

# #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 EMPTY-FRIDGE CHALLENGE

Choose a few ingredients from your fridge, pantry, and/or freezer that need to be eaten quickly and use ChefTouski's empty-fridge tool. It will create a customized recipe based on what you ask it to use!

Psst! Feel free to specify a time of the day if needed.



## THE HEALTHY BEVERAGE CHALLENGE

Sadly, fruits and vegetables alone account for 45% of discarded food. Together, we can improve this statistic! Use the "Chat with ChefTouski" tool to prepare a healthy beverage. It's time to make use of imperfect fruits or vegetables (and even those bananas sitting in the freezer)!

Example: Can you create a recipe for a healthy beverage using... (selected fruits and vegetables)?

Bonus: You can also use the FlashFood and FoodHero apps to purchase fruits and vegetables at incredibly low prices!



## THE WORLD CUISINE CHALLENGE

Using the empty-fridge tool, prepare a dish with exotic flavors using ingredients you already have at home. Go to the advanced creation section and choose your favorite world cuisine!

Tip! If your favorite cuisine is not listed, feel free to ask ChefTouski directly using the chat tool.



## THE LEFTOVER CHALLENGE

For example, if you have leftover rice or cooked chicken from the previous day, use the virtual chef tool to ask for a recipe to use the leftovers. Take the opportunity to add a few ingredients that need to be consumed before it's too late!

Tip! Don't forget to specify that they are leftovers! ChefTouski will adjust the recipe accordingly.

Having ChefTouski create a recipe for using leftovers helps you avoid always eating your leftovers in the same way, which can become boring and may lead to them being thrown away!



Anti-waste | Economical | Time-saving | Creative

# 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**



SAVE OVER  
\$1,300 PER  
YEAR BY  
PUTTING AN  
END TO FOOD  
WASTE!

