

#CHEFTOUSKI CHALLENGES

Go to [ChefTouski.com](https://www.ChefTouski.com) to do them!

At ChefTouski.com, we are convinced that cooking can be both economical, delicious, and environmentally friendly. That's why we have created a series of culinary challenges to take on (4 different boxes to discover). We can't wait to see you tackle these challenges while sharing your experiences with your community, so that everyone can benefit directly and indirectly!

Are you ready to take on these culinary challenges for the planet? Let's dive into ChefTouski's challenges!



THE UNKNOWN

Choose a vegetable or fruit that is unfamiliar to you and that you don't know how to cook. Embark on a gustatory discovery! Simply use the empty-fridge tool to get recipe suggestions using this unfamiliar ingredient.

Tip: You can always ask your question using the virtual chef tool if you don't know how to peel, cook, or prepare it!



THE LIFETIME CHALLENGE: BETTER FOOD PRESERVATION

Take any food item of your choice from your fridge and ask CT for advice on how to extend its shelf life.

Tip! In your question, don't hesitate to ask for more than one piece of advice. You'll be surprised to know that there are several ways to preserve food.

Also, if you have ever thrown away eggs, know that there is absolutely no reason to do so! NONE! You can read our blog article on the subject if you're interested.



THE MEAL-PREP CHALLENGE

Ask ChefTouski to help you plan a week of meals using the virtual chef tool. Save time by not searching for recipes on search engines. Write down a few foods that you and your family, if applicable, would like to eat for the upcoming week. Let ChefTouski do the brainstorming!

Tip! Here's a good way to ask the question. Can you create 5 recipes for me for the next week while avoiding waste? I would like to have chicken, beef, a meal salad, pasta, and fish.

You can even specify any discounted foods you plan to buy or ingredients from your fridge or freezer that you want to use.



THE FREEZER BOTTOM CHALLENGE

Option 1: Using the empty-fridge tool, prepare a meal using an ingredient that needs to be taken out of your freezer! Add 2 or 3 ingredients that you feel like eating or that need to be consumed quickly.

Option 2: You can also use only frozen items, and in the virtual chef tool, specify that your ingredients are frozen.



Anti-waste | Economical | Time-saving | Creative

THE ECO-ECONOMICAL

Reduce food waste and save money

DID YOU KNOW?

Canadian households waste the equivalent of one bag of food each week. This amounts to approximately \$1,352 per household per year, while most consumers underestimate the financial impact on their own wallets that they could achieve by reducing their food waste.

It is also important to remember that food waste doesn't just cost money. It also contributes to 10% of global greenhouse gas emissions, and 61% of this waste occurs at the consumer level itself.

Source : Recyc-Québec

A financial loss that can be avoided!

We are thrilled to introduce ChefTouski, a revolutionary cooking tool! The first virtual chef powered by artificial intelligence is ready to amaze you with its incredible abilities.

 ChefTouski



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