

SUPERCHEFS NEWS

Summer 2017

SuperChefs Camps in Surrey continues!

This year our 2017 Summer SuperChefs Camps will run again thanks to our continuing partnership with Surrey School District (SD36) and grant from Service Canada for over \$70,000. We hired 17 high school and University Students from UBC's Land & Food Systems and Kinesiology and, culinary students from Pacific Academy High School this summer and volunteer positions for UBC dental hygiene and SD36 student as well. We also established an internship program for one of our business students to work in a HR/Tech company called Rise, getting real experience handling the HR details including payroll/benefits of our 17 employees. Our continued sponsors from Sinclair Dental, Dentsply will enable us to reach even more students and learn to put on their best FACES: Food literacy, Aware of their food systems, Competent in cooking skills, Engaged in physical activity, and Savour balanced food choices. **This marks the 9th year of running our SuperChefs Cookery Summer camps!**

www.superchefs.tv



MasterChefs Canada Champion David Jorge joined our SuperChefs team at UBC event on March 17, 2007 at Vij's Kitchen UBC



https://www.cda.org/Portals/o/journal/journal_062017.pdf and refer to page 302

The June edition of the **Journal of the California Dental Association**

assembled an issue that not only presents what a team dentist should be, but highlights the unlimited opportunity to expand the paradigm of sports dentistry.

It includes personal stories of dentists who were motivated to expand the paradigm and create new ways to use their expertise to make a difference locally, nationally and even internationally.

SuperChefs founder Dr. Greg Chang was honoured to be one of the dentists to share his story of **Sports Dentists Role in Nutrition, Prevention and Social Advocacy**- refer to link at left for the article.

Westin and SuperChefs combine to inspire kids to cook around the world

In March 2017, multiple SuperChefs Cookery events got kids in the kitchen in Westin Hotels in Europe. At the **Westin Excelsior** in Rome the third Westin Piccolo SuperChefs event was held with MasterChefs Junior Chefs-to view video: <https://www.youtube.com/watch?v=luxl4ERm-CE>



Above, the **Westin Palace Madrid** welcomed 14 young SuperChefs to take part in the third annual cooking competition with Junior MasterChef Champion Maria cheering them on!

Dr. Greg's **SuperChefs** Cookery for Kids

SuperChefs have confidence in their **F·A·C·E·S**

1. Food literate
2. Aware of our food systems
3. Competent in cooking skills
4. Engaged in physical activity
5. Savor balanced food choices

SuperChefs receives multiple awards from UBC & Surrey Cares Foundation

VANCOUVER, BC Feb 17, 2017 – Today, at the UBC Health Awards, the Team Education Award for 2016 was presented to the team of Dr. Gail Hammond (Land & Food Systems), Dr. Leann Donnelly (UBC Dentistry), and Dr. Greg Chang (SuperChefs).



Later that evening at the Surrey Cares Community Awards, SuperChefs was nominated for the Award of Distinction for Leadership in the community.

On hand were some

team members including Executive Chef Victor Bongo, coordinators Alexandra Barone, Michelle Chow, photographer Nicole Chang and volunteer staffers Anne Pothier and Leah Buenaventura.



Congratulations to Executive Chef Victor Bongo who opens his new restaurant Ambrosia in Naramata BC on June 1st. We wish him well in wine country!



Upcoming SuperChefs Events

June 21 SuperChefs Cook for BC Lions at training centre

June 23 SuperChefs Expert Panel lecture at Academy for Sports Dentistry Conference San Francisco St Francis Westin

July 22 (12:30) & 23 (1:20) Fusion Festival Cooking Stage Holland Park Surrey

July 4-August 18 SuperChefs Cookery Camps in Surrey at Queen Elizabeth and Sullivan Heights locations (10 schools participating)

Oct 23-24 James Beard Food Conference New York

Feb 23-25 40th Annual International Association for Culinary Professionals Conference Hilton Midtown New York

Highlights from SuperChefs 2017-much more to come!



