

CATERING FOR EVENTS

Preparation Guide



CÔTE-NORD
Espace de saines
habitudes de vie

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INTRODUCTION

The "Catering for Events - Preparation Guide" was developed to promote healthy eating during various activities: food kiosks (canteens) at sporting events, cultural launches, popular celebrations, school activities, business meetings, fundraising events, etc. The Guide is intended for those in charge of the organization.

Breakfast, lunch, dinner or snacks, this Guide allows you to:

- Offer tasty and healthy foods
- Know and apply the rules for hygiene and food safety when handling food
- Plan the menus, purchases, service and management of surplus food
- Follow the Canada's Food Guide recommendations.

This project is funded by the Regional Action Plan for the Promotion of Healthy Lifestyle Habits (PAR SHV) of the Table Santé-Qualité de vie de la Côte-Nord (TSQVie-09).

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Loosely based on the document produced by AlimentAction and Extensio.

Thank you for taking care of the North Shore population,

Enjoy!



HYGIENE AND FOOD SAFETY

Adopting good hygiene and food safety practices is essential in preventing foodborne illnesses, also known as food poisoning. This can occur when food or a beverage is contaminated with a pathogen (e.g., bacteria, viruses, parasites, chemicals) and is consumed.

Food may become contaminated at any time before it is consumed. For example, if food is handled, stored or cooked improperly.

Most food poisonings can cause one or more of the following symptoms: nausea, vomiting, diarrhea, stomach pain, cramps, fever or headache. Signs may appear hours or even days after ingesting the contaminated food.

In order to apply good practices and comply with food handling requirements, a team member must obtain training from the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ).

Visit the MAPAQ website to determine the required training:

http://media.mapaq.gouv.qc.ca/permis_hygiene_salubrite/hygiene_salubrite_alimentaires.html
(French only)

How to avoid food poisoning:

FOOD SAFETY

- When purchasing food, check the expiration date and ensure that the product is fresh (odour, colour and texture).
- Fresh fruits and vegetables should be washed before use.
- Perishable food must be stored in a cold place at all times. The danger zone for perishables is between 4 °C and 60 °C. If food is kept in the danger zone for more than two hours, it must be discarded. The proper temperature for the refrigerator is between 0 °C and 4 °C and -18 °C for the freezer.

Suggestions:

- Fill platters as needed, storing unused portions in a cooler or refrigerator.
 - Display perishable foods in a container over ice cubes.
 - For hot meals, warmers can be used to keep food above 60 °C. The use of a thermometer allows for better temperature control.
- Any surplus food that is kept at the proper temperature can still be consumed. Donations to community organization or a community fridge may be a great option. Any leftover foods must not have been handled by the public.



FOOD HANDLING

- Before and after handling food, clean work surfaces with hot soapy water and rinse with clear water. Then use a sanitizing solution (ex., 5 ml (1 tsp.) of bleach in 1 L of water) and rinse the work area with clear water.

**The bleach solution is only effective for 24 hours
AND MUST BE REPLACED DAILY.**

- Cleaning cloths should be rinsed after every use and changed daily. If the cloth has been used on a surface or tool that has been in contact with raw meat, it must be changed.
- Store cleaning products away from food.
- When thawing food, avoid leaving it at room temperature. Safe methods are:
 - In a refrigerator
 - In a microwave oven, immediately before cooking
 - In a basin of cold waterThawed food must not be refrozen unless it has been cooked.

PERSONNEL

- In the event of illness (ex., diarrhea, vomiting), the person affected should not prepare or serve food until 48 hours after their symptoms have completely cleared.
- Wear clean clothing and avoid jewellery. Tie hair back and wear a hair net. Wear a beard net, if applicable.
- Wash hands and forearms with warm water and soap before starting any food preparation and after handling raw or unwashed food.
 - Wash hands after: going to the bathroom, blowing your nose, sneezing and handling money.
- If someone has:
 - A non-infected wound on their hand or forearm, they must cover it with a clean bandage and gloves. However, gloves are not a guarantee of cleanliness; they should be changed as often as hand washing is required.
 - An infected wound on the hand or forearm, they should not be involved in food preparation, serving or washing materials and equipment.



EQUIPMENT

- Keep equipment and work utensils clean, in good condition and properly stored. If the equipment is not used often, wash it before use.

VENUE

- Before preparing or serving food, make sure the area is clean.

FOOD ALLERGIES

A food allergy is a hypersensitive reaction of the immune system to a protein in the food. For some people, the symptoms are mild, but for others, they can be much more severe. Even the ingestion of a tiny particle of allergen (substance that causes an allergic reaction) can have serious repercussions for someone with a food allergy.

The most common allergens in Canada are:

- PEANUTS
- WHEAT
- MILK
- MUSTARD
- NUTS
- EGGS
- FISH
(including shellfish)
- SESAME
- SOY



PLANNING THE EVENT

The following 8 steps will help you prepare for the event.

1. INFORMATION

Type of event: Sports Cultural Meeting Other: _____

Location: _____ Indoor Outdoor

Date: _____ Time: _____

Number of people expected to attend: _____ Number of volunteers: _____

Roles of each: _____

Budget: _____

Event purpose: For-profit Non-profit

Finding sponsors, partners and funding:

Grocery stores: _____

Convenience stores: _____

Retailers: _____

Municipality: _____

Other: _____

Fundraiser event

Ticket design and printing: _____

Cost and sale of tickets: _____

Other: _____

Check the food supply available on site (for example, vending machines):

Identify local food supply (farms, processors, fish shops, etc.)

Identify community organizations and community fridges to donate any leftover food from the event:

Write down the names and telephone numbers of volunteers: to facilitate communication, give the schedule and confirm their presence the day before the event.

2. EVALUATING THE VENUE

Evaluating the venue allows you to choose the menu based on the resources and equipment available.



- Local:** Access to electricity Access to drinking water Tables
 Chairs Refrigerator Freezer Stove

Kitchen appliances

<input type="checkbox"/> Blender or stand mixer	<input type="checkbox"/> Kettle	<input type="checkbox"/> Toaster
<input type="checkbox"/> Coffee maker	<input type="checkbox"/> Microwave	<input type="checkbox"/> Toaster oven
<input type="checkbox"/> Food processor (grate, chop, mix)	<input type="checkbox"/> Oven	<input type="checkbox"/> Warmers
<input type="checkbox"/> Hand mixer	<input type="checkbox"/> Sandwich grill	<input type="checkbox"/> _____
<input type="checkbox"/> Induction cooktop	<input type="checkbox"/> Slow cooker	<input type="checkbox"/> _____

Kitchen equipment

<input type="checkbox"/> Chef's knives, paring knives	<input type="checkbox"/> Mixing bowls	<input type="checkbox"/> Tongs
<input type="checkbox"/> Cooking pots	<input type="checkbox"/> Resealable containers (various sizes)	<input type="checkbox"/> Vegetable peelers
<input type="checkbox"/> Cutting boards	<input type="checkbox"/> Silicone spatulas	<input type="checkbox"/> Whisks
<input type="checkbox"/> Frying pans	<input type="checkbox"/> Spatulas	<input type="checkbox"/> Wooden spoons
<input type="checkbox"/> Grater	<input type="checkbox"/> Strainers	<input type="checkbox"/> _____

Material for serving

<input type="checkbox"/> Containers with lids	<input type="checkbox"/> Napkins	<input type="checkbox"/> Tablecloths
<input type="checkbox"/> Cups	<input type="checkbox"/> Pitchers	<input type="checkbox"/> Tongs
<input type="checkbox"/> Dessert plates	<input type="checkbox"/> Serving plates, platters or bowls	<input type="checkbox"/> Utensils
<input type="checkbox"/> Glasses	<input type="checkbox"/> Serving spoons (ladles)	<input type="checkbox"/> _____
<input type="checkbox"/> Main plates	<input type="checkbox"/> Soup bowls, dessert bowls	<input type="checkbox"/> _____

Other

<input type="checkbox"/> Aluminum foil	<input type="checkbox"/> Extension cords	<input type="checkbox"/> Pencils and paper
<input type="checkbox"/> Aprons	<input type="checkbox"/> First-aid kit	<input type="checkbox"/> Plastic wrap
<input type="checkbox"/> Cash box and change	<input type="checkbox"/> Garbage bags	<input type="checkbox"/> Resealable plastic bags
<input type="checkbox"/> Cleaning cloths	<input type="checkbox"/> Hair elastics	<input type="checkbox"/> Soap and hand towels
<input type="checkbox"/> Cooler or thermal bag	<input type="checkbox"/> Hair nets	<input type="checkbox"/> Sticky or adhesive tape
<input type="checkbox"/> Dish soap	<input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Trash cans
<input type="checkbox"/> Dish towels	<input type="checkbox"/> Parchment paper	<input type="checkbox"/> Trolley/cart



WASTE MANAGEMENT:

You may want to contact the regional municipal office (MRC) in your area for information, to obtain recycling and composting bins, and for advice on environmentally friendly materials.

3. PREPARING THE MENU

Time available for preparation: _____

Refer to the pages indicated to complete the table.



<input type="checkbox"/> Breakfast (pp. 18-19) <input type="checkbox"/> Hot <input type="checkbox"/> Cold	<input type="checkbox"/> Lunch (pp. 20-21) <input type="checkbox"/> Hot <input type="checkbox"/> Cold	<input type="checkbox"/> Dinner (pp. 20-21) <input type="checkbox"/> Hot <input type="checkbox"/> Cold	<input type="checkbox"/> Snacks (pp. 22-23) <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> Food kiosk / canteen (p. 24)
Food				
Beverages				
Number of servings				

Menu analysis table

When completing the table below, aim for as many "YES" answers as possible. A "NO" answer indicates an area where improvement can be made.

Do not forget to complete this table even if a catering service is used.

The menu offers...

		
A variety of fresh and minimally processed foods		
An emphasis on fruits and vegetables		
Few ultra-processed products (high in sugar, salt and fat) E.g., hot dogs, store-bought muffins, sugary cereal bars, etc.		
Water at all times (pitcher, drinking fountain nearby, etc.)		
Nutritious desserts, such as: <ul style="list-style-type: none"> ▪ Milk-based, yogurt ▪ Fruit-based, puree ▪ Homemade (low fat and sugar) 		
A variety of colours, flavours and textures (crispy, liquid, soft, firm, tender, etc.) to delight the 5 senses		
Recipes that meet the needs and characteristics of the event		



**LOCAL NORTH SHORE
FLAVOURS**



Think of regional products to highlight our region's biofood wealth.

