



20 ans
years

La Table des Chefs
2022 ANNUAL REPORT

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La Tablée des Chefs' DNA

« *Make a difference, one meal at a time, one youth at a time.* »

Our vision

Through our programs and initiatives, we aim to mobilize resources that promote development of a sustainable food culture, and to act as an agent of change in food autonomy.

Our mission

Founded in 2002 by Jean-François Archambault, La Tablée des Chefs is a nonprofit organization whose mission can be summed up in two words: Feed and Educate.

Feed today, to fight against food insecurity, and educate youth, to develop their food autonomy. Since its start, La Tablée des Chefs has made it possible to feed people in situations of food insecurity by distributing more than 15 million cooked meals and has contributed to the culinary education of more than 50,000 youth by developing their food autonomy through its various educational programs.

The values that drive us

In its programs and projects, but also in its interactions with its partners, La Tablée des Chefs' team is committed to the values that define them and drive its mission.

Solidarity is, more than ever, the driving force behind our initiatives and programs. The current context pushes us to do more and more to help those most in need, with a desire to share resources and knowledge.

Making the biggest difference we can in the fight against food insecurity and the development of youth's food autonomy is a commitment that we renew every day.

Whatever the challenge or scale of the needs on the ground, our team members display creativity day after day, finding ways to achieve our mission - feed and educate - with integrity both towards the mission itself as well as towards the various partners who support our quest to increase our impact.



A word from the founder and general director of La Tablée des Chefs

When I look back at the long path we have been on together to create the social movement that has become La Tablée des Chefs, I can't help but be proud of us. What started in the beginning as a commentary on food waste within an industry has now become an instrument of social change and a key player in developing youth's food autonomy. Feeding people in need is still a necessity today, and doing this using surplus food from chefs and cooks is the right thing to do.

But how can we change the eating habits of future generations to prevent food waste and equip people to take charge of their diet and nutrition in a sustainable way?

It involves culinary education and the development of food autonomy amongst young people. This vital work, which we began over 15 years ago in schools and youth centres, has shown us how important it is to continue this mobilization through the Kitchen Brigades and Cook up your future programs. Regardless of where

we come from, we should learn how to cook, to eat together, and to respect the food and products we use, but above all the people who produce them with passion. La Tablée des Chefs will continue its mission to feed today, to fight against food insecurity, and to educate young people, to develop their food autonomy for years to come. We are deeply convinced that the social change we want so much to make comes through the movement we have all created together!



A word from our spokesperson



During the last two years, we have found solutions to the numerous difficulties we've faced, and we've risen to many challenges during hard times.

As the spokesperson for La Tablée des Chefs, I think that we can learn from this event and benefit from the wave of solidarity that it has spread. By getting rolling up their sleeves, learning basic skills and sharing culinary knowledge, youth discover that around the table, it is not only hunger that they can satisfy, it's the world that they can change. And this is why I promised to make culinary education for youth my priority for the coming years.

Many thanks for your support!

At RICARDO Media, our mission is to promote the importance of cooking and eating together. La Tablée des Chefs takes a similar approach in educating future generations by helping them to develop their food autonomy. If the current crisis has taught us one thing, it is that we have a strong capacity to adapt.

RICARDO



Presentation of our Board of Directors

Mario Gagnon, President
Director of l'École Hôtelière de Laval, retired

Daniel Bernier, Vice-President
Partner, Earnscliffe Stratégies

Josianne Gagnon, Treasurer
Head of Taxation, Dollarama L.P. / S.E.C.

Renée Bérard, Secretary
Business Development Officer for Tourisme Laval

Administrators

Catherine Demers-Rivard
Consulting Director, Ig2

Carl Pichette
Vice-president marketing and mobile solutions, Sobeys

Geneviève Lafitte
Lawyer, CPA CGA, M. Fisc. Assistant general director La Tablée des Chefs

Geneviève Paquette
Vice-president, community engagement and
Foundation General Director, Club de hockey Canadien

Jean-François Archambault
General director and Founder of La Tablée des Chefs

Jean Gattuso
Corporate director

Maryse Landry
Director of human resources, Tourisme Montréal

Martin Leblanc
CPA CGA, M. Fisc., Taxation, Deloitte s.e.n.c.r.l./s.r.l.

Robert Trudeau
Senior Director,
Global corporate sales and Québec market, Air Canada



