

2021

# *iChef* program launched at Club 90



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Club 90 has launched a pilot program as part of the Café unit in early February called *iChef*. This program came into fruition as we had been closed for the second time due to the pandemic and how we can continue to provide nourishing meals to our members.

Similar to the *Hello Fresh* concept, we launched *iChef*. A program where members get pre-packed meals and a recipe card to prepare a meal at home. To gauge whether this would be a successful program for members to participate in, we ran three trials, with 10 members chosen each week.

Our first week was a spaghetti and sausage dish.

### **Goal of the *iChef* program:**

- To provide a meal to members in a safe manner while face-to-face contacts paused,
- Skill building: People develop their cooking skills at home. Participate in all aspects of *iChef* planning and implementation once pandemic restrictions allow,
- Confidence & self-esteem building: preparing a delicious meal is something to be proud of!
- Breaking old habits: Trying something new can be fun and get us out of the habit of making the same meals, increasing knowledge of preparing nutritious meals with ease,
- Being part of something new: Inviting members to give feedback to develop and improve *iChef*. Having something meaningful to do.

### **How it works:**

The café lead created the recipe cards and measured out and prepackaged all the ingredients individually and readied each meal into paper bags for delivery.

We purchased a sealer to safely vacuum package any and all loose ingredients, especially any meats in a safe manner to avoid any potential leakage or cross contamination.

To ensure the right amount of ingredients per bag, the café lead created step-by-step process and took pictures along the way. This is also used to create an accurate recipe card for the members to follow. Include are information sheets about safe food handling and food storage.

### **The initial rollout:**

The first trial (with the pasta and sausage) occurred on February 12, 2021. Ten members were chosen at random and had been contacted asking if they would like to participate in a potential new program and provide staff feedback on what they thought of the processes, food, how easy it was to make etc.

Due to members not being able to come into the clubhouse and pick the meal bag up during February, staff delivered the bags of food to each member's house that Friday afternoon, meeting in the respective parking lots.

## Feedback

Our speculation was that we would be met with some feedback as to how we can evolve and improve the *iChef*. Boy, were we wrong! When we called back the following Monday, all 10 participants enjoyed the meal, enjoyed cooking it and said the recipe cards were easy to follow.



For the next few weeks, we continued trial periods, making sure we got different members each time. Over the span of four weeks and 40 different members, we received *amazing* feedback.

*"I am so happy you are doing this. I do not feel comfortable coming out in public yet," - V.H*



*“Was so good. Wish we would make that for supper at the club.” – D.S*

*“Very happy with the meal. Easy and very tasty.” – L.D*

*“Good. Easy to follow. It would be good to do. Elliot Lake needs it.” - C.M*

*“Love the idea and felt proud of myself for making it.” – C.R*



## **Moving Forward:**

We recently received approval of a funding request to establish *iChef* for 2021-2022; many thanks to the Algoma District Services Administration Board (ADSAB). We welcome a budget of **\$4,200** for 12 months for this program. To be implemented 1 x per week - members can pick up the 'bag' on Friday afternoons, prepare and eat at least one home cooked meal over the weekend. More details regarding the # of *iChef* participants on a regular basis will follow.

Members will be asked to sign up for *iChef* in advance and are given an opportunity to become an active participant in the planning, preparation, packaging, and distribution of the meals. Member feedback will be an integral part of quality control (Monday call outs subsequent to the weekend) and asked to submit pictures of their prepared dish to be published in Stepping Stones and social media.