4. PURCHASES, RENTALS AND LOANS

Food

- Check flyers to take advantage of sales
- Buy food in bulk to save money and avoid waste
- Keep receipts to track spending, facilitate reimbursement and evaluate the cost per serving
- Purchase date: _____

Food item	Quantity	Store	✓
			<input type="checkbox"/>
			<input type="checkbox"/>
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Equipment

- Give preference to reusable, compostable or recyclable materials.
- Purchase date: _____

Equipment	Quantity	Store	✓
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

- Rental or loan of equipment: Check possible collaborations with local organizations

Equipment	Organization	Collected	Returned
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>

5. PREPARING CERTAIN FOODS IN ADVANCE

Prepare in advance	Prepare the same day
<p>Wash fruits and vegetables</p> <p>Slice/chop fruits, vegetables, cheese</p> <p>Cook:</p> <ul style="list-style-type: none"> ▪ Meat, poultry, fish ▪ Pasta, rice, couscous ▪ Eggs (head-boiled, omelet) <p>Assemble and prepare:</p> <ul style="list-style-type: none"> ▪ Green salad (without dressing or croutons), pasta or rice salad ▪ Vegetables and dip ▪ Sandwich (without watery toppings such as tomato, cucumber and lettuce) ▪ Prepared dishes: lasagna, gratin, shepherd's pie, chili, soup ▪ Snacks: muffins, cookies, cereal bars 	<p>Wash berries</p> <p>Slice/chop avocado, apple, pear, banana</p> <p>Cook:</p> <ul style="list-style-type: none"> ▪ Fried eggs <p>Add:</p> <ul style="list-style-type: none"> ▪ Croutons and dressing to salads ▪ Tomato, cucumber, lettuce to sandwiches

6. TO DO ON THE DAY OF THE EVENT

- Greet volunteers and assign tasks
- Assemble and wash tables
- Set tables
- Cook
- Serve
- Set up for the next day, if applicable
- Tidy up and clean before leaving



Be sure to refrigerate pre-prepared food until ready for use.

Muffins, cookies and cereal bars can be stored at room temperature in an airtight container.

See Annex 2: MAPAQ's Thermoguide to determine how many days in advance it is possible to prepare food.

7. MANAGING THE SURPLUS

Identify perishable and non-perishable leftovers

- Non-perishable food and materials that can be saved for a later event:

- Perishable food that needs to be consumed quickly: contact community organizations to coordinate the pick-up of surplus food.

Caution - leftovers must be kept at a safe temperature and not handled by the public.

8. EVALUATING THE EVENT

In order to improve future activities, evaluate the following:

- Location, material

- Hours of operation

- Food choices (meals, drinks, snacks)

- Appreciation and easy execution of recipe

- Size and number of servings

- Number of volunteers and roles of each

- Costs and profits

- Other (e.g., feedback from customers and volunteers)

MEALS

BREAKFASTS

For nutritious and balanced meals, Canada's Food Guide suggests **vegetables and fruits**, **whole grain foods** and **protein foods**.

Plan food quantities by choosing one type of food per category. If several choices are available in the same category, the quantities must be adjusted.

Food	1 serving	20 servings	40 servings	60 servings
Category: Vegetables and fruits				
Medium fresh fruit (apple, orange, banana)	1 to 2 fruits	30 fruits	60 fruits	90 fruits
Melon, cantaloupe, pineapple	1 fruit / 10 servings	2 units	4 units	6 units
Grapes	20 grapes	2 kg	4 kg	6 kg
Fresh or frozen berries	½ cup (125 ml), approx. 70 g	1.4 kg	2.8 kg	4.2 kg
Category: Whole grain foods				
Sliced whole wheat bread	2 slices	2 loaves	4 loaves	6 loaves
English muffins, bagels	1 unit	4 bags	7 bags	10 bags
Oatmeal	1 individual packet	20 packets	40 packets	60 packets
Muffins*	1 muffin	20 muffins	40 muffins	60 muffins
Cereal**	¾ cup (180 ml)	1 box of 725 g	2 boxes of 725 g	3 boxes of 725 g
Category: Protein foods				
Assorted cheeses	20-30 g	1 brick of 400 g	2 brick of 400 g	3 brick of 400 g
Yogurt	½ cup (125 ml)	3 containers of 750 g	6 containers of 750 g	8 containers of 750 g
	1 individual container of 100 g	20 containers	40 containers	60 containers
Nut or soy butter	1 tbsp. (15 ml)	1 container of 500 g	2 containers of 500 g	3 containers of 500 g
	1 individual container	20 containers	40 containers	60 containers
Hard-boiled eggs	1 egg	20 œufs	40 eggs	60 eggs
Omelet-muffins*	2 units	40 units	80 units	120 units

Do not forget...

Food	1 serving	20 servings	40 servings	60 servings
Beverages				
Milk, fortified soy beverage, smoothie*	1 cup (250 ml)	5 L	10 L	15 L
Water, coffee, tea and herbal tea				
Condiments				
Jam	1 tbsp. (15 ml)	1 jar of 500 ml	1 jar of 500 ml + 1 jar of 375 ml	2 jars of 500 ml
	1 individual container of approximately 10 ml	20 containers	40 containers	60 containers

Key ideas

SIMPLIFIED:

Food	20 servings	40 servings	60 servings
Apple	30 apples	60 apples	90 apples
Muffins*	20 muffins	40 muffins	60 muffins
Hard-boiled eggs	20 eggs	40 eggs	60 eggs
Milk or fortified soy beverage	5 L	10 L	15 L
Water, coffee, tea, herbal tea			

DIVERSIFIED:

Food	20 servings	40 servings	60 servings
Apple	15 apples	30 apples	45 apples
Melon	1 melon	2 melons	3 melons
Muffins*	10 muffins	20 muffins	30 muffins
Oatmeal	10 packets	20 packets	30 packets
Hard-boiled eggs	10 eggs	20 eggs	30 eggs
Cheese	1 brick of 400 g	2 bricks of 400 g	3 bricks of 400 g
Smoothie*	2.5 L	5 L	7.5 L
Milk or fortified soy beverage	2.5 L	5 L	7.5 L
Water, coffee, tea, herbal tea			

LUNCHES AND DINNERS

To determine what food to offer, it is important to take the time and develop a menu. Once the main course is chosen (hot or cold), add side dishes (vegetables, whole grains), dessert and beverages.

In each of the recipes, you will find the choices and quantities of the proposed side dishes.

	Proposal 1	Proposal 2	Proposal 3	Proposal 4
Starter				Soup or vegetable juice
Main course	Sandwiches*: 2-3 choices of toppings Options: Sliced multigrain bread, bagels, hot dog buns, pita, tortillas, etc.	Chili con carne* (with sour cream, grated cheese)	Meal salad: Pasta salad with tuna* or rice salad with chickpeas*	Spaghetti, lasagna or macaroni with meat sauce*
Side dishes	Coleslaw*	Rice, mini pitas or chili served in hot dog buns	Vegetables and dips*	Bread rolls and green salad*
Nutritious dessert	Oatmeal and raisin cookies* or molasses cookies*	Yogurt parfaits*	Muffins*	Black bean brownies* and fresh fruit
Beverages	Water, carbonated water, milk, fortified soy beverage, tea, herbal tea, coffee			

In sandwiches, deli meats can be replaced with chicken or turkey breast, roast beef, canned tuna or salmon, etc. If you still decide to offer deli meats, plan for 2 to 3 slices (about 75 g) per person.

Vegetables as side dish

Each row represents the quantity of vegetables to prepare based on the number of servings needed: **20**, **40** or **60**. If more than one vegetable is offered, the quantities must be adjusted.

Food	1 cup serving (250 ml)	20 servings	40 servings	60 servings
Celery	2 sticks	4 stalks	8 stalks	12 stalks
Carrot	1 carrot	4 lb	8 lb	12 lb
Cauliflower	8 florets	4 heads	8 heads	12 heads
Broccoli	8 florets	4 heads	8 heads	12 heads
Bell peppers	1 bell pepper	20 bell peppers	40 bell peppers	60 bell peppers
Cherry tomatoes	10 tomatoes or 1 container of 551 ml/4 servings	5 containers of 551 ml	10 containers of 551 ml	15 containers of 551 ml
English cucumber	¼ cucumber	5 cucumbers	10 cucumbers	15 cucumbers
Lebanese cucumber	2 cucumbers	40 cucumbers	80 cucumbers	120 cucumbers

Example, for:

20 servings

- 2 lb. of carrots + 20 Lebanese cucumbers

40 servings

- 2 stalks of celery + 2 heads of cauliflower + 2 heads of broccoli

60 servings

- 2 lb. carrots + 5 containers of cherry tomatoes + 5 English cucumbers + 10 bell peppers

SNACKS

For a snack, it is possible to offer one or more foods from the following table. The quantities must be adjusted accordingly.