OUR TEAM

Jean-François Archambault
Founder and General Director

Mylène Archambault
Administrative assistant, partnerships and sponsoring

Nicolas Berson
Chef

Hélène Crête
Accounting clerk

Mélanie Delisle
Events project manager

Nancy Duchesne
Controller

Lucie Gagnon
Assistant to General Director

Caroline Giguère
Chef

Mélanie Delisle
Human Resources Manager and Employability Block

Marcella De Vincenzo
Human Resources Manager
and Employability Block

Emmanuelle Dubuc-Fortin
Educate coordinator
and responsible evaluations

Patrick Emedy
Educate senior coordinator

Mégane Fortier
Educate coordinator

Caroline Garita
Educate coordinator team lead

Sylvie-Anne Guertin
Senior coordinator feed,
cooking schools and volunteers

Sophie Kaminski
Feed coordinator

Geneviève Lafitte, Lawyer, CPA, M. Fisc.
Assistant General Director

Dominique Larose
Director of Finance

Marjorie Lavoie
Philanthropic development director

Martin Leduc
Chef, Sidlee kitchen

Amélie Loïselle
Educate coordinator

Éric Lorent
Senior advisor, concepts and graphic design

Laurie Martin
Educate coordinator

Geneviève Massé
Educate Director

Amélie Mondor
Feed coordinator

Alexandra Morin-Richard
Educate coordinator and responsible content

Anaëlle Picard
Event project manager

Doria Poirier
Educate senior coordinator
and administrative manager

Nathalie Pomerleau
Director of cooking schools

Manoue Rajotte-Lafortune
Events project manager

Véronique Robitaille
Feed coordinator team lead

Cynthia Sitaras
Chef, Longueuil cooking school

Rolie Srivastava
Regional director

Gabrielle de Ste-Croix
Educate coordinator

Séfora Tajiti
Assistant, partnerships, donations and sponsorship

Callia Tardif
Feed and Educate Coordinator

Jérémy Thibert
Feed coordinator

Catherine Valée Grégoire
Senior production manager

Consultants

Nicolas Archambault
Consultant, videographer and director

Claude Collette
Consultant, transportation and logistics

Lyndsi Daubricourt
Strategic development consultant

Yvon Tremblay
Consultant, executive chef,
food sponsoring

La Tablée des Chefs: 2022 highlights

The ambitious dream that became the Solidarity Kitchens initiative, set up in April 2020 in the early days of the pandemic, has become the largest food production ever seen in Canada. Since the project's inception, **over 4.2 million meals** have been produced and distributed across the country.

Nearly 2 million meals were recovered by our Food Recovery program in 2022, in 15 administrative regions of Quebec. Over the past 20 years, more than 9 million meals have been recovered and distributed by the program.

In Québec, 230 high schools participated in the Kitchen Brigades after-school program, along with 33 schools outside Quebec. The Cook up your future program was offered in 44 schools/sites to young people in the DPJ and to those following untraditional educational paths.

Our 3 cooking schools transformed into Solidarity Kitchens, producing 148,000 meals. They also hosted 438 youth for culinary camps during the summer.

More than 1,200 people supported the mission of La Tablée des Chefs and celebrated its 20th anniversary by taking part in the La Grande Tablée fundraising events held in Toronto, Quebec City and Montreal. A total of \$600,000 was raised in support of La Tablée des Chefs' mission.

Taking action against food insecurity, one meal at a time

The Feed component of our mission brings together our Food Recovery program, Solidarity Kitchens emergency initiative set up at the start of the pandemic, and Solidarity Kitchens - Next Generation edition, our mobilizing activity for the next generation of chefs. These different projects unite community organizations, donating establishments, the agri-food industry, and the next generation of professional chefs in a shared drive to combat food insecurity.





Food Recovery Program

Managing healthy, nutritious surplus food represents a real challenge for the hotel, restaurant and institutional sectors. In 2003, La Tablée des Chefs set up an innovative food recovery program with a dual mission: to enhance the value of edible food surplus and to combat food insecurity.

In concrete terms, through this program, La Tablée des Chefs acts as a liaison between surplus food donors and local community organizations that take charge of collecting donations and distributing them to people in situations of food insecurity.

In 2022, 1,813,954 meals were recovered (including 69,669 outside Quebec)! The program is present in 15 administrative regions and has nearly 200 donors, including 7 outside Quebec (British Columbia, Alberta and Ontario).

Highlights of the year:

- Conference on food waste in eastern Montréal
- Participation at HoodStock, with a distribution of 19,000 meals
- The biggest food recovery in the history of the program at the Canadian Formula 1 Grand Prix 2022! More than 15 tons of food were saved!

Donor profiles:

48% healthcare sector, 18% tourism sector, 18% bakeries, 16% other.
50% of total donations come from the healthcare sector

Organization profiles:

51.3% of donations are collected by organizations whose primary goal is to provide food aid;
48.7% of donations support organizations that provide services to specific groups, such as the homeless, immigrants, women, men, minors, people with disabilities, people suffering from addiction, First Nations, people dealing with mental health problems, seniors, etc.

Solidarity Kitchens

With the impact of the pandemic still being felt and the need for food assistance as great as ever, La Tablée des Chefs and its partners once again rallied to ensure the continuation of the Solidarity Kitchens. In 2022, over 560,000 meals were produced and distributed to food banks across the country.

This incredible task was made possible thanks to the participation of chefs and cooks that mobilized for the cause in 10 kitchens across the country:

- Fairmont Le Reine Élisabeth (Montréal)
- École de cuisine de Québec (Québec)
- École de cuisine de Longueuil (Longueuil)
- Gestion du goût (Varenes)
- Cuisine collective Hochelaga-Maison-neuve (Montréal)
- Sid Lee (Montréal)
- Ono Vancouver (Vancouver)
- Rogers Arena (Vancouver)
- Calgary Stampede (Calgary)
- Soup Kitchen 24 (Toronto)

La Tablée des Chefs' team also helped out with the Solidarity Kitchens, taking part in the distribution of frozen meals. For the third year running, we joined community organization Hoodstock's FestiHood initiative on June 24 to distribute meals to communities in

North Montreal. In total, 19,000 meals, prepared during the Solidarity Kitchens initiative, were delivered directly to the community in a festive and supportive atmosphere.



