruneau Foundation
- Culinary event for the 82nd chapter of the Commanderie des Costes du Rhône
- Mandate for the chef tour À vos frigos
- Making lunch boxes and snacks for the OSM's Bal des enfants

### COLLABORATION FOR THE BAL DE L'OSM

On March 2, the Orchestre symphonique de Montréal invited families to participate in its annual Bal des enfants. This magical event allows the OSM to raise funds to support its educational and accessibility mission. More than 1,000 people, reached through various organizations dedicated to families in need, were graciously invited to attend this celebration. Specifically intended for children five years and over accompanied by their families, the theme was Around the World in Eighty Days... or Almost. The concert, conducted by Kent Nagano, was preceded by animations and, after the show, a snack was served in the foyer of the Maison symphonique. La Tablée des Chefs was given the mandate to provide the snack for the audience and feed the 125 volunteers who lent a helping hand to ensure the event's success. The funds raised through this project will be reinvested in the Kitchen Brigades' program of La Tablée des Chefs.

### À VOS FRIGOS CHEF TOUR

In collaboration with Earth Day Canada and the Fond Éco IGA, we launched the 4th edition of the À vos frigos tour in the spring! This tour of culinary workshops focusing on food waste was offered in Quebec's IGA stores. More than 35 workshops were held and nearly 800 people proudly participated to get tips from chefs and experts on how to reduce food waste at home!

## FOOD BUS

The main mission of the Food Bus is to promote the Kitchen Brigades training program for high school students and to promote it to partners in the field of education and to the general public. We want to generate income independently to finance its operating costs and help develop the Kitchen Brigades program in more schools. It is also an opportunity to offer Kitchen Brigades program participants a space in which to showcase their talent in real professional cooking situations.

In 2019, the Food Bus met young and not-so-young people through its public and institutional outings, where it nicely represented the Kitchen Brigades program and the mission of La Tablée des Chefs.

### 2019 HIGHLIGHTS

- Annual school tour in 12 high schools across Quebec: Outaouais, Montérégie, Montréal, Capitale Nationale, Saguenay-Lac-Saint-Jean, Estrie, Mauricie.
- Noticeable presence at the two charitable golf tournaments benefiting La Tablée des Chefs: Mission Inclusion (formerly L'Œuvre Léger) and National Bank.
- Food Bus chef position given to a young graduate of the Kitchen Brigades program.
- Use of the Food Bus facilities as an extra kitchen for La Tablée des Chefs large-scale activities (UPA's Open House Day on Quebec Farms).





## La Tablée des Chefs

### INTERNATIONAL PRESENCE

The various activities of La Tablée des Chefs have had an international presence for more than five years. Our food recovery and culinary education programs are also offered in Mexico and France.



## La Tablée des Chefs in France in 2019

### PRIZE WON

In January, La Tablée des Chefs France was a prize recipient of the Programme national pour l'alimentation! *Chefs Culinary Education of today and tomorrow.*

### AMBASSADOR CHEF



Chef Guillaume Gomez (centre) with his brigade at La Grande Tablée in Paris.

### EDUCATE COMPONENT

La Tablée's culinary education on young people had a tremendous impact in the 2018-2019 school year that included the following:

- La Tablée des Chefs was present in seven MECS (Maison d'enfants à caractère social), also called "homes," reaching approximately 140 young people through 70 culinary workshops.
- La Tablée was also present in eight colleges, teaching 95 young people who received over 160 culinary workshop hours.

Our growth objectives for the 2019-2020 school year:

- Offer 150 culinary workshops in 15 MECS (450 workshop hours, 280 young people)
- Organize 100 lessons with the Kitchen Brigades in 10 colleges (200 workshop hours)
- Recruit more than 30 chefs and volunteers to help us in our mission
- Develop a digital platform for managing and coordinating the educational culinary workshops

### EVENT

La Grande Tablée 2019 took place, for the second time, at La Salle Wagram. The fourth edition of this annual charitable epicurean dinner brought together 380 guests on December 2<sup>nd</sup> to raise funds to support the organization's mission.