Teaching Cooking in the 20th Century

panelists at the International Association for Culinary Professionals Conference March 5, 2017 in Louisville Kentucky with Dr. Greg Chang and Chefs Nancy Waldeck, Carlin Breinig and Sheila Crye



SuperKids of Sherbrooke creator Ryan Chang chats with Prime Minister Justin Trudeau about support of the SuperChefs program through the Canada Student Job program at Bishop's University Jan 18



The highlight of SuperChefs collaborative program with UBC was held on March 17 at Vij's Kitchen at UBC. Land & Food System and dental hygiene students cooked alongside kids and SuperChefs Chefs and shared their articles on oral health and nutrition. Special guest included MasterChef Canada winner David Jorge and his family.



In Puerto Vallarta April 3, Dr. Greg visits with Westin's Food and Beverage team member Victor Vidal at Westin Puerto Vallarta to sample Kids Eat Well menu, then shops with local Chef Rosie Romaro of Vallarta Cooking to find ingredients for BC Lions Medical Team dinner upon his return.



SuperChefs Cookery for Kids program is taught to kids at no cost, and SuperChefs needs your support and appreciates any contributions to enable us to continue our work with kids. We have partnered with UBC Development to provide tax deductible donations which can be made at: <http://www.superchefs.tv/superchefs-for-good.php>³ thanks for helping!



President Bill Clinton was joined by other illustrious speakers including **Cindy Crawford**, Honorary Chair **Michelle Obama** and former Whitehouse Chef **Sam Kass** at the Building A Healthier America Summit May 10-13 in Washington DC. To see highlights: <https://www.youtube.com/watch?v=oJVOM8OckLo>

With our good friend **Bill Yosses**, former Whitehouse pastry Chef, who make pies pre-show for Barrow Street Theatre's production of Sweeney Todd in New York.



Introducing Chef **Christine Farkas** to the SuperChefs team, who we met at the IACP Conference in Louisville. Christine started her involvement with SuperChefs at our event at Vij's Kitchen at UBC and will be volunteering to work alongside our staff when Chef Bongo is in Naramata- Christine has great energy and we look forward to having her in the SuperChefs kitchen with us this summer!



BC Lions Medical Staff during pre-training camp physicals



Check out this video: <https://youtu.be/pM5Gur7ZSpI>

With upper management, medical team & player support, SuperChefs will be serving the ideal pre-game meal to the team and staff of the **Canadian Football League's BC Lions June 21** to show the importance of sports nutrition in professional sports. The meal was created with SuperChefs (lead dietician **Lisa Kimmel of Yale Wellness**), BC Lions Dietician **Rebekah Sandhu**, and 4th year Dietetics students from UBC. After the morning workout, the players and staff will be treated to burrito bowls with smoky chipotle shredded chicken, street corn, mango orzo salad and a special high-protein snack. SuperChefs and MasterChef Champ David Jorge will be on hand to inspire kids to eat healthy and stay active much like their BC Lions gridiron heroes. Later that week SuperChefs will be in San Francisco at the **Academy for Sports Dentistry Symposium** with SuperChefs Advisors **Lisa Kimmel** and **Jill Conklin** (SuperChefs Program Director/Executive Chef) joining Dr. Greg. For more information go to: <http://www.academyforsportsdentistry.org>

New Resources available

Dr. Greg's SuperChefs Cookery For Kids

Count on Calcium

By Samantha Brien, Haina Fulljones, Angeline Lam, & Claudia Wong

Make Your Own Yogurt!

Calcium from your food helps your body grow and is especially important for your bones and teeth. When you get much older, your bones may weaken, so you need to make them as strong as possible when you are young. And, let's not forget about your teeth! Your teeth not only require calcium, but also fluoride to keep them healthy.

Every time you eat, the acids in your mouth increase for a short time. These acids weaken the hard outer layer of your teeth that is called enamel. When this happens, the enamel can soften and cavities, or holes, can form in your teeth. To help fight off cavities, make sure you get enough calcium and fluoride to keep your teeth strong.