Solidarity Kitchens - Next Generation Edition

Since 2003, Solidarity Kitchens-Next Generation edition has been mobilizing culinary students and professors across Quebec to take on the challenge of preparing meals that are distributed to local organizations through the network of Quebec Food Banks. Professors share their love of cooking with their students during this social activity. For culinary students, it's a great opportunity to put their passion for cooking to good use in the fight against food insecurity. Since its start, this program has made it possible to prepare and distribute over a million meals to Quebec food banks.

This year, more than 800 students and professors rolled up their sleeves and put their skills and love of cooking in service for those most in need. For the first time, the Solidarity Kitchens - Next Generation edition extended its reach beyond the borders of Quebec. The first national edition of this impactful project mobilized 20 Quebec schools, joined by 4 schools outside Quebec (Ontario, British Columbia, Nova Scotia and New Brunswick).

In total, nearly 140,000 meals were distributed to food banks across the country! It was a record year for the number of meals that were prepared!

Polyvalente des Abénaquis	1 038
École Hôtelière Fierbourg	3 750
École Hôtelière de la Capitale	18 600
Campus Brome-Missisquoi	1 800
Centre 24 Juin, Pavillon du Vieux-Sherbrooke	8 200
École Hôtelière de Lanaudière	2 000
Centre La Croisée	1 128
École Hôtelière des Laurentides	5 800
Cégep de Saint-Jérôme	1 320
École Hôtelière de Laval	5 210
CFP Bel Avenir	1 300
Collège Laflèche, Trois-Rivières	1 192
École Hôtelière de la Montérégie	31 526
École Hôtelière de Montréal- Centre Calixa-Lavallée	6 000
ITHQ	3 300
Collège LaSalle	6 016
Pearson School of Culinary Arts	8 000
École des Métiers de la restauration et du tourisme de Montréal	3 065
École Hôtelière de l'Outaouais/ Relais la Lièvre Seigneurie	15 680
Aramark, Banque Nationale du Canada	6 000
CCNB Edmundston	2 400
Centennial College	1 800
NSCC Ackerly Campus	2 000
Camosun College	2 000

Future perspectives: introducing Solidarity Soups

Since its foundation in 2002, La Table des Chefs has been firmly committed to providing healthy, nutritious food for people in situations of food insecurity. This same commitment led to the creation of the Solidarity Kitchens emergency initiative at the very start of the pandemic, with over 4.2 million meals being distributed since its launch! Despite the project's success, a lack of infrastructure required to continue with the project keeps it from being maintained on a long-term basis. We aim to redesign the project to make it more sustainable and better adapted to today's needs.

This realization and our desire to maintain our impact on the ground helped inspire a new idea, Solidarity Soups. This project involves preparing soups from surplus vegetables, in order to provide healthy, nutritious meals needed by school-aged children.

The Solidarity Soups initiative will significantly reduce food waste in Quebec, while feeding school-aged children, with the aim of ensuring greater equity in education and health. Soups will be distributed free of charge to the province's elementary schools as part of the ministerial food aid program.

Given the importance of healthy eating to children's overall development, it is evident for La Table des Chefs to combine its educational mission with that of feeding people, to bring the Solidarity Soups project to all young people in the province.

Solidarity Soups will be offered to all students in participating elementary schools, to avoid stigmatizing students who may be recipients of food aid. The pilot year of the project will reach more than 2,500 students

(3 portions of soup per week per student). For the first phase of development in 2022-2023, five schools in Montérégie have been selected.

La Table des Chefs has had the support of a number of partners to ensure the production of soups in 2022: members of the Association of Golf Clubs of Québec (Golf Club Vallée du Richelieu and Château Bromont), the Bell Centre, and La Table des Chefs' cooking schools in Longueuil and Québec. Storage will be handled by Congébec, a major partner of the Solidarity Kitchens. Containers and packaging will be produced by IPL and Cascades.



To develop youth's food autonomy

The Educate component of our mission encompasses two distinct culinary education programs: Kitchen Brigades and Cook up your future. Through these two programs, each developed for specific groups, we educate young people by helping them develop their food autonomy while teaching them healthy eating habits.





Kitchen Brigades

The Kitchen Brigades is an after-school program offered in high schools, reaching youth aged 12-17 through workshops on food and healthy eating habits. The program has been offered in Quebec high schools since 2012 and since 2019 in other Canadian provinces. As evaluations clearly show, the Kitchen Brigades are an incredible opportunity for young people to learn to cook, while at the same time growing and learning through teamwork and developing as responsible citizens.

Looking back on the 2021-2022 school year

In Quebec, 200 schools participated in the Kitchen Brigades program. Elsewhere in Canada, 24 schools in five different provinces took part in the workshops. More than 4,000 youth attended workshops, for a total of over 8,800 hours of training!

The young participants were excited to have the opportunity to participate in the inter-school competitions to round off their Kitchen Brigades adventure. This was the first time since the start of the pandemic that the competitions were able to be held in person! Nearly 90 high schools from across

Quebec and Canada took part in the Battle of the Brigades. At the end of the various levels of competition, the top 5 brigades faced off in the grand national final. Under the watchful eye of Ricardo, who hosted the event, the 5 finalists had to develop a recipe to impress the jury. Richmond Regional High School was declared the best brigade of the year and awarded the Kitchen Brigades trophy!

2022-2023 school year

In 2022-2023, 230 Quebec-based schools will participate in the program, along with 33 schools across Ontario, New Brunswick, Nova Scotia, Manitoba, Saskatchewan, and British Columbia. This represents more than 5,550 youth who will be gaining skills to develop their food autonomy!