<input checked="" type="checkbox"/>	Food	1 serving	20 servings	40 servings	60 servings
<input type="checkbox"/>	Medium fresh fruit (apple, orange, banana)	1 to 2 fruits	20 to 30 fruits	40 to 50 fruits	60 to 70 fruits
<input type="checkbox"/>	Melon, cantaloupe, pineapple	1 fruit / 10 servings	2 fruits	4 fruits	6 fruits
<input type="checkbox"/>	Grapes	20 grapes	2 kg	4 kg	6 kg
<input type="checkbox"/>	Fresh or frozen berries (strawberries, blueberries, raspberries, haskap berries, cloudberries)	½ cup (125 ml), about 70 g	1.4 kg	2.8 kg	4.2 kg
<input type="checkbox"/>	Fruit puree or canned fruit	1 individual container or ½ cup (125 ml)	20 containers	40 containers	60 containers
<input type="checkbox"/>	Celery	1 stick	2 stalks	4 stalks	6 stalks
<input type="checkbox"/>	Carrot	½ carrot	2 lb	4 lb	6 lb
<input type="checkbox"/>	Cauliflower	4 florets	2 heads	4 heads	6 heads
<input type="checkbox"/>	Broccoli	4 florets	2 heads	4 heads	6 heads
<input type="checkbox"/>	Bell pepper	½ bell pepper	10 bell peppers	20 bell peppers	30 bell peppers
<input type="checkbox"/>	Cherry tomatoes	10 tomatoes or 1 container of 551 ml/4 servings	5 containers of 551 ml	10 containers of 551 ml	15 containers of 551 ml
<input type="checkbox"/>	English cucumber	1/8 cucumber	3 cucumbers	5 cucumbers	8 cucumbers
<input type="checkbox"/>	Lebanese cucumber	1 cucumber	20 cucumbers	40 cucumbers	60 cucumbers
<input type="checkbox"/>	Crackers**	4 crackers	2 boxes of 225-250 g	4 boxes of 225-250 g	6 boxes of 225-250 g
<input type="checkbox"/>	Assorted cheeses	20-30 g	1 brick of 450 g	2 bricks of 450 g	3 bricks of 450 g

✓	Food	1 serving	20 servings	40 servings	60 servings
<input type="checkbox"/>	Dip or hummus	3 tbsp. (45 ml)	4 cups (1 L)	8 cups (2 L)	12 cups (3 L)
<input type="checkbox"/>	Shelled edamame beans	½ cup (125 ml), or 85 g	3 bags of 500 g	7 bags of 500 g	10 bags of 500 g
<input type="checkbox"/>	Milk, enriched soy beverage or smoothie*	1 cup (250 ml)	3 cartons of 2 L (6 L)	6 cartons of 2 L (12 L)	9 cartons of 2 L (18 L)
<input type="checkbox"/>	Yogurt	½ cup (125 ml)	3 containers of 750 g	6 containers of 750 g	8 containers of 750 g
		1 individual container of 100 g.	20 containers	40 containers	60 containers
<input type="checkbox"/>	Soy pudding	1 individual container of 125 g	20 containers	40 containers	60 containers
<input type="checkbox"/>	Cereal bar**, no-bake energy bar*, muffin (regular* or cheese*)	1 unit	20 units	40 units	60 units
<input type="checkbox"/>	Hard-boiled egg	1 egg	20 eggs	40 eggs	60 eggs
<input type="checkbox"/>	Water, tea, herbal tea, coffee				

Key ideas

For:

20 servings

- Example A: 1 celery stalk + 1 lb. carrots + 1 vegetable dip recipe*
- Example B: 20 oatmeal and raisin cookies* + 6 L cmilk or fortified soy beverage

40 servings

- Example C: 2 kg of grapes + 20 bananas + 2 fruit dip recipes*
- Example D: 40 individual containers of soy pudding + 7 containers of 454 g of strawberries

60 servings

- Example E: 30 no-bake energy bars* + 36 muffins* + 30 individual containers of apple sauce + 30 individual containers of yogurt
- Example F: 60 hard-boiled eggs + 6 boxes of 225-250 g of crackers**

More snack ideas:

- Yogurt parfaits*
- Berries + muffin*
- Smoothie* to drink or frozen as popsicles
- Fruit salad + yogurt
- Grapes + pieces of cheese



FOOD KIOSKS

For a food kiosk (canteen), offer a variety of foods. As an option, combine commercially available snacks with fresh or homemade foods. To save money, it is possible to buy larger formats of food (cheese, fruit puree, yogurt) and sell them in individual portions. Check with retailers to see if they will accept returns of unopened products (e.g., box of cereal bars, fruit puree).

Use the table on pages 22 and 23 to help determine quantities.

Some ideas for a one-day food kiosk:

Example 1	Example 2	Example 3
A variety of fresh fruits	Fruit salad	A variety of fresh fruit
Smoothies*	Grapes and cheese	Fruit puree
Yogurt	Yogurt parfaits*	Vegetables and dip*
Soy pudding	Cereal bars**	Rice cake
Crackers** and hummus	Hard-boiled eggs	Frozen smoothie popsicles*
Omelet-muffins*	Trail mix	Cheese
English muffins or other breads	Black bean brownies*	Sandwiches* or paninis
Butter, non-hydrogenated margarine	Grilled-cheese sandwich	Soup and roll
Jam, nut or soy butter	Rice salad with chickpeas*	Butter, non-hydrogenated margarine
	Cereal** with milk	Pasta salad with tuna*
	Plain or seasoned (homemade) popcorn*	Yogurt
	Shelled edamame beans	
Water, milk, fortified soy beverage, coffee, tea, herbal tea		

NOTE
Cook according to package instructions.
Serve cold.



HEALTHY DIET

CANADA'S FOOD GUIDE

Canada's Food Guide (2019) provides recommendations for healthy eating.

The balanced plate is made up of:

1. Vegetables and fruits (fresh, frozen, canned)
2. Protein foods (legumes, tofu, nuts, fish, seafood, meat, eggs, milk, yogurt, etc.)
3. Whole grain foods (oats, couscous, rice, pasta, bread, etc.)

A healthy diet is more than the food you eat.

- Be mindful of your eating habits
- Cook more often to have nutritious and tasty meals, while saving money
- Enjoy the food
- Eat meals in good company
- Use food labels
 - The nutrition facts table and list of ingredients help you make better choices
- Limit highly processed foods
- Be aware of food marketing



HIGHLY PROCESSED FOODS

Highly processed foods offered by the food industry:

- Are often rich in fat, salt and sugar
- Contain certain food additives used to enhance their flavour, texture or appearance (e.g., colours, emulsifiers, sugar substitutes).

Canada's Food Guide recommends limiting the consumption of these foods. For example: sugary breakfast cereals, frozen pizza, pepperoni, salami, hot dogs, bologna, crispy chicken fingers, chips, candy, canned soups, store-bought cookies and muffins.

FOOD MARKETING

Food marketing is a type of advertising that promotes the sale of certain foods.

It can take various forms: social media, sponsorship of events or celebrities, contests or promotional sales.

LIST OF INGREDIENTS

Food with a short list of ingredients indicates a less processed food. Priority should be given to home-cooked foods. This makes it easier to choose nutritious ingredients. For example: cereal bars, muffins, dips, prepared meals (chili, soup, salad).

Eating well also means taking the time to enjoy food while respecting the signals of hunger and satiety sent by the body.

Feeling hungry

Rumbling or empty feeling in the stomach
Craving food
Drop in energy, concentration
Irritability, impatience
Dizziness

Feeling satiated

Finding foods less tasty
Feeling full without being too full
Feeling a boost of energy
Feeling comfortable

Hunger varies from meal to meal and also from day to day.

Hydration

Canada's Food Guide suggests water as the beverage of choice.

Water must be easily accessible to all:

provide several water stations at strategic locations, according to the size of the event.

Prioritize drinking water, encourage participants to bring their own reusable bottles in order to reduce the use of bottled water. If it is a fundraising event, it is possible to sell reusable containers (glasses, water bottles) with the organization's logo. Have water available for refills.

For variety, flavour the water by adding fruit (1 cup frozen fruit to 2 L (8 cups) of water) and aromatics to taste.

For example:

- Frozen strawberries + fresh basil leaves
- Sliced cucumbers + fresh mint leaves
- Frozen peaches + cinnamon stick

Brew herbal fruit teas and serve cold!



NUTRITION AND HYDRATION FOR ATHLETES

For optimal performance and adequate recovery, it is important to provide athletes with **carbohydrates** and **protein** foods for meals and snacks.

	Examples of meals and snacks
3 to 4 hours before the activity	Egg salad sandwich* + vegetables + yogurt Macaroni with meat sauce* + green salad* + apple Toast with peanut butter + fruit salad + glass of milk Beef Stroganoff* + rice + broccoli + muffin*
1 to 2 hours before the activity	Fruit + nuts Yogurt parfait* Bowl of cereal** with milk or soy beverage Banana bread* + pieces of cheese Multigrain bagel + canned tuna Lentil soup* + crackers** Pasta salad with tuna* Smoothie* + no-bake energy bars*
30 minutes before the activity (carbohydrates only)	Fresh, dried, canned or pureed fruit Cereal bar** No-bake energy bars* Smoothie*
After the activity	Milk or fortified soy beverage Yogurt Fruit + nuts Smoothie* No-bake energy bars* Egg salad sandwich* Toast with peanut butter Yogurt parfait* Bowl of cereal** with milk or soy beverage Banana bread* + pieces of cheese Multigrain bagel + canned tuna Lentil soup* + crackers** Pasta salad with tuna*

Avoid foods that are high in fats (fried foods, pastries, store-bought muffins)



Hydration

Hydration is important during physical activity. It helps to increase energy, performance and avoid the possibility of heatstroke.

Water is the beverage of choice before, during and after physical exertion.

- **Before:** drink about 400 to 600 ml (about 2 cups) of water, within 2 hours of physical activity
- **During:** drink about 150 to 350 ml (about 1 cup) every 15 to 20 minutes
- **After:** hydrate well to replace water lost mainly through sweat

ATTENTION

Children are more at risk of dehydration than adults:
Make sure they drink water regularly, even if they are not thirsty.

When the physical effort is **intense** and lasts for **more than 60 minutes**, it is recommended to offer a **sports drink**. Here is a simple and economical recipe. Prepare for approximately 500 ml (2 cups) per person.

	For 1 L (4 cups)	For 2 L (8 cups)	For 10 L (40 cups)
Orange juice with no sugar added	560 ml (2¼ cups)	1.125 L (4½ cups)	5.625 L (22½ cups)
Water	430 ml (1¾ cups)	875 ml (3¾ cups)	4.375 L (17½ cups)
Salt	1 pinch	3 ml (½ tsp.)	15 ml (1 tbsp.)

It is important to choose a **sports drink**, not an energy drink. Beverages containing 6-8% carbohydrates and 500-700 mg sodium are recommended.

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INTRODUCTION

Preparing homemade food provides a healthy, comforting and warm food choice for any event. Here are some reminders and tips to ensure that the suggested recipes are a success.

Hygiene and food safety:

- Store prepared food or meals in the refrigerator, take out portions only as needed.
- To keep food hot, use a warmer or slow cooker.

