

WHAT IS RED CHEF?

RED CHEF provides students with fresh, creative, & nutritious ingredients & recipes to promote the art of cooking!

HOW DOES IT WORK?

Two different RED CHEF meals will be offered each day. Recipe cards with ingredients, step-by-step cooking instructions, & nutrition facts will be provided for each meal.