More than 12,600 hours of training have been provided by 194 chef instructors.

During the Big Cook Up Saputo, 94,000 servings of Mexican casserole were prepared for 260 community organizations.





The Cook up your future culinary training program is targeted for young people in the youth protection system, and since the past three years, also for students in special education or adaptive learning groups. The program aims to help develop young people's food autonomy, particularly those who will find themselves in independent living quicker than average.

Developing knowledge about healthy eating habits as well as basic culinary skills is undoubtedly a key factor in the successful transition to adulthood. This one-year program is made up of three distinct and complementary components: a culinary kit, four blocks of seasonal workshops and a block of job readiness preparation.

Culinary workshops Looking back on the 2021-2022 school year

A total of 17 workshops were organized this year, with more than 150 young people from the DPJ who were able to develop their culinary skills and gain healthy eating knowledge as they prepare to start their independent lives. On the school side, 17 high schools opted for this program in its second year of implementation, with over

270 young people participating!

2022-2023 school year

In 2022-2023, the Cook up your future program is being implemented in 14 schools with adapted or special education learning programs. A total of 264 young people are benefiting from the program.

The program is also being offered to youth in the DPJ in 15 regions of Quebec: Montérégie, Laval, Lanaudière, Outaouais, Abitibi, Côte-Nord, Montréal, Bas-St-Laurent, Chaudière-Appalaches, Saguenay, Centre-du-Qc, Mauricie, Capitale-Nationale, as well as in British Columbia. The program is serving 29 groups and 269 young people.



New culinary kit: revised and improved content

Always keen to improve our programs, in 2022 La Tablée des Chefs worked on redesigning the culinary kit to offer a better-adapted tool for the needs of young people. Our new culinary kit contains several basic kitchen utensils, each enabling youth to learn about cooking and healthy eating. The centerpiece of the new kit is without a doubt the So good! cookbook, designed and developed by our team specifically for young people transitioning towards independent life. Featuring a dynamic, attractive layout, this book offers simple, accessible recipes to help young people take their first steps in learning how to cook.

As grocery shopping is an essential part of independent life, the new culinary kit also offers nine video capsules designed to help youth to plan their visits to the supermarket.

Since the culinary kit aims to, above all, serve as an opportunity for the various people supporting youth to facilitate discussions about food and cooking, it contains a guidebook to help them maximize the understanding and use of the culinary kits.

In addition to our work revising the content of the culinary kits, we have also dedicated our time and energy to ensuring that they are distributed to as many young people

as possible across the country. There have been 5,000 culinary kits distributed across Canada this year, with 750 of these kits being distributed to youth from indigenous communities.

Here are a few testimonials about our new culinary kits:

"The group of students who received the kits ... were very happy. One student even said 'Ooooh a cookbook just for me!'. Our graduates will receive them at the end of the school year. They cooked a lot the last two years and are in internships for most of this year. We want to give them the kits as a send off gift to start their adult life. You made many people happy. Thank you, they will be used in an educational way."

Assistant Director,
Centre de formation professionnelle
Fierbourg, Québec

"The distribution of the kits is currently happening in a targeted manner, in function of the needs and life projects of teens housed with foster families or in intermediate resources. Currently, the format and the design of the bag seems to be well liked...Thank you again for your generosity. Our youth are very appreciative."

Department manager, intermediate resources and
rehabilitation in alternative living environments

A new block to promote successful integration into the workplace

The goal of the Cook up your future's employability block is to help youth have a successful entry to the workplace. Since 2008, Cook up your future culinary workshops have aimed to address essential food and dietary needs by equipping young people with skills to become more food autonomous.

Thanks to these culinary workshops, many young people discover an interest and a passion for cooking, and some even want to pursue this interest at a more professional level.

This is why La Table des Chefs has set up an employability block alongside our culinary workshops, designed to offer young people aged 16 to 19, who have completed at least three blocks of workshops, the chance to participate in a work training program for careers in the food service industry.

The key ingredients of the employability block: Cook up your future's new employability block consists of five practical workshops, during which participants will be paired with a chef mentor responsible for introducing them to the food service industry and providing them with concrete work experience. Participants will then have the opportunity to complete a paid internship with one of our partners.



Future perspectives: rapidly expanding our educational offerings

For the 2023 school year in Quebec, we plan to offer the Kitchen Brigades to 250 groups of students, reaching 5,000 youth. The regional inter-school competitions will be back, along with the second ever national Canadian Brigades final.

In Canada, our goal is to offer the program to 60 groups, which would touch 5,000 youth.

The Kitchen Brigades program has several priorities for 2023:

Engage with schools through on-site visits, as it's important to build strong ties with our schools and offer personalized support.

Travel to major cities across Canada to build strategic relationships for the recruitment of our chef instructors! We will continue to surround ourselves with chef ambassadors to reach out to our youth.

The creation of a committee to build a concrete strategy for the development of our programs with First Nations communities and adapt them to promote dialogue and meet needs.

We have begun a study on the state of kitchens in Quebec, which will provide a better understanding of the current kitchen infrastructures in schools. This data collection will facilitate deployment by helping us target schools with infrastructures that can accommodate our programs, while offering an opportunity for our organization to act as a catalyst to promote development with our government partners.

For the Cook up your future program in 2023-2024, the goal is to reach 60 sites within the youth protection system, reaching 600 young people. We plan to review

the program's structure and make changes based on feedback we receive from those who accompany the youth (food preparation activities, urban gardens, etc.).