To be more efficient, remember that many recipes can be prepared ahead of time and then frozen.

Substitutions:

- Fresh vegetables for macaroni with meat sauce and lentil soup can be replaced with a mix of vegetables for spaghetti, sold by the bag either refrigerated or frozen.
- All-purpose white flour may be replaced in part or in whole with whole wheat flour.
- Fortified soy beverage can replace milk in recipes. For a savoury recipe, opt for plain soy beverage (ex., shepherd's pie).

Be ready for the unexpected! Sometimes you have to adapt to the food available depending on seasonal and regional particularities, such as weather conditions, freshness and food variety.

Number of servings:

- Main dish recipes are easily doubled or tripled without altering the result.
- Some recipes are more difficult to double or triple. For cookies, muffins, brownies and breads, it is better to repeat the recipe rather than multiplying it.

Key:



**Number
of servings**



**Cooking
time**



**Refrigeration
time**



**Can be
frozen**

BREAKFASTS,
SNACKS AND
DESSERTS



MOLASSES COOKIES



20 servings



10 minutes



Can be frozen

Ingredients

1 1/2 cups (375 ml)	ALL-PURPOSE WHITE FLOUR
1 1/3 cups (330 ml)	WHOLE WHEAT FLOUR
1 tbsp. (15 ml)	BAKING POWDER
1/4 tsp. (1 ml)	BAKING SODA
1 tsp. (5 ml)	GROUND GINGER
1 tsp. (5 ml)	GROUND CINNAMON
1 tsp. (5 ml)	GROUND CLOVES
2	EGGS
1/3 cup (80 ml)	WHITE SUGAR
3/4 cup (180 ml)	VEGETABLE OIL
2/3 cup (160 ml)	FANCY MOLASSES

NOTES

Will keep
for 5 days in
the refrigerator.

Preparation

1. Preheat oven to 350 °F. Cover 2 cookie sheets with parchment paper. Set aside.
2. In a large bowl, mix the flours, baking powder, baking soda and spices. Set aside.
3. In a separate bowl, combine eggs, sugar, vegetable oil and molasses.
4. Gradually add dry ingredients to liquid ingredients and mix until the dough is even.
5. Shape 20 balls of dough into 3 tbsp. (45 ml) pieces and place 10 on each cookie sheet, making sure they do not touch.
6. Bake for 10 minutes or until cookies are golden brown.
7. Allow cookies to cool on a wired rack.



BLACK BEAN BROWNIES



16 servings



25 minutes



Can be frozen

Ingredients

1	CAN (540 ML) OF BLACK BEANS, RINSED AND DRAINED
3	EGGS
1/4 cup (60 ml)	VEGETABLE OIL
3/4 cup (180 ml)	WHITE SUGAR
1/2 tsp. (2.5 ml)	BAKING SODA
1/2 cup (125 ml)	COCOA POWDER
4 tsp. (5 ml)	VANILLA EXTRACT
1/2 cup (125 ml)	SEMI-SWEET CHOCOLATE CHIPS

Preparation

1. Preheat the oven to 350 °F. Line one 8-inch (20 cm) square pan with parchment paper. Set aside.
2. In a food processor, pulse together the black beans, eggs, oil, sugar, baking soda, cocoa powder and vanilla extract until smooth.
3. Using a spatula, spread the batter in the pan. Sprinkle with chocolate chips.
4. Bake for 22 to 25 minutes or until cake springs to the touch.
5. Place the pan on a wired rack and let cool completely before cutting into 16 servings.



NOTES

Will keep for 4 days
in the refrigerator.

NO-BAKE ENERGY BARS



16 servings



60 minutes



Can be frozen

Ingredients

4 cups (1 L)	ROLLED OATS
3/4 cup (180 ml)	NUT OR SOY BUTTER
1/2 cup (125 ml)	HONEY

Preparation

1. In a large bowl, combine all ingredients. Line one 8-inch (20 cm) square pan with parchment paper.
2. Spread the mixture evenly in the pan. Thoroughly flatten with your hands.
3. Cover and freeze for 30 minutes or refrigerate for 60 minutes.
4. Cut into 16 squares and place in an airtight container.
To prevent them from sticking together, place a sheet of parchment paper between each layer.



NOTES

Will keep for 5 days in the refrigerator.

*You can add toppings
such as chopped nuts, seeds
(pumpkin, sunflower, chia, flax),
dried fruit or shredded coconut.*

OATMEAL RAISIN COOKIES



36 servings



15 minutes



Can be frozen

Ingredients

1 cup (250 ml)	ALL-PURPOSE WHITE FLOUR
1 tsp. (5 ml)	GROUND CINNAMON
1/2 tsp. (2.5 ml)	BAKING SODA
3/4 cup (180 ml)	SOFTENED BUTTER OR NON-HYDROGENATED MARGARINE
1 cup (250 ml)	BROWN SUGAR
1/4 cup (60 ml)	MILK
1	EGG
1 tsp. (5 ml)	VANILLA EXTRACT
3 cups (750 ml)	QUICK ROLLED OATS
1 cup (250 ml)	RAISINS OR DRIED CRANBERRIES

Preparation

1. Preheat the oven to 350 °F. Line 3 cookie sheets with parchment paper. Set aside.
2. In a large bowl, combine flour, cinnamon and baking soda. Set aside.
3. In a separate bowl, cream butter, brown sugar, milk, egg and vanilla extract until light and fluffy.
4. Gradually add dry ingredients to liquid ingredients and mix until dough is smooth and even.
5. Fold in rolled oats and raisins.
6. Using spoons, form and place 12 balls of dough per cookie sheet.
7. Bake for 12 to 15 minutes.
8. Allow cookies to cool on a wired rack.



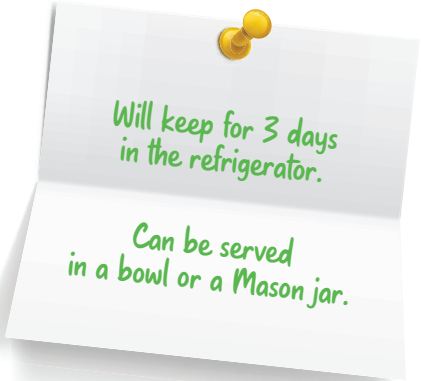
OVERNIGHT OATS



10 1-cup (250 ml) servings



60 minutes



Ingredients

- 5 cups (1.25 L) ROLLED OATS
- 3 cups (750 ml) MILK
- 2 cups (500 ml) YOGURT OF YOUR CHOICE
- 3 tbsp. (45 ml) MAPLE SYRUP OR HONEY (OPTIONAL)
- CHOICE OF TOPPINGS: FRUIT PUREE, GRANOLA, NUT OR SOY BUTTER, FRESH, DRIED OR FROZEN FRUIT, NUTS OR SEEDS.

Preparation

1. In a large bowl, combine oats, milk, yogurt and maple syrup.
2. Refrigerate at least 1 hour or overnight.
3. Just before serving, add selected toppings.

	20 servings	50 servings
Quick rolled oats	10 cups (2.5 L)	25 cups (6.25 L)
Milk or vegetable beverage	6 cups (1.5 L)	15 cups (3.75 L)
Yogurt of your choice	4 cups (1 L)	10 cups (2.5 L)
Maple syrup or honey	½ cup (80 ml)	1 cup (250 ml)



MUFFINS



12 servings



30 minutes



Can be frozen

Ingredients

1½ cups (375 ml)	QUICK ROLLED OATS
1 cup (250 ml)	ALL-PURPOSE WHITE FLOUR
1 tsp. (5 ml)	BAKING POWDER
1/2 tsp. (2.5 ml)	BAKING SODA
1/4 cup (60 ml)	VEGETABLE OIL
1	EGG
1 cup (250 ml)	MILK
1/2 cup (125 ml)	WHITE SUGAR



Add-ins of your choice:

- **Berries:** 1 cup (250 ml) frozen berries (raspberries, red berries, blueberries, cranberries)
- **Apples and cheddar:** 1 diced apple + 1 cup (250 ml) grated cheese
- **Pears and cranberries:** 1 diced pear + 1/3 cup (80 ml) chopped dried cranberries
- **Carrot:** 1 cup (250 ml) grated carrots + 1/4 cup (60 ml) raisins + 1/2 tsp. (2.5 ml) cinnamon
- **Banana and chocolate:** 2 mashed bananas + 1/3 cup (80 ml) chocolate chips

Preparation

1. Preheat oven to 350 °F. Grease 12 muffin cups or use paper baking cups. Set aside.
2. In a bowl, combine rolled oats, flour, baking powder and baking soda. Set aside.
3. In a separate bowl, combine oil, egg, milk and sugar. Add your choice of add-ins. Mix.
4. Add flour mixture to liquid ingredients and mix.
5. Fill the muffin cups with batter. Bake for 30 minutes.
6. Let cool before serving.

OMELET-MUFFINS



12 servings
of 2 omelette
muffins



15 minutes



Ingredients

16	EGGS
1 cup (250 ml)	MILK
2	GREEN ONIONS, CHOPPED
1	BELL PEPPER, DICED
1½ cups (375 ml)	FROZEN PEAS, THAWED
1½ cups (375 ml)	GRATED CHEESE
1/2 tsp. (2.5 ml)	SALT
1/2 tsp. (2.5 ml)	PEPPER

Preparation

1. Preheat oven to 375 °F. Grease 24 muffin cups. Set aside.
2. In a bowl, whisk eggs, milk, green onions, bell pepper, salt and pepper.
3. Divide the mixture evenly into 24 muffin cups.
4. Add 1 tbsp. (15 ml) of green peas to each muffin.
5. Add 1 tbsp. (15 ml) grated cheese to each muffin.
6. Bake for 12 to 15 minutes.
7. Run a knife around each omelet-muffin to remove.
8. Let stand 5 minutes and serve.

