“IRON CHEF” PROPOSAL

# Name of Project

***Community Iron Chef***

# Description

GOALS

-Show people that eating out isn’t always necessary.

- teach them that many delicious foods can be made with little ingredients

-Have people from other grades interact with each other, build relationships that never existed.

-Implement a new way of thinking when they buy and cook food.

-Build Teamwork skills, such as having to communicate efficiently to get things done.

Our project is aiming to towards local youth to teach them that you could make and eat delicious, wholesome and healthy food without spending too much money and with common ingredients they have at home. Our goals are to show that you don’t have to go out and spend a ton of money for good food. Have people from different grades in our school interact with on another. Build useful teamwork skills and have them think differently when they are out shopping for ingredients for recipes they would like to make. We are planning to have (depending on the amount of people that show up) 10 people, split up into 5 groups. There will be a table filled with ingredients and pre-made pizza dough. Participants shall pick any ingredients they want after the demonstration we organized. After picking ingredients they will then be sent off to make their pizza and we are hoping that they would be creative.

Once the cooking is finished, they will share their creations with the opposing team. In the process, of trying each other’s food, they will can learn how to improve their own dishes. Also to make it more fun, we will make it sort of like IRON CHEF, a cooking competition on television. A judge will sample each of the groups creations and will provide his opinion. Our end goal is to express our passion with others, teaching people that community cooking could be something that enhances relationships and engages different people from different communities to come together and enjoy some good food, in the process, spending as little money as possible.

# Impacts

* Wisely pick ingredients that they really need, that in turn, still achieve great taste.
* Teach them to cut costs on certain food items
* Working on creativity skills
* Fast thinking
* Interacting with new people
* Teaching them that they don’t need to spend $100 dollars on a meal, they only need $20 to make a delicious meal.

# Needs

* Community engagement
* Less contribution to the community food waste.
* Interactions with different grades.
* Relieve stress and have a little fun

# Program Summary

We both see that students in Windermere Secondary, lack items of food that are beneficial towards health. Our workshop, “Community Iron Chef” is dedicated towards Windermere youth to teach them that you could make and eat delicious, wholesome and healthy food without spending too much money and with common ingredients they have at home. We will have a mentor guide the workshop on making pizza. The participants are free to include or exclude any ingredient they want, hopefully resulting in experimentation and the use of their creative minds. The goal of all of this is teach the participants that they could cook delicious food with simple household ingredients. In the process, they may learn important teamwork skills, that can be utilized further down their own lives. As well as this where they can be creative and relieve stress from anything going on in school. Most importantly, they have a chance to push those unhealthy foods out of their lives, such as chips, pop, and take-out foods; Therefore replacing it with much more healthier food options.

# Program plan

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| Gather ingredients   * Budget will be around $100 - $150 |
| Get approval from Ms.Ma to use cafeteria   * Ask politely if we could use the school cafeteria |
| Promote over social media and post poster around school   * Going around explaining how it's going to work. * What we’re trying to teach people. * Explain cheap eating. |
| Wait for people to sign up   * Sign up will be over email. * On social media people who are interested will be asked to comment their email so we can further contact them. * On poster people interested will be asked to go to a room 212 to sign up on the sign up sheet we will be making. |
| Send another email explaining what will happen in more depth and ask for a response for the people still interested.   * Explain activity in depth. * Ask people to clear timetable on that day. * Ask them to consider if they are actually interested. * Asking them to come prepared and ready for the activities that will be happening. |
| Wait for responses   * Aiming for 10 minimum people. * Organize group. |
| Send a reminder email   * Includes same information as the other email. * Reminding them to be at Cafeteria at 3:30 and the program will end around 5. |
| Program Day   * Gather/organize ingredients * When the people showed up, we’ll put them in equal groups and give them the money. * Start the activity. * Start timer for 45 minutes. * Go around talk/see how everyone is doing (checking if everyone is working as a team and well). * After done cooking, we will gather people again and let our judge taste test. * Everyone will win as this is not a contest. * Thank everyone for coming as this wouldn’t of happened if they didn’t. * Ask for feedback. |
| After program   * Collect all data. * Debrief on what went well and what went wrong, what we could improve on, what we can keep the same for next event. |