We hope to create a stronger partnership with all the Youth Centres of Québec to continue to expand our reach and maximize the impact on young people!

Stepping into the kitchens of youth centers will enable us to share the values of La Table des Chefs through posters and other communication tools, with fun facts and basic information about food, in the hopes of sparking interest about developing food autonomy. Creating these inroads will be carried out in collaboration with the various youth centres in each administrative region, and will include young people in the creative process.

Another project is to replicate the Vancouver model with YMCA and Covenant House in the rest of Canada. We will also be developing a longitudinal study about youth in our program with Frédérique Poncet, researcher at the Lethbridge-Layton-Mackay Rehabilitation Centre / CIUSSS du Centre-Ouest de l'île de Montréal.



Our socially impactful culinary activities

Whether in Montreal, Longueuil, or Quebec City, our cooking schools are places of social and culinary mobilization. Between our Culinary Camps, our solidarity cooking activities, and preparation of meals for Solidarity Kitchens during the pandemic, through impactful culinary activities organized in our schools, you can join in our mission!



Solidarity Kitchens in our schools

Our cooking schools all contributed to the Solidarity Kitchens initiative. In 2022, 148,000 meals were prepared by the Longueuil and Quebec City cooking schools - truly exceptional teamwork!

With the help of our invaluable volunteers, our dedicated chefs in Longueuil and Quebec City have cooked more than 5,300 liters of solidarity soups since October 2022.

Culinary Camps: a gourmet week of community and solidarity

From June 27 to August 19, we welcomed 438 young cooks to our three cooking schools as well as to Laval to offer them a mouth-watering summer program! This year, to highlight the 20th anniversary of La Tablée des Chefs, youth prepared tasty, punchy recipes, divided into 5 thematic days.

To mark the occasion, Jean-Philippe Cyr, Stefano and Ricardo joined us to share some of their best recipes, each associated with a theme. La Tablée des Chefs founder and general director Jean-François Archambault and the organization's in-house chef Cynthia Sitaras also shared some of their favorite recipes. We also included the best recipes over the last twenty years - our young cooks' preferred dishes since the beginning of our culinary education programs.

In addition to enjoying the unique opportunity to have fun and learn how to cook, youth were also able to make an impact in their community. This year, over 7,000 servings of Solidarity Macaroni were prepared and distributed by the young campers to various community organizations in their region!



The return of our socially impactful culinary activities: Solidarity meal preparations

In 2022, La Tablée des Chefs offered impactful, unifying culinary activities for the corporate sector, opportunities to share a team-building activity or a festive moment amongst colleagues. These activities involved solidarity meal preparation, allowing companies to make a real difference in their community, all while experiencing a unifying team activity. Nourishing and tasty meals were prepared by participating companies and donated to local organizations, bringing a little comfort to those who needed it most. A perfect way to get together with colleagues and share a nice moment celebrating the joys of cooking!

For the holiday season, a total of 12 companies organized team building activities, and thanks to their mobilization, we were able to give back 250 liters of Solidarity Soups and 375 meals to community organizations.



Funding

Ensuring long-term continuity of our mission

Year after year, an entire team is dedicated to organizing events and fundraising activities, providing essential funding to pursue our mission and continue making a difference on the ground. With committed partners by our side, each year the projects are numerous and true successes.





AGF Group Foundation benefit cocktail

This year's event marked the 10th anniversary of the AGF Group Foundation, with legacy as the evening's theme, highlighting the foundation's contribution over the years. On June 2, 200 guests gathered at the Fairmont Queen Elizabeth to enjoy hors d'oeuvres and wines from Maison Joseph Drouhin.

The event helped raise close to \$180,000 to be donated to the community. From this total, AGF Group Foundation donated \$50,000 to La Tablee des Chefs to support its programs and projects.

Solidarity BBQ

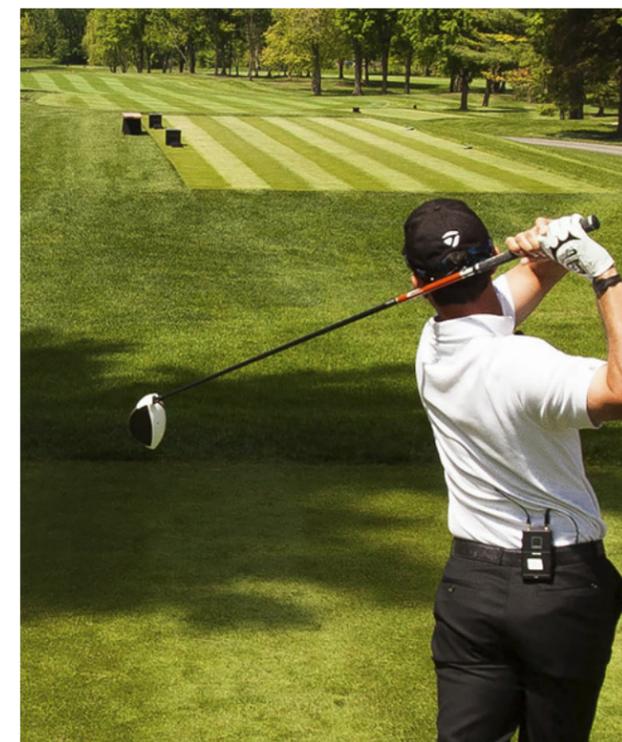
On June 10, Groupe Lesage and Grenier of RBC Dominion Securities and La Cabane du Coureur joined forces with La Tablee des Chefs to offer a gourmet BBQ experience - with surf and turf on the grill!