	24 servings of 2 omelette muffins
Eggs	32
Milk	2 cups (500 ml)
Green onions, chopped	4
Bell pepper, diced	2
Frozen peas, thawed	3 cups (750 ml)
Grated cheese	3 cups (750 ml)
Salt	1 tsp. (5 ml)
Pepper	1 tsp. (5 ml)

BANANA BREAD



10 servings



60 minutes



Can be frozen

Ingredients

2 cups (500 ml)	ALL-PURPOSE WHITE FLOUR
2 tsp. (10 ml)	BAKING POWDER
1/2 cup (125 ml)	SOFTENED BUTTER OR NON-HYDROGENATED MARGARINE
1 cup (250 ml)	BROWN SUGAR, LIGHTLY PACKED
2	EGGS
1 tsp. (5 ml)	VANILLA EXTRACT
3	BANANAS, MASHED
1/2 cup (125 ml)	MILK

Preparation

1. Preheat oven to 350 °F. Grease one 9-inch (23 cm) loaf pan. Set aside.
2. In a bowl, combine flour and baking powder. Set aside.
3. In a separate bowl, cream butter and brown sugar until the mixture turns pale.
4. Add eggs and vanilla extract to mixture then whisk until smooth.
5. Add bananas and milk and mix with a wooden spoon.
6. Add dry ingredients to liquid ingredients and mix.
7. Pour into the loaf pan and bake for approximately 60 minutes.
8. Let cool before removing from the pan and then slice into 10 servings.

NOTES

Will keep for 5 days
in the refrigerator.

Add 1 cup (250 ml)
chopped nuts or dried fruit
to the batter before baking
for variety.

YOGURT PARFAITS



20 servings

Ingredients

2 x 600 g bags	FROZEN BERRIES (MIXED WILD BERRIES, RASPBERRIES OR BLUEBERRIES)
3 kg (4 x 750 g containers)	VANILLA YOGURT
1	GRANOLA

Preparation

1. The day before, thaw the fruit in the refrigerator.
2. In 1-cup containers (glasses or bowls), pour 1/2 cup (125 ml) of yogurt, then add 1/3 cup (80 ml) of fruit.
3. When ready to serve, top with 2 tbsp. (30 ml) of granola.

	40 servings	60 servings
Frozen berries (bags of 600 g): mixed wild berries, raspberries or blueberries	4 bags	6 bags
Vanilla yogurt	6 kg (8 x 750 g containers)	9 kg (12 x 750 g containers)
Granola (boxes of 300 g)	2 boxes	3 boxes



Will keep for 3 days in the refrigerator.

If needed, yogurt can be purchased in a 2 kg pouch.

POPCORN SEASONINGS



8 servings
of approximately
1½ cups (375 ml)



5 minutes



Ingredients

2 tbsp. (30 ml) VEGETABLE OIL
1/2 cup (125 ml) CORN KERNELS



Preparation

1. In a large saucepan, mix the oil and corn kernels.
2. Cover and cook on high heat, stirring the pan until the corn kernels have popped.

POPCORN SEASONING



½ cup (125 ml)
seasoning per batch

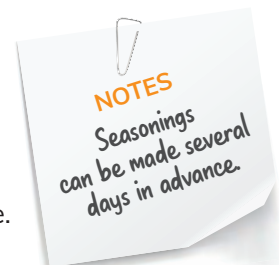
Parmesan and rosemary	
⅓ cup (80 ml)	Grated Parmesan
1 tbsp. (15 ml)	Onion powder
2 tsp. (10 ml)	Garlic powder
2 tsp. (10 ml)	Dried rosemary
1 tsp. (5 ml)	Salt
1/2 tsp. (2.5 ml)	Pepper

Ranch	
2 tbsp. (30 ml)	Dried parsley
2 tbsp. (30 ml)	Dried basil
1 tbsp. (15 ml)	Garlic powder
1 tbsp. (15 ml)	Dried chives
1 tbsp. (15 ml)	Dried dill
1 tsp. (5 ml)	Onion powder
1 tsp. (5 ml)	Salt
1/2 tsp. (2.5 ml)	Pepper

Barbecue	
2 tbsp. (30 ml)	Smoked paprika
1 tbsp. (15 ml)	Garlic powder
1 tbsp. (15 ml)	Onion powder
1 tbsp. (15 ml)	Dried oregano
1 tsp. (5 ml)	Salt
1/4 tsp. (1 ml)	Cayenne pepper

Preparation

1. In a bowl, mix all the ingredients of the seasoning you have chosen.
2. Use a salt shaker to serve.



SMOOTHIE



4 1-cup (250 ml) servings Can be frozen

Ingredients

1	BANANA, PEELED AND CUT INTO PIECES
1 cup (250 ml)	YOGURT OF YOUR CHOICE
1 cup (250 ml)	MILK
1 cup (250 ml)	FROZEN FRUIT OF YOUR CHOICE
1 tbsp. (15 ml)	MAPLE SYRUP OR HONEY (OPTIONAL)

Preparation

1. Combine all ingredients in a blender and blend until smooth.
2. Serve in 1-cup (250 ml) glasses.

NOTES

Ideally, prepare smoothie the same day.

To make frozen popsicles, pour into popsicle moulds or small 2 to 3½ oz. cups (carton or plastic) and place in freezer.

After one hour, place a popsicle stick in the centre and let freeze completely.



VEGETABLE DIPS



20 servings of
3 tbsp. (45 ml) each

Curry dip

2 cups (500 ml)	Mayonnaise
2 cups (500 ml)	Plain yogurt
3 tbsp. (45 ml)	Curry powder
½ cup (80 ml)	Lemon juice

Chili dip

2 cups (500 ml)	Mayonnaise
2 cups (500 ml)	Plain yogurt
3 tbsp. (45 ml)	Chili powder

Tzatziki dip

2 cups (500 ml)	Plain yogurt
1	Cucumber with peel (grated, drained)
2	Cloves of garlic, finely chopped

Will keep for 3 days in the refrigerator.

In these recipes, plain yogurt can be replaced with sour cream.



Preparation

1. In a bowl, mix all the ingredients of the dip you have chosen.
2. Serve with vegetables.
To determine quantities, refer to the table on pages 21 and 22.

FRUIT DIPS



**15 servings of
3 tbsp. (45 ml) each**

Honey-orange dip	
2½ cups (625 ml)	Vanilla Greek yogurt
2 tbsp. (30 ml)	Honey
2	Oranges, zest only

Maple syrup-cinnamon dip	
2½ cups (625 ml)	Vanilla Greek yogurt
2 tbsp. (30 ml)	Maple syrup
1 tsp. (5 ml)	Cinnamon

Fruity dip	
2 cups (500 ml)	Plain yogurt
1/2 cup (125 ml)	Fruit puree (apple, strawberry, cloudberry)

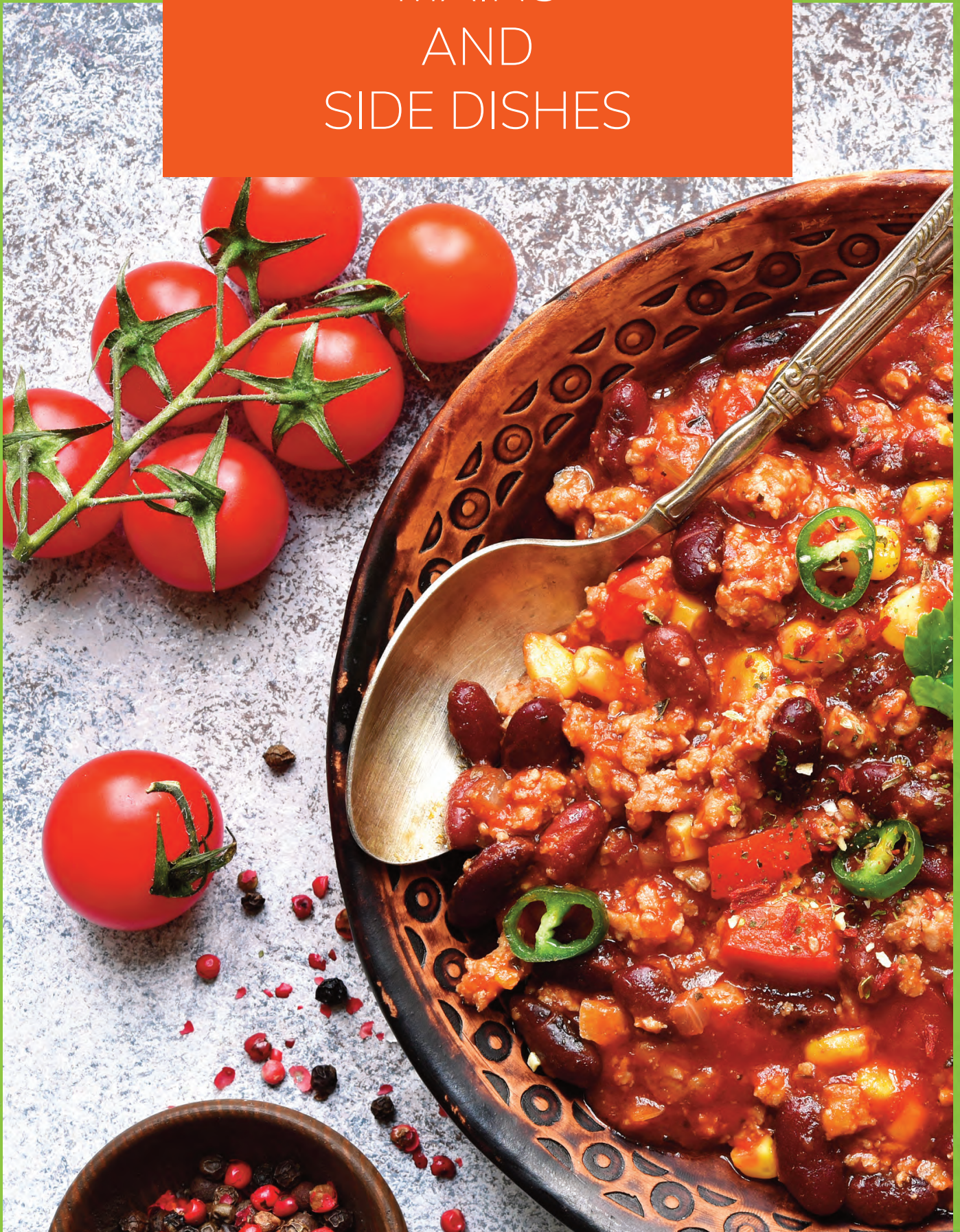
Preparation

1. In a bowl, mix all ingredients of the dip you have chosen.
2. Serve with fruit. To determine quantities, refer to the table on page 22.



