

#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 BUDGET-FRIENDLY CHALLENGE

Prepare a delicious meal for less than \$5 per person, using simple and economical ingredients. Using the virtual chef tool, ask CT to create a recipe on a tight budget.



Tip! You can even specify a maximum dollar amount.



Bonus: Make use of apps like FoodHero and FlashFood, which allow you to purchase discounted items. Ask ChefTouski for recipes using these purchases.



THE FAMILY COOKING CHALLENGE

Prepare a meal with the whole family by involving everyone in the preparation. Ask your children or family members to assist you with ChefTouski. You'll find that it's very user-friendly.



Tip! When using the virtual chef tool, mention how many people will be eating the meal so that ChefTouski can adjust the recipes. For example: 2 adults, 2 children.



THE TOUSKI M'PLAIT CHALLENGE

When you use ChefTouski.com, you can save your favorite recipes by clicking on "Add to Touski M'plait." And now, you can even add a photo of the recipe and, most importantly, share it!



Psst! Don't forget that the primary goal of ChefTouski is to help its users save money and, above all, prevent food waste.



THE CHALLENGE: IN THE DEPTHS OF THE FRIDGE

While using the empty-fridge tool, take a close look at what's lurking (as long as it hasn't passed its expiration date) and use it in a recipe. It could be a sauce, condiment, dressing, or anything else.



Tip! Just because the item you mention doesn't transform into a button doesn't mean you can't add it to your list. It's magical! Simply write down what you want to add to the recipe, include the ingredient, and CT will create a recipe for you!



Anti-waste | Economical | Time-saving | Creative

THE SEEK AND FIND

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**