Under the direction of Jean-Sébastien Giguère, Chef Partner for Coureur des Bois - Cabane - h3, a team of talented chefs joined forces to create a five-course meal featuring delicious, decadent dishes that delighted guests' taste buds. A number of Polybel high school students taking part in the Kitchen Brigades program also participated, providing a great opportunity to mobilize the next generation of chefs through the event. The 155 guests enjoyed a tasty evening - smoked salmon with gin and maple, bacon-stuffed lobster, king's tomahawk with confit potatoes - all for a good cause. The event was a true success, raising \$75,000!



National Accounts - Banque Nationale golf outing

Held at the prestigious Club Laval-sur-le-Lac, the National Accounts -Banque Nationale golf outing was an opportunity for participants to exchange ideas and network in a friendly summer atmosphere. One hundred and thirty-two players gathered at the club's magnificent blue course on September 1 to play a round of 18-holes. Throughout the tournament, participants enjoyed refreshments and tasty small bites, delicately concocted by the La Tablee des Chefs' team and the club's executive chef, François St-Aubin. A cocktail reception was also held at the end of the evening, where players and guests enjoyed a delicious meal. The event was a success and raised \$160,000 for La Tablee des Chefs!



Oregon and Washington - Expédition wines and gastronomy benefit event

This summer, Oregon and Washington - Expédition wines and gastronomy was in Montréal, and for the occasion teamed up with La Tablee des Chefs to organize a special gourmet benefit event, supporting La Tablee des Chefs' mission. On June 8, more than a hundred guests gathered at Marché Bonsecours to taste exclusive local products from more than 35 producers, as well as over a hundred wines from Oregon and Washington State.

Guests were also treated to a cocktail reception prepared by chefs of La Tablee des Chefs, along with the participation of Top Chef Portland contestant Sara Hauman. It was a unique opportunity to enjoy a delicious meal and discover the Pacific coast wine trail, while supporting a good cause! This first edition of the event raised close to \$6,500, which was donated to La Tablee des Chefs to support its programs and projects.



Solidarity Sparkles, the most bubbly and festive way to highlight 20 years of La Tablée des Chefs

Solidarity Sparkles are the result of a rigorous selection of the best apples from Lassonde orchards. A frothy cuvée, made from 100% Quebec apples, created to celebrate 20 years of La Tablée des Chefs!

To illustrate 20 years of solidarity, the Solidarity Sparkles were sold under a series of 20 eclectic labels, each representing a variation of an apple defining a key moment in the history of La Tablée des Chefs.

They were sold in IGA stores across Quebec. For each bottle sold, a donation of \$8 was made to La Tablée des Chefs, raising a total of \$30,000 for the cause.



IGA Campaign

From February 24 to March 16, La Tablée des Chefs ran a fundraising campaign in all Quebec IGA stores, featuring Solidarity Seeds. This brand-new boxed set offered families across the province an opportunity to experience the joys of gardening while supporting a good cause!

Sold for the low price of \$5.99, each box contained 5 quality heirloom seeds: Scarlet Globe radish, Nantes carrot, Selway lettuce, Genovese basil and Marketmore cucumber. A campaign by suppliers was also organized, where 25¢ per participating product was donated to our organization, along with stickers at checkouts encouraging donations. In total, the campaign raised an unprecedented \$331,000!



Montreal Canadiens Reds versus Whites intrasquad scrimmage

On September 25, the annual Reds versus Whites intrasquad scrimmage was held at the Bell Centre, an event that precedes the Montreal Canadiens' pre-season kick-off. Presented by IGA, the sold-out event was organized once again this year to benefit La Tablée des Chefs and the Canadiens Children's Foundation.

To make the day even more memorable, young finalists from the 2021-2022 Kitchen Brigades had the opportunity to enjoy a special experience by watching the scrimmage from box seats. They were also able to visit the Bell Centre and discover some of its hidden secrets! Before the game, the youth prepared choco-date energy balls with Bell Centre Chef Yves Lowe, which were then sold to fans during the game!

The event raised an unprecedented \$184,540, half of which was donated to La Tablée des Chefs to support the development of its various programs and activities..

LES GRANDES TABLÉES

La Grande Tablee Toronto

With the pandemic now under control, it was time for us to bring our flagship fundraising event back to Toronto for its second pan-Canadian edition! On October 17, La Grande Tablee Toronto was held at the luxurious and historic Fairmont Royal York, celebrating our 20th anniversary. This year's event brought together 330 members of Toronto's business community, eager to discover and support our mission.

The evening was led by our honorary co-chairs, Ms. Jana Sobey, Senior Vice-President, Fresh Merchandising For Sobeys, and Mr. Gary Wade, President of Unilever Canada, who was represented at the event by Ms. Naniss Gadel-Rab, General Manager Nutrition, Unilever Canada. The evening's host was none other than Tony Chapman, who helped make it a truly memorable event!

A brigade of renowned Toronto chefs prepared a gourmet 5-course meal, showcasing each chef's unique creativity and talent! In addition, during the cocktail reception, we had the pleasure of serving hors d'oeuvres prepared by Centennial College culinary students! It was an excellent opportunity to showcase teamwork and commitment of chefs of both today and tomorrow to the mission of La Tablee des Chefs: feed and educate.