- A kitchen brigade of 18, including our committed chefs and 13 volunteer chefs, created the dinner
- For the front of house service, there were over 50 participants: 1 sommelier, 2 maître d's, 48 young people and their teachers from La Hotoie d'Amiens school formed the wait team
- We engaged 30 major partners, and more than double that for our raffle, with more than 260 prizes generously offered

## OUR IMPACT IN FRANCE FROM 2014 TO 2019

- 1600 young people reached through our culinary education programs.
- 11 colleges in priority education networks in France in 2019–2020.
- 17 Maisons d'enfants à caractère social in France in 2019–2020.
- More than 1,000 students in 31 hotel high schools prepared meals for food aid in March 2019.
- 13,800 portions prepared for 60 food aid associations in March 2019.
- More than 38,000 meals prepared, recovered and redistributed to food aid associations, since 2014.
- More than 250 volunteers mobilized alongside us throughout France.



Brigitte Macron (centre) with Brigades Culinaires students.



## La Tablée des Chefs in Mexico in 2019

### FOOD RECOVERY

38,165 portions were redistributed to Mexicans in need via the food recovery program.

### FOOD SURPLUS DONOR INSTITUTIONS

Las Brisas Foundation (official sponsor of the food recovery program)

- City of México: Galeria Plaza Reforma
- Guerrero: Las Brisas Ixtapa, Las Brisas Acapulco
- Oaxaca: Las Brisas Huatulco
- Querétaro: Hacienda Jurica by Brisas

### OTHER DONORS:

Bakers, Banquetes Atizapán, Banquetes Corregidor, Banquetes Palazuelos, Banquetes Plumbago, Camino Real, Centro Citibanamex, Mallorca, Maximo Bistrot & Lalo, Rosetta, Saks San Angel, Shake Shack, Sheraton Santa Fe, and one-off events.



## Volunteering and mobilization



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### THE GENEROSITY OF THE CHEFS INVOLVED

Since its foundation, La Tablée des Chefs has been able to count on the continued support of several renowned chefs and cooks involved in our organization. Their invaluable presence contributes to our notoriety within the foodie community, and to spreading our mission to the culinary industry across Quebec, the rest of Canada and internationally.

In addition to helping us feed thousands of people in need, these generous chefs and cooks also ensure the transfer of knowledge to future generations. Their devotion to our cause is invaluable because they help us reduce food waste and develop young people's culinary education. Thank you for helping us in exceeding our goals!

## Our unwavering volunteers

The involvement of generous volunteers is essential to the operation of activities for an organization such as La Tablée des Chefs. More than 275 dedicated volunteers get involved with us year after year. With food and culinary education at heart, they allow us to fulfill our mission and surpass our objectives.

Volunteers accompany us in all our activities by mobilizing at various events, culinary workshops and other food preparation activities. Some of the most loyal individuals have become ambassadors, spreading our mission across the province of Quebec. It is with great respect and infinite gratitude that La Tablée des Chefs thanks all the volunteers committed to our organization. Through your readiness and involvement, you contribute to the success of La Tablée des Chefs!

## Testimonials from volunteers



“La Tablée des Chefs is a great group of individuals who improve the daily lives of young people and social organizations with their distribution of food aid.”

– **Sandra Lefebvre**, a long-time volunteer

“As a volunteer, to participate in the noble mission of La Tablée des Chefs is to receive as much as you give.”

– **Patricia Couture**

“When I retired, I decided to choose La Tablée des Chefs to do my volunteer work because I was already familiar with its mission. This volunteering greatly enhances my life: I meet people and feel useful. Helping with the food chores, it really warms my heart seeing all those prepared meals that will be distributed to those in need. It feels good! When my schedule allows me to sign up for an activity, it’s always with great joy that I give my time. Congratulations to La Tablée des Chefs for this great MISSION to feed people in need and do food recovery.”

– **Danielle Gauthier**, a retiree volunteer

“With La Tablée, you receive by giving! I love being involved with La Tablée. Every time, they are very special moments for me. It’s so nice to see groups who choose to give to La Tablée through a team activity. Always beautiful evenings, wonderfully surrounded. The people of La Tablée, the chefs, the volunteers and the employees at the office, are all very kind. In the end, when you give time to La Tablée, you get so much more back in return.”

– **Sonia Tremblay**, a volunteer





# SEVERAL WAYS TO GET INVOLVED WITH THE ORGANIZATION



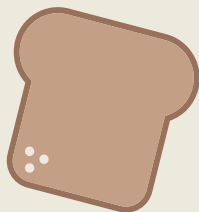
## BECOME A CHEF TRAINER

Pass along your passion for cooking to young people. Develop the culinary education of adolescents through our various culinary training programs: Kitchen Brigades, Cuisiner pour Manger Mieux, Ateliers Culinaires pour Adolescents, Ateliers Culinaires en Centres jeunesse and Cook Up Your Future.