You may be wondering how you are going to make sure to get enough calcium and fluoride. It's easy! Milk and other dairy products are great sources of calcium, and calcium is in other foods, too.

And where can you get fluoride? Well, if you regularly brush your teeth, your teeth will be healthier because fluoride is in toothpaste. Just remember to brush and rinse (spit out) your toothpaste to give your teeth just the right amount - not too much fluoride.

WHY IS IT IMPORTANT?

- Bones
- Teeth
- Kidney Transistors
- Plastic or Glass container

1 Liter (or 1 quart) milk

1. They Plain Yogurt

INGREDIENTS:

1. Heat the milk to boiling in a saucepan.
2. Let the milk cool to a temperature of 110°F (43°C). You can check the temperature by using the thermometer.
3. Add the yogurt to the milk and whisk well.
4. Put the milk mixture in a plastic or glass container and cover with a kitchen towel.
5. Keep your container in a warm place for 6-8 hours or overnight.
6. Put your yogurt in the refrigerator to chill.
7. When your yogurt has firmed up, it's ready to eat! YUM!

GOOD SOURCES OF CALCIUM

ALMONDS BEANS
CHEESE CHIA SEEDS
LEAFY GREENS
FIGS KALE & DARK
LEAFY GREENS
MILK-Animal & Plant-based
ORANGE JUICE
QUINOA
SALMON-Cooked
...and you eat the best!
SESAME SEEDS

WHEN TO EAT PROTEIN?

PROTEIN IS FOUND IN LOTS of different foods like meat, beans, nuts, vegetables and whole grains. Eating protein in each of your meals throughout the day will help your body feel energized and your teeth be strong. It's important to eat a consistent amount of protein after you have been active to repair your body and to get stronger. Because lots of foods contain protein, you can be adventurous! Make some **Crunchy Energy Balls** with your family and try many different foods to find out what you like!

Dr. Greg's SuperChefs Cookery For Kids

Power Up with Protein

By Mireen Kirkbr, Natalia King, Terry Lok, & Elizabeth Yu

| Protein Food | Amount of protein per serving | What a serving looks like | High in Arginine |
|----------------------|-------------------------------|---------------------------|------------------|
| Lean Beef (Ground) | 1/4 cup (50g) | 1/4 beef patty | ✓ |
| Turkey | 1/2 cup (100g) | 1/2 chicken breast | ✓ |
| Chicken, hard-boiled | 1/2 cup (100g) | 1/2 chicken breast | ✓ |
| Chickpeas | 1/2 cup (100g) | 1/2 cup chickpeas | ✓ |
| Cooked egg | 1/2 cup (100g) | 1/2 hard-boiled egg | ✓ |
| Protein Bar | 1/2 cup (100g) | 1/2 protein bar | ✓ |
| Shrimp | 1/2 cup (100g) | 1/2 cup shrimp | ✓ |
| Shrimp and seeds | 1/2 cup (100g) | 1/2 cup shrimp and seeds | ✓ |

COCONUT ENERGY BALLS: SUPER-EASY! SUPER FAST! SUPER FUN! SUPER GOOD!

- 1/2 cup coconut flour
- 1/2 cup almond flour
- 1/2 cup peanut butter or other nut butter
- 1/2 cup honey
- 1/2 cup coconut flakes
- 1/2 cup ground flaxseed
- 1/2 cup vanilla
- 1/2 cup mini dark chocolate chips
- 1/2 cup raisins or dried cranberries

1. Mix all ingredients thoroughly
2. Roll into golf ball sized pieces
3. Refrigerate or place in a ziplock bag and freeze
4. Enjoy!

*Please consult your dietitian for more information.

Created during the inter professional program at UBC, these resource sheets are available to use in health care offices, community outreach programs and food education events to help the public become aware that healthy diets play a role in our oral and overall health. These resources that include a variety of topics available for download on our website at www.superchefs.tv