NOTES
Will keep for 5 days in the refrigerator.

MAINS
AND
SIDE DISHES



BEEF STROGANOFF



10 servings
of approximately
1 cup (250 ml)



105 minutes



Can be frozen

Ingredients

2 tbsp. (30 ml)	VEGETABLE OIL
2	ONIONS, CHOPPED
2 kg (4.4 lb.)	BEEF, CUBED
2 tbsp. (30 ml)	POWDERED BEEF SOUP BASE
2/3 cup (160 ml)	TOMATO PASTE
1 tbsp. (15 ml)	DRY MUSTARD
4 containers of 227 g	FRESH MUSHROOMS, SLICED
1 tsp. (5 ml)	DRIED OREGANO
2 tsp. (10 ml)	DRIED PARSLEY
1/4 cup (60 ml)	PLAIN YOGURT
To taste	SALT AND PEPPER

50 servings	
3/4 cup (180 ml)	Vegetable oil
6	Onions, chopped
10 kg (22 lb.)	Beef, cubed
3/4 cup (180 ml)	Powdered beef soup base
3 1/3 cups (830 ml)	Tomato paste
1/3 cup (75 ml)	Dry mustard
20 containers of 227 g	Fresh mushrooms, sliced
1 tbsp. (15 ml)	Dried oregano
3 tbsp. (45 ml)	Dried parsley
1 1/3 cups (330 ml)	Plain yogurt

Preparation

1. In a large saucepan, heat oil and sauté the onions. Brown the beef.
2. Cover the meat with water.
3. Cover saucepan and simmer for 90 minutes.
4. Add the rest of the ingredients except plain yogurt, salt and pepper
5. Cover partially and simmer over low heat for 15 minutes.
6. Add yogurt, salt and pepper.
7. Serve over rice.



CHILI CON CARNE



**20 servings
of 1 cup
(250 ml)**



30 minutes



Can be frozen

SIDE DISHES FOR APPROXIMATELY 20 SERVINGS:

3/4 cup (180 ml) of rice:

Cook 4 cups (1 L) uncooked rice as directed on the package.

2 tbsp. (30 ml) sour cream:

approximately 1 x 500 ml container.

2 tbsp. (30 ml) grated cheese:

approximately 1 x 320 g bag of grated cheese.

Ingredients

1/4 cup (60 ml)	CANOLA OIL
2 kg (4.4 lb.)	GROUND MEAT
1/2 cup (125 ml)	CHILI POWDER
1/4 cup (60 ml)	CUMIN
2 tbsp. (30 ml)	GARLIC POWDER
2 x 750 g bags	FROZEN MIXED VEGETABLES FOR SPAGHETTI (APPROXIMATELY 10 CUPS)
6 x 796 ml cans	DICED TOMATOES
3 x 540 ml cans	KIDNEY BEANS, RINSED AND DRAINED
To taste	SALT AND PEPPER

Preparation

1. In a large saucepan, heat oil. Add ground meat, chili powder, cumin and garlic powder. Mix well and cook until the meat is brown.
2. Add the frozen vegetable mix, diced tomatoes and kidney beans.
3. Bring to a boil, cover and simmer over low heat for 20 minutes.
4. Season with salt and pepper.

NOTES

Will keep for 4 days in the refrigerator.

For a chili sin carne (vegetarian): Replace minced meat with 3 x 350 g packages of extra firm tofu, crumbled.

	40 servings	60 servings
Canola oil	1/2 cup (125 ml)	3/4 cup (180 ml)
Ground meat	4 kg (8.8 lb.)	6 kg (13.2 lb.)
Chili powder	1 cup (250 ml)	1½ cups (375 ml)
Cumin	1/2 cup (125 ml)	3/4 cup (180 ml)
Garlic powder	1/3 cup (60 ml)	1/3 cup (80 ml)
750 g bags of frozen mixed vegetables for spaghetti	4 (approximately 20 cups)	6 (approximately 30 cups)
796 ml cans of diced tomatoes	12	18
540 ml cans of kidney beans	6	9

MACARONI WITH MEAT SAUCE



25 servings
of approximately
2 cups (500 ml)



35 minutes



Can be frozen

Ingredients

12 cups (3 L)	UNCOOKED SHORT MACARONI
5 kg (4.4 lb.)	GROUND MEAT
6	ONIONS, CHOPPED
6	CARROTS, DICED
1/4 cup (60 ml)	VEGETABLE OIL
3	BELL PEPPERS, DICED
3 x 796 ml cans	DICED TOMATOES
1 x 540 ml can	TOMATO JUICE
3 x 284 ml cans	TOMATO SOUP
To taste	SALT AND PEPPER

Preparation

1. Cook the macaroni according to instructions on the package and drain.
2. In a large pot, cook ground meat, onions and carrots in oil.
3. Add green peppers, diced tomatoes, tomato juice, tomato soup and cooked macaroni. Stir until heated throughout.
4. Season with salt and pepper.

	50 servings
Uncooked short macaroni	24 cups (6 L)
Ground meat	10 kg (22 lb.)
Onions, chopped	12
Carrots, diced	12
Vegetable oil	1/2 cup (125 ml)
Green bell peppers, diced	6
796 ml cans of diced tomatoes	6
540 ml cans of tomato juice	2
284 ml cans of tomato soup	6



SHEPHERD'S PIE



**40 servings
(8 servings
per pan)**



20 minutes



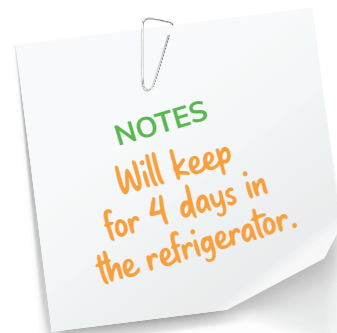
Can be frozen

Ingredients

3.7 kg (8.3 lb.)	POTATOES, PEELED
1.9 kg (4.2 lb.)	CARROTS
To taste	MILK
To taste	BUTTER OR NON-HYDROGENATED MARGARINE
To taste	SALT AND PEPPER
5 kg (11 lb.)	GROUND BEEF OR VEAL
4	ONIONS, CHOPPED
3	CREAM STYLE CORN
4	KERNEL CORN, DRAINED

Preparation

1. Preheat oven to 350 °F.
2. Cook potatoes and carrots in boiling water.
3. Puree potatoes and carrots, and then add: milk, butter, salt and pepper.
4. Brown ground beef with onions.
5. Assemble the shepherd's pie in 5 oven-proof 8" x 11" (20 cm x 28 cm) pans: layer the ground beef mix, followed by cream corn, kernel corn, and top with potato/carrot puree.
6. Bake for 20 minutes.



COLESLAW



30 servings of approximately
½ cup (125 ml)



Ingredients

1½ cups (375 ml)	MAYONNAISE
1/2 cup (125 ml)	MILK
1 cup (250 ml)	RELISH
1/4 cup (60 ml)	WHITE VINEGAR
1/4 cup (60 ml)	WHITE SUGAR
12 cups (3 L)	FINELY CHOPPED GREEN CABBAGE (APPROXIMATELY 1 LARGE HEAD OF CABBAGE)
3 cups (750 ml)	GRATED CARROTS (ABOUT 1/2 LB.)
To taste	SALT AND PEPPER

Preparation

1. In a large bowl, combine mayonnaise, milk, relish, vinegar and sugar.
2. Add vegetables and mix.
3. Season with salt and pepper.

	60 servings
Mayonnaise	3 cups (750 ml)
Milk	1 cup (250 ml)
Relish	2 cups (500 ml)
White vinegar	1/2 cup (125 ml)
White sugar	1/2 cup (125 ml)
Green cabbage, finely chopped	24 cups (6 L), approximately 2 large heads of cabbage
Carrots, grated	6 cups (750 ml), approximately 1 lb.

PASTA SALAD WITH TUNA



20 servings of
2 cups (500 ml)



10 minutes

Ingredients

12 cups (3 L)	UNCOOKED SHORT PASTA OF YOUR CHOICE (FUSILLI, PENNE, MACARONI)
8	TOMATOES, DICED
6 x 170 g cans	LIGHT TUNA IN WATER, DRAINED
6	GREEN ONIONS, THINLY SLICED
4	GREEN BELL PEPPERS, DICED
1 cup (250 ml)	FRESH PARSLEY, CHOPPED
1½ cups (375 ml)	MAYONNAISE
1/2 cup (125 ml)	PLAIN YOGURT
2 tbsp. (30 ml)	CURRY POWDER
To taste	SALT AND PEPPER



Preparation

1. Cook pasta according to the instructions on the package and drain. Rinse thoroughly under cold water.
2. In a large bowl, mix pasta with the rest of the ingredients. Season with salt and pepper.

	40 servings
Uncooked short pasta of your choice (fusilli, penne, macaroni)	24 cups (6 L)
Tomatoes, diced	16
170 g can of light tuna in water, drained	12
Green onions, thinly sliced	12
Green bell peppers, diced	8
Fresh parsley, chopped	2 cups (500 ml)
Mayonnaise	3 cups (750 ml)
Plain yogurt	1 cup (250 ml)
Curry powder	1/4 cup (60 ml)

RICE SALAD WITH CHICKPEAS



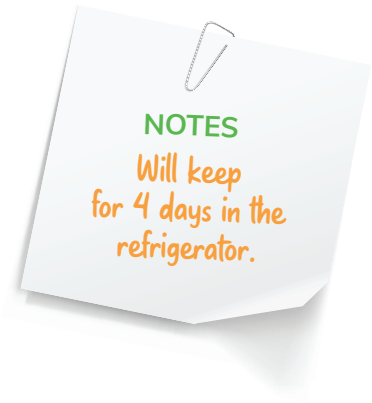
20 servings
of approximately
1 cup (250 ml)



20 minutes



8 hours



NOTES

Will keep
for 4 days in the
refrigerator.