This gourmet evening raised a total of \$195,000 for our mission!

La Grande Tablee Québec and Montréal

La Grande Tablee Québec and Montréal were held on November 14 and 21 at the Fairmont Château Frontenac and Hôtel Bonaventure, celebrating our 20th anniversary. This year, the events brought together a total of over 900 members of the business community in support of our mission.

The events were led by our honorary co-presidents, Brigitte Jalbert, President of Emballages Carrousel Inc. and Jean-François Chalifoux, President and CEO of Beneva. The hosts for the evenings were none other than Johane Despins in Quebec City and Claudine Prévost in Montreal.

The educational component of our mission was well represented at both events, as youth involved in the Kitchen Brigades were present to help plate the delicious dishes served to guests. They were supervised by Shawn Parent, our youth ambassador who won the first season of our web series.

All in all, these evenings, rich in flavour, raised \$600,000 for our mission!

BMO
CARGILL PROTEIN
CENTENNIAL COLLEGE
FAIRMONT ROYAL YORK
FHCP
FOOD MOMENTUM
GEORGES BROWN COLLEGE
INFORM
JADE FINE FOOD
MENNIE CANADA

PHD
RICH PRODUCT OF CANADA LTD
ROBERT SHAPIRO & ASSOCIATE
SIDLEE
SKICOLOR, TMF, CONCORD MEATS
SOFINA FOODS - FOR THE LAVAZZA GROUP
TD CANADA TRUST
THE TRADE DESK
FCC (FHCP)
INVAFRESH

SOFINA FOODS
ACPE INC.
AGROPUR
BANQUE SCOTIA
BANQUE TD
BCF AVOCATS D'AFFAIRES
BOMBARDIER
BORALEX
BREVILLE
BRIO CONSEILS

CARBONLEO
CASINO DE MONTRÉAL
CDPO
CGI
COGECO
COOP AVANTIS
CORPORATION FIERA CAPITAL
DELOITTE
DESJARDINS ENTREPRISES

DESJARDINS DGAG
ÉLEVEURS DE PORC DU QUÉBEC
ELISABETH DESCHENES (ZA COMMUNICATION)
ERNST & YOUNG
FAC
FONDATION FAMILLE GODIN
FONDATION GOSSELIN
FONDATION PAIN ET ESPOIR
FONTAINE SANTÉ
FSTQ

GARAGA
GESTION SOLIFOR INC.
GROUPE DESCHÉNES
GROUPE EXPORT
GROUPE ROBERT
GUYLAINE DALLAIRE
HEROUX DEVTEK
HDG
HUMANIA
INVESTISSEMENT QUÉBEC
JARISLOWSKY FRASER

LABATT
LES SERVICES MÉNAGERS ROY LTÉE
LEVIO CONSEILS INC.
LG2
MALLETTE
MOUVEMENT DESJARDINS - EST DU QUÉBEC
PREMIER TECH
QUEBECOR
RBC
ROYNAT

SAMARA
SAVOURA
SID LEE
SILVY NIQUET (GESTION)
SUN LIFE
TECHNO PAK
TELUS SANTÉ
TRANSCONTINENTAL INC.
UNIVERSITÉ LAVAL
UPA (LES PRODUCTEURS DE LAIT QC)

Our mission and programs beyond borders

Feed and educate. This is the mission behind all of La Tablée des Chefs' programs and activities since 2002, a mission that has now for several years crossed beyond borders, to France and Mexico.



Our actions in France

Despite the challenges of the pandemic and health restrictions, La Tablée des Chefs' team in France was able to maintain a full year of activities in 2022. Feed and educate programs both continued to mobilize partners around our common mission.

The impact of La Tablée des Chefs France in 2022:

- Solidarity Kitchens-Next Generation edition brought together students from culinary schools in France to prepare meals for local community organizations, in spite of the challenges of the pandemic. In 2022, there were 51 schools who prepared 10,100 meals in 10 days.
- Solidarity Challenge - Put on your chef's hat - these solidarity-based team building activities made it possible for 300 business employees to prepare nearly 3,000 complete meals for a dozen of community organizations.
- The Kitchen Brigades allowed 186 students from 14 middle schools to participate in 140 workshops, representing 280 hours of training. The Cook up your future program reached around 360 youth from 20 youth centres, for a total of 49 workshops, representing 147 hours of training in 2022.
- 2022 also marked the second edition of the benefit cocktail event Les Belles Assiettes. With the participation of prestigious chefs at the Pavillon d'Armenonville, guests gathered together in June to raise more than €23,000 in support of programs and activities.
- On November 22, 2022, La Grande Tablée took place at the Intercontinental Paris - Le Grand for a terrific edition, bringing together companies with shared values around our mission, for a gastronomic dinner and a solidarity fundraising raffle. During the event, €85,000 was raised to help fund feed and educate programs.

Our actions in Mexico

Our operations in Mexico, where our food recovery program was established, were slowed down by the pandemic, which not only impacted our main donors, but also required us to comply with a number of sanitary measures. The considerable reduction in donations of food surplus from the hotel industry also kept the food recovery program from running.

In addition, a lack of recurrent funding for our activities in Mexico, as well as the absence of a team on the ground, contributed to the deceleration of our actions.