## FOR BUSINESSES

Creating dishes and culinary workshops with work colleagues. With your team from work, take part in a fun and dynamic culinary team-building activity. At the same time, you will contribute to La Tablée des Chefs' mission as you rally your employees around the cause.



## FOOD SURPLUS DONOR

Join the hundreds of food surplus donor institutions through the food recovery program and help fight food insecurity.



## BECOME A VOLUNTEER

Join a team of passionate volunteers who are motivated by our mission and by the joy of cooking. You will also have the chance to engage in a personally rewarding activity that gives back to the community. Check out the list of volunteer opportunities on our website.



## MAKE A DONATION

All amounts will be donated to our Kitchen Brigades program to help educate the next generation of young healthy adults. The cost of each brigade program to teach 25 students in one high school is \$10K.



## THANK YOU!

# COMING IN 2020

## *JEUNES CHEFS EN MISSION* TELEVISION SHOW

A new show will be broadcast on Unis.tv, the Canadian French-language television channel, starting in January. The concept is inspired by the Kitchen Brigades program and features young people from 13 schools, including seven in Quebec and six French schools in New Brunswick, Ontario and British Columbia. In each episode, young people are given a culinary challenge and are accompanied by a local chef to carry out a food mission with a social cause.



## OPENING OF REFETTORIO MONTREAL

The opening of Refettorio at the St. George Anglican Church in Montreal, a community table, is scheduled for late fall. We will be offering a welcoming lunch for those in excluded and precarious situations, turning ingredients from surplus foods—which would otherwise be wasted—into delicious and nutritious dishes. We plan to serve more than 100,000 meals annually.

This project is carried out in partnership with the Food for Soul Foundation of the world-renowned Italian Chef Massimo Bottura, the support of the City of Montreal, the Government of Quebec and the invaluable collaboration of the St-Georges Mission and Quo Vadis.



## FOODIES PROGRAMMING

Launch of our Foodies program offered to the general public in our cooking schools in Montreal and Longueuil.

## THANK YOU TO OUR GENEROUS PARTNERS AND DONORS

We would like to give special mentions to our star chefs, executive chefs and head chefs for their generosity and commitment to our organization.

### STAR CHEFS

Fondation Marcelle et Jean Coutu	National Bank of Canada
Hellmann's	Le Creuset
Ricardo	Olymel
Government of Quebec	SAQ
McConnell Foundation	Secrétariat à la jeunesse
Sobey's / IGA	CLD
Saputo	

### EXECUTIVE CHEFS

AGF Group Foundation	IA Financial Group
St-Hubert Foundation	Godin Family Foundation

### HEAD CHEFS

Ashoka Canada	Fondation J. Armand	L'Union des producteurs agricoles
Breville	Bombardier	
Charton Hobbs	La Capitale Foundation	Première Moisson
Fairmont Le Château	Girardin Bluebird	Stefano Faita & Michele Forgione
Frontenac	RBC Foundation	TACT
Fédération des transporteurs par autobus	Groupe Germain Hôtels	Tilton
Air Canada Foundation	Lassonde	City of Quebec
Alcoa Foundation	Mission Inclusion	

La Tablée des Chefs would like to warmly thank all of its contributors, partners, suppliers, donors and volunteers. With your support and commitment, we can continue our mission to help feed people in need and increase the culinary autonomy of young people.

Photo credit: Donat Boivin, Tom Morin and volunteers

Thank you also to the VIP partners of La Grande Tablée Montréal, Québec and Toronto, and to all the sponsors.

### **LONGUEUIL - HEAD OFFICE**

930, Curé-Poirier E. Blvd  
Longueuil (Québec) J4J 4X1

### **MONTRÉAL - JEAN-TALON MARKET**

Mandoline Room (Mezzanine)  
7070, Henri-Julien Avenue (2nd floor)  
Montréal (Québec) H2S 3S3

### **QUÉBEC – LE GRAND MARCHÉ DE QUÉBEC**

2nd floor, local 104  
250-M, Wilfrid-Hamel Blvd.  
Québec (Québec) G1L 5A7

Phone (450) 748-1638  
FAX (450) 748-1680  
info@tableedeschefs.org

**TABLEDESCHEFS.ORG**  
**RECUPERATIONALIMENTAIRE.ORG**