Ingredients

5 cups (725 ml)	UNCOOKED WHITE RICE
10 cups (2.5 L)	WATER OR BROTH
4 x 540 ml cans	CHICKPEAS, RINSED AND DRAINED
4	RED BELL PEPPERS, DICED
4	CORTLAND APPLES, UNPEELED AND DICED
1 cup (250 ml)	FRESH PARSLEY, CHOPPED
1 cup (250 ml)	APPLE JUICE
1 cup (250 ml)	VEGETABLE OIL
1/2 cup (125 ml)	VINEGAR
1/4 cup (60 ml)	OLD-FASHIONED MUSTARD
To taste	SALT AND PEPPER

Preparation

1. Bring rice and water to a boil. Cover and simmer for 15 to 20 minutes or until water is completely absorbed. Cool in the refrigerator, ideally overnight.
2. In a large bowl, mix rice with the rest of the ingredients. Season with salt and pepper.

	40 servings
Uncooked white rice	10 cups (2.5 L)
Water or broth	20 cups (5 L)
540 ml cans of chickpeas, rinsed and drained	8
Red bell peppers, diced	8
Cortland apples, unpeeled and diced	8
Fresh parsley, chopped	2 cups (500 ml)
Apple juice	2 cups (500 ml)
Vegetable oil	2 cups (500 ml)
Vinegar	1 cup (250 ml)
Old-fashioned mustard	1/2 cup (125 ml)

NOTES

Chickpeas can be replaced by 3 x 500 g bags of frozen shelled edamame. Cook them according to package instructions.

By cooking the rice the day before, it is possible to refrigerate it so that it is cold when preparing the salad.

Rice may be replaced by:

Couscous

Boil 5 cups of water and pour over 5 cups of couscous. Let absorb for a few minutes then crumble with a fork.

Quinoa

Bring 5 cups of quinoa to boil in 7½ cups water and simmer for 15 to 20 minutes.

GREEN SALAD



20 servings
of approximately
1 cup (250 ml)



Ingredients

- 6 LIMES, JUICE ONLY
- 2 cups (500 ml) OLIVE OIL
- 1 cup (250 ml) FRESH MINT, CHOPPED
- 1 tbsp. (15 ml) HONEY
- 3 HEADS OF LEAF LETTUCE, SHREDDED
- 3 HEADS OF BOSTON LETTUCE, SHREDDED
- 3 ENGLISH CUCUMBERS, DICED
- 6 TOMATOES, DICED
- 6 GREEN ONIONS, CHOPPED
- To taste SALT AND PEPPER

Preparation

1. In a bowl, make the dressing by mixing lime juice, oil, mint and honey.
2. In a large bowl, combine all vegetables.
3. Add the dressing and mix well. Season with salt and pepper.

	40 servings
Limes, juice only	12
Olive oil	4 cups (1 L)
Fresh mint, chopped	2 cups (500 ml)
Honey	2 tbsp. (30 ml)
Leaf lettuce, shredded	6 heads
Boston lettuce, shredded	6 heads
English cucumbers, diced	6
Tomatoes, diced	12
Green onions, chopped	12

SANDWICHES



About 20 servings
per batch

Egg salad	
40	hard-boiled eggs, crushed with a fork (boil eggs for 10 to 12 minutes, immerse them in cold water and then peel)
1 cup (250 ml)	Mayonnaise
1 cup (250 ml)	Plain yogurt

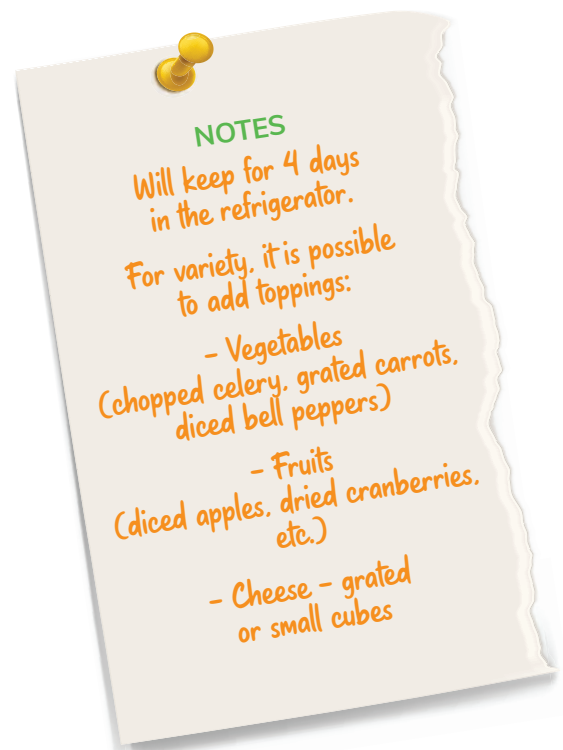
Legumes	
4 x 540 ml cans	of legumes of your choice, rinsed and drained. Blend in a food processor to obtain a coarse texture
1 cup (250 ml)	Mayonnaise
1 tsp. (5 ml)	Garlic powder
1 tsp. (5 ml)	Onion powder

Chicken	
10	Chicken breasts cooked in water, cut into pieces
1 cup (250 ml)	Mayonnaise
1 cup (250 ml)	Plain yogurt

Fish	
10 x 170 g cans	Tuna or salmon, drained
1 cup (250 ml)	Mayonnaise
1 cup (250 ml)	Plain yogurt

Preparation

1. Combine all ingredients of the chosen sandwich. Salt and pepper to taste.
2. Choose bread : Tortillas, bagels, sliced bread, ciabattas, submarine buns, pitas. And assemble.



LENTIL SOUP



**20 servings of
approximately
1 cup (250 ml)**



60 minutes



Can be frozen

Ingredients

3 cups (750 ml)	DRY BROWN OR GREEN LENTILS
1 x 750 g bag	FROZEN MIXED VEGETABLES FOR SOUP (APPROXIMATELY 5 CUPS)
6	CLOVES OF GARLIC, FINELY CHOPPED
1/3 cup (80 ml)	VEGETABLE OIL
15 cups (3.75 L)	VEGETABLE BROTH
1 x 156 ml can	TOMATO PASTE
To taste	SALT AND PEPPER

Preparation

1. Rinse lentils in a colander. Set aside.
2. In a large pot, sauté the vegetables and garlic in vegetable oil.
3. Cook over low heat for about 5 minutes.
4. Add lentils, broth and tomato paste. Bring to a boil.
5. Cover partially and simmer over low heat for 45 minutes. Stir from time to time.
6. Season with salt and pepper.

	40 servings
Dry brown or green lentils	6 cups (1,5 L)
750 g bags of frozen mixed vegetables for soup	2 bags (approximately 10 cups)
Cloves of garlic, finely chopped	12 cloves
Vegetable oil	2/3 cup (160 ml)
Vegetable broth	30 cups (7.5 L)
156 ml cans of tomato paste	2 cans



ANNEX 1

SELECTION CRITERIA FOR COMMERCIALY AVAILABLE PRODUCTS

These criteria are meant as a guide; try to follow them as closely as possible.

Breakfast cereal (1 cup serving (250 ml))

- Protein: minimum 4 g
- Sugar: maximum 10 g
- Fibre: minimum 4 g
- Sodium: maximum 230 mg, ideally less than 115 mg

Cereal bars (serving of approximately 35 g)

- Protein: minimum 3 g
- Sugar: maximum 10 g, ideally 6 g or less
- Fibre: minimum 3 g
- Sodium: maximum 115 mg

Crackers (20 g serving)

- Saturated and trans fats: maximum 1 g
- Fibre: minimum 1 g
- Sodium: maximum 190 mg

Reference: Desgroseillers, j. (2020) *La jungle alimentaire: comment s'y retrouver*. La presse.

ANNEX 2

THERMOGUIDE FRAIS C'EST MEILLEUR!