Our partners and donors

Inspiring ideas, the best team and the desire to make a real difference on the ground are not enough on their own to achieve our mission. For each of its programs and projects, La Tablee des Chefs is fortunate to be able to count on the support of committed and dedicated partners who support our mission and share our values.

ARTISAN CHEFS

- A. LASSONDE INC
- GOUVERNEMENT DU CANADA
- GOUVERNEMENT DU QUÉBEC
- IGA
- NORTERA
- OLYMEL
- SAPUTO
- SAQ
- SOBEYS

STARRED CHEFS

- BANQUE NATIONALE
- BANQUES ALIMENTAIRES DU QUÉBEC
- EMBALLAGES CARROUSEL
- FONDATION AIR CANADA
- FONDATION FAMILLE GODIN
- FONDATION FAMILLE LEMAIRE
- FONDATION GROUPE AGF
- FONDATION MARCELLE & JEAN COUTU
- HERBES & ÉPICES DION
- LE CREUSET
- RICARDO
- SECRÉTARIAT À LA JEUNESSE DU QUÉBEC

EXECUTIFS CHEFS

- BENEVA
- CASCADES
- CATELLI
- CHARTON HOBBS
- CHARTON HOBBS
- COURCHESNE LAROSE
- FAVUZZI
- FERMES BURNBRAE
- GROUPE PREMIÈRE MOISSON
- INDUSTRIELLE ALLIANCE
- INTELCOM
- LES SOEURS EN VRAC
- RAYMOND CHABOT GRANT THORNTON
- TRUDEAU CORPORATION
- PSOC
- RECYC-QUÉBEC
- KNORR
- HELLMANN'S TILTON

KITCHEN CHEFS

- ALCOA FOUNDATION
- BREVILLE
- CONGÉBEC
- FAIRMONT CH TEAU FRONTENAC
- FÉDÉRATION DES PRODUCTEURS D'OEUF DU QUÉBEC / MAISON UPA
- ÉNERGIR
- FONDATION FAMILLE GOSSELIN
- FONDATION J.A. BOMBARDIER
- FONDATION RBC
- HERMES CANADA
- ILOT
- LAWSON FOUNDATION
- LES ALIMENTS FAITA FORGIONE
- METRO TO HOME LOGISTICS INC.
- POWER CORPORATION DU CANADA
- SANIMAX
- SECOND HARVEST
- TACT
- UTC
- SIDLEE

SOUS-CHEFS

- ALIMENTS DU QUÉBEC
- BLAKE, CASSEL, GRAYDON SENCRL / SRL
- CHEVALIERS DE COLOMB
- COCA-COLA
- COGIR
- COLABOR
- DAINTY
- FINANCEMENT AGRICOLE CANADA (FCC-FAC)
- FLAMINGO / OLYMEL
- FONDATION DES JEUNES DE LA DPJ
- FONDATION FAMILLE LÉGER
- MAPLE LEAF
- MCCARTHY TÉTRAULT
- NUTRIFRANCE
- PROGRAMME D'APPUI À LA FRANCOPHONIE CANADIENNE
- ROGERS COMMUNICATIONS CANADA INC
- SCOTIA BANK
- UNION DES PRODUCTEURS AGRICOLES (UPA)
- THE HARBINGER FOUNDATION THE LITTLE POTATOES COMPANY
- TOURISME MONTRÉAL
- VALRHONA CHOCOLAT
- WOHLER

COOKS

- ARDENT MILLS
- BOEUF QUÉBEC
- C. ISABELLE & FILS INC
- CREVETTES DU NORD ATLANTIQUE
- DIANA'S OYSTER BAR & GRILL
- DUBRETON
- FDX INTERNATIONALE INC, (CAVIAR ANTONIUS)
- FONDATION MCCARTHY TÉTRAULT
- FONTAINE SANTÉ
- FRUITS DE MER DU QUÉBEC
- HECTOR LARIVÉE
- HORIZON NATURE
- IMPRIMERIE STE-JULIE INC.
- JEWEL UNDER THE KILT - NUT CRACKERS
- LA CABANE DU COUREUR
- LA MILANAISE
- LÉCHÉ DESSERTS
- LES ALIMENTS MEJICANO
- LES CULTURE DU LARGE
- LES FINES HERBES PAR DANIEL
- LES PROMOTIONS ATLANTIQUES INC.
- MILLER AND SMITH
- MINOTERIE DES ANCIENS
- MONTPAK
- ORIJIN CHANVRE
- ROUGIÉ
- SIGNÉ CAMÉLINE : OLIMEGA
- SUNBEC
- THE BUTCHER SHOPPE WAGYU
- UNIPÊCHE
- VIANDEX
- VIANDES RIENDEAU
- WEBISOFT
- YOURBARFACTORY



Annexes

Annex 1 : Media Review

2022, a year full of impactful projects, gave rise to a great deal of media coverage. Here are a few highlights of the media's interest in our mission and actions on the ground.



Here are a few highlights of the press's interest in our mission and our actions:

In 2022, there were over **430 mentions** of La Tablée des Chefs in the media for a total reach of **54 643 478**. These mentions are mainly in Quebec (255), but also cover all of Canada.

The breakdown is:

- radio mentions (46%)
- television mentions
- online mentions (22%)
- written mentions

Media peaks occurred chronologically in the months of April, March, December and September.

- Department manager, intermediate resources and rehabilitation in alternative living environments



La Tablee des Chefs
WWW.TABLEEDESCHEFS.ORG