

**Are you interested in learning how to cook?**  
**Would you like to learn new ways to prepare food that is healthy and tasty?**

**Then You're the Chef is for you!**



You're the Chef is a program to help you learn important cooking skills.

At You're the Chef, you will learn how to make healthy and tasty recipes with vegetables and fruits.

You will get to sample these recipes you prepared.

**You're the Chef will teach you how to:**

- Use kitchen equipment
- Follow recipes
- Safely prepare food
- Include more veggies and fruit into meals and snacks

**You're the Chef information:**

Location: \_\_\_\_\_

Dates: \_\_\_\_\_

Time: \_\_\_\_\_

Leader: \_\_\_\_\_ Contact Information: \_\_\_\_\_

**Register today!**

To sign up, contact the YTC leader (see above).