DURÉE D'ENTREPOSAGE DES ALIMENTS PÉRISSABLES

	RÉFRIGÉRATEUR 4 °C	CONGÉLATEUR -18 °C	RÉFRIGÉRATEUR 4 °C	CONGÉLATEUR -18 °C
ŒUFS				
Œufs frais en coquilles	1 mois	—		
Œufs durs	1 semaine	—		
Blanc d'œuf cru	1 semaine	9 mois		
Jaune d'œuf cru	2-3 jours	4 mois		
VIANDES ET PRODUITS CARNÉS				
Volaille cuite avec sauce	1-2 jours	6 mois		
Volaille cuite sans sauce	3-4 jours	1-3 mois		
Volaille en morceaux	1-2 jours	6-9 mois		
Volaille entière	1-3 jours	10-12 mois		
Jambon cuit entier	7-10 jours	1-2 mois		
Jambon cuit en tranches	3-5 jours	1-2 mois		
Côtelettes, rôtis	3-5 jours	4-6 mois		
Porc cuit avec sauce	3-4 jours	4 mois		
Porc cuit sans sauce	3-4 jours	2-3 mois		
Agneau (côtelettes, rôtis)	3-5 jours	6-9 mois		
Bacon*	7 jours	1-2 mois		
Bœuf (steaks, rôtis)	3-5 jours	6-12 mois		
Cretons	3-5 jours	1-2 mois		
Saucisses fraîches	1-2 jours	2-3 mois		
Saucissons secs entiers	2-3 semaines	—		
Veau (en rôti)	3-5 jours	4-8 mois		
Viande cuite avec sauce	3-4 jours	4 mois		
Viande cuite sans sauce	3-4 jours	2-3 mois		
Viande fumée, charcuterie	5-6 jours	1-2 mois		
Viande hachée, en cubes ou tranchée mince	1-2 jours	3-4 mois		
Viande cuite tranchée sous vide*	3 jours	1 mois		
Abats (foie, cœur, etc.)	1-2 jours	3-4 mois		
PRODUITS LAITIERS				
Beurre doux*	3 semaines	3 mois		
Beurre salé*	3 semaines	1 an		
Fromage à pâte molle (brie, camembert, etc.)	3-4 semaines	—		
Fromage à pâte ferme (cheddar, mozzarella, etc.)	5 semaines	6 mois		
Crème fraîche*	3-5 jours	1 mois		
Crème glacée	—	3 mois		
Fromage bleu*	1 semaine	—		
Fromage frais (cottage, ricotta)	3-5 jours	—		
Fromage fondu à tartiner*	3-4 semaines	—		
Lait*	3-5 jours	6 semaines		
Yogourt	2-3 semaines	1 mois		
FRUITS ET LÉGUMES				
Asperges	4 jours	1 an		
Aubergine	7 jours	1 an		
Betteraves	3 semaines	1 an		
Bleuets	5 jours	1 an		
Brocoli	5 jours	1 an		
Canneberges	2 semaines	1 an		
Carottes	3 mois	1 an		
Carottes nouvelles	2 semaines	1 an		
Céleri	2 semaines	—		
Cerises	3 jours	1 an		
Champignons	5 jours	1 an		
Choux de Bruxelles, chou-fleur	6 jours	1 an		
Chou	2 semaines	1 an		
Concombre	1 semaine	—		
Courges d'été, courgettes	1 semaine	1 an		
Endives	3-4 jours	—		
Épinards	4-5 jours	1 an		
Fèves germées	3-4 jours	—		
Fraises, framboises	3-4 jours	1 an		
Haricots jaunes et verts	5-6 jours	1 an		
Mais entier	2-3 jours	1 an		
Melon miel, cantaloup, melon d'eau	4 jours	—		
Navet	1 semaine	1 an		
Oignons verts	1 semaine	1 an		
Panais	1 mois	1 an		
Poivrons	1 semaine	1 an		
Poireaux	2 semaines	1 an		
Pois, pois mange-tout	2 jours	1 an		
Pommes (de février à juillet)	2 semaines	1 an		
Pommes (d'août à janvier)	6 mois	1 an		
Prunes	3-5 jours	1 an		
Radis	1 semaine	—		
Raisins	5 jours	—		
Rhubarbe	4 jours	1 an		
Laitue	1 semaine	—		
Germe de luzerne, germes de soya	3 jours	—		
Tomates	1 semaine	1 an		
POISSONS ET FRUITS DE MER				
Crabe cuit	1-2 jours	1 mois		
Crevettes	1-2 jours	2-4 mois		
Huitres dans leurs écailles	2-3 semaines	—		
Huitres sans écailles	10 jours	2-4 mois		
Moules dans leurs écailles	2-3 jours	—		
Moules sans écailles	1-2 jours	3 mois		
Palourdes dans leurs écailles	3-4 jours	—		
Palourdes sans écailles	1-2 jours	3 mois		
Poisson gras (saumon, truite, etc.)	1-2 jours	2 mois		
Poisson maigre (sole, tilapia, etc.)	2-3 jours	6 mois		
Pétoncles	1-2 jours	3 mois		
Poisson fumé à froid	3-4 jours	2 mois		
CONDIMENTS				
Huiles végétales de première pression*	3-4 semaines	—		
Ketchup et marinades	1 an	—		
Mayonnaise	2 mois	—		
Moutarde préparée (ordinaire)	1 an	—		
Moutarde préparée (forte)	9 mois	—		
Fines herbes fraîches	4 jours	1 an		
METS PRÉPARÉS				
Boulangerie (produits faits de farine enrichie)	7 jours	3 mois		
Légumineuses cuites	5 jours	3 mois		
Mets conditionnés sous vide*	1-2 jours	2 mois		
Mets congelés commerciaux	—	3-4 mois		
Mets en casserole	2-3 jours	3 mois		
Pâtes alimentaires cuites sans sauce	3-5 jours	3 mois		
Pâtés à la viande, quiches	2-3 jours	3 mois		
Pâtisseries avec produits laitiers et œufs	3-4 jours	1 mois		
Potages, soupes	3 jours	2-3 mois		
Riz cuit	5-6 jours	6-8 mois		
Sandwichs (tous genres)	1-2 jours	6 semaines		
Fèves au lard	3-4 jours	6-10 mois		
Sauces à la viande	3-5 jours	4-6 mois		
DIVERS				
Tofu	6-7 jours	1-2 mois		

DURÉE D'ENTREPOSAGE DES ALIMENTS MOINS PÉRISSABLES

	TEMPÉRATURE AMBIANTE 20 °C	CHAMBRE FROIDE DE 7 °C À 10 °C
CONDIMENTS		
Beurre d'arachide*	2 mois	—
Confitures et gelées	1 an	—
Fines herbes séchées	1 an	—
Mélasses	2 ans	—
Miel	18 mois	—
Moutarde sèche	3 ans	—
Sirop d'érable, sirop de maïs	1 an	—
Sucre	2 ans	—
Vinaigre	2 ans	—
FRUITS ET LÉGUMES FRAIS ET ENTIERS		
Courges d'hiver	1 semaine	6 mois
Oignons secs jaunes	1 jour	3-4 semaines
Pommes de terre	1 semaine	9 mois
Pommes de terre nouvelles	—	1 semaine
Rutabagas (cirés)	1 semaine	5-6 mois
CÉRÉALES, RIZ ET PÂTES ALIMENTAIRES		
Céréales de type granola	6 mois	—
Céréales prêtes à servir	8 mois	—
Gruau d'avoine	6-10 mois	—
Pâtes alimentaires sèches	1 an	—
Pâtes alimentaires aux œufs	6 mois	—
Riz blanc	1 an	—
BOISSONS		
Café instantané	1 an	—
Café moulu*	1 mois	—
Thé	2 ans	—
DIVERS		
Boulangerie (produits faits de farine enrichie)	1 semaine	—
Cacao	10-12 mois	—
Chapelure sèche	3 mois	—
Chocolat à cuisson	7 mois	—
Conserves	1 an	—
Craquelins	6 mois	—
Croustilles de pommes de terre	1 semaine	—
Farine blanche	2 ans	—
Farine de maïs	6 mois	—
Fruits séchés	1 an	—
Garniture pour tarte	18 mois	—
Gélatine	1 an	—
Gelée en poudre	2 ans	—
Huiles végétales	1 an	—
Lait concentré en conserve	9-12 mois	—
Lait concentré sucré en conserve	6 mois	—
Lait écrémé en poudre*	1 mois	—
Légumineuses sèches	1 an	—
Levure sèche	1 an	—
Préparation à gâteaux	1 an	—
Préparation à pouding	18 mois	—
Noix dans l'écale	1 an	—
Olives	1 an	—
Pain (type baguette)	1-2 jours	—
Pectine en poudre	2 ans	—
Pectine liquide	1 an	—
Pommes de terre instantanées	1 an	—
Levure chimique	1 an	—
Semoule	1 an	—
Bicarbonate de sodium	1 an	—
Substitut de crème à café	6 mois	—

* Les durées de conservation indiquées sont valables pour des contenants qui ont été ouverts.

QUELQUES CONSEILS PRATIQUES

- Vérifiez périodiquement la température du réfrigérateur, qui doit être entre 0 °C et 4 °C, ainsi que celle du congélateur, qui doit être de -18 °C.
- Après la durée d'entreposage recommandée au congélateur, les aliments peuvent être consommés sans danger, mais leur saveur et leur valeur nutritive peuvent commencer à s'altérer et ils peuvent aussi se dessécher par le froid.
- L'endroit idéal pour décongeler les aliments est le réfrigérateur. Utilisez la tablette du bas afin d'éviter l'écoulement des liquides sur les autres aliments.
- Ne jamais recongeler une viande crue qui a été décongelée.
- Il est préférable de blanchir les fruits et légumes avant de les congeler; les cuire au préalable.
- N'utilisez que des sacs ou des contenants spécialement conçus pour la congélation des aliments et apposez une étiquette indiquant la date et le nom du produit.
- Les huîtres, palourdes et moules non écaillées sont vivantes. Il est donc recommandé de les conserver dans un contenant aéré.
- Une fois ouverts, les aliments en conserve doivent être transvidés dans des contenants hermétiques, puis entreposés au réfrigérateur.
- La porte du réfrigérateur n'est pas l'endroit idéal pour ranger les aliments périssables. Les produits laitiers, les œufs et toutes les viandes se conserveront mieux au bas du réfrigérateur ou dans des tiroirs conçus spécialement pour maintenir la température plus basse et plus constante.
- Les denrées sèches doivent être conservées dans des contenants hermétiques, à l'abri de la lumière et de la chaleur.

Source: www.mapaq.gouv.qc.ca

RESOURCES

For even more information...

Allergy Quebec: www.allergies-alimentaires.org/en

Canada's Food Guide: <https://food-guide.canada.ca/en/>

Ministère de l'Agriculture, des Pêcheries et de l'Alimentation (MAPAQ): www.mapaq.gouv.qc.ca
[French only]

- Thermoguide
- Meilleur avant, bon après
- La propreté au bout des doigts
- Guide des bonnes pratiques d'hygiène et de salubrité

Seven factsheets for the promotion of healthy eating at activities and special events:
alliancesherbrooke.ca/wp-content/uploads/2018/02/Sept_fiches_complet_reduit.pdf [French only]

Recettes du Québec – Adapter les quantités des recettes:
<https://www.recettes.qc.ca/chroniques/chroniques-culinaires/article/adapter-les-quantites-des-recettes-105> [French only]

Reading

Ledoux, M., Lacombe, N., St-Martin, G. (2019). *Nutrition sport et performance* (3^e éd.). Vélo Québec.

Desgroseillers, J. (2020) *La jungle alimentaire : comment s'y retrouver*. La presse. [French only]

Recipes have been adapted from...

www.cuisinefuteeparentspresses.telequebec.tv

www.soscuisine.com

www.tremplinsante.ca/en/

www.5ingredients15minutes.com/en/

www.troisfoisparjour.com/en/

www.ricardocuisine.com/en/

www.nospetitsmangeurs.org [French only]

<https://ici.radio-canada.ca/mordu> [French only]

<https://naitreetgrandir.com/en/>

www.coupdepouce.com/section/cuisine [French only]

www.loouniecuisine.com/fr/ [French only]

<https://lecoupdegrace.ca/>

<https://www.zeste.ca/sections/recettes> [French only]

<https://fondationolo.ca/en/recette/>

Viens manger! Trucs et recettes rusés: http://cscp.umontreal.ca/nutrition/documents/viens_manger.pdf
[French only]

Viens manger! Le végétarisme en toute simplicité: https://nutrition.umontreal.ca/wp-content/uploads/sites/45/2019/11/Viens-manger_v%C3%A9g%C3%A9tarisme.pdf [French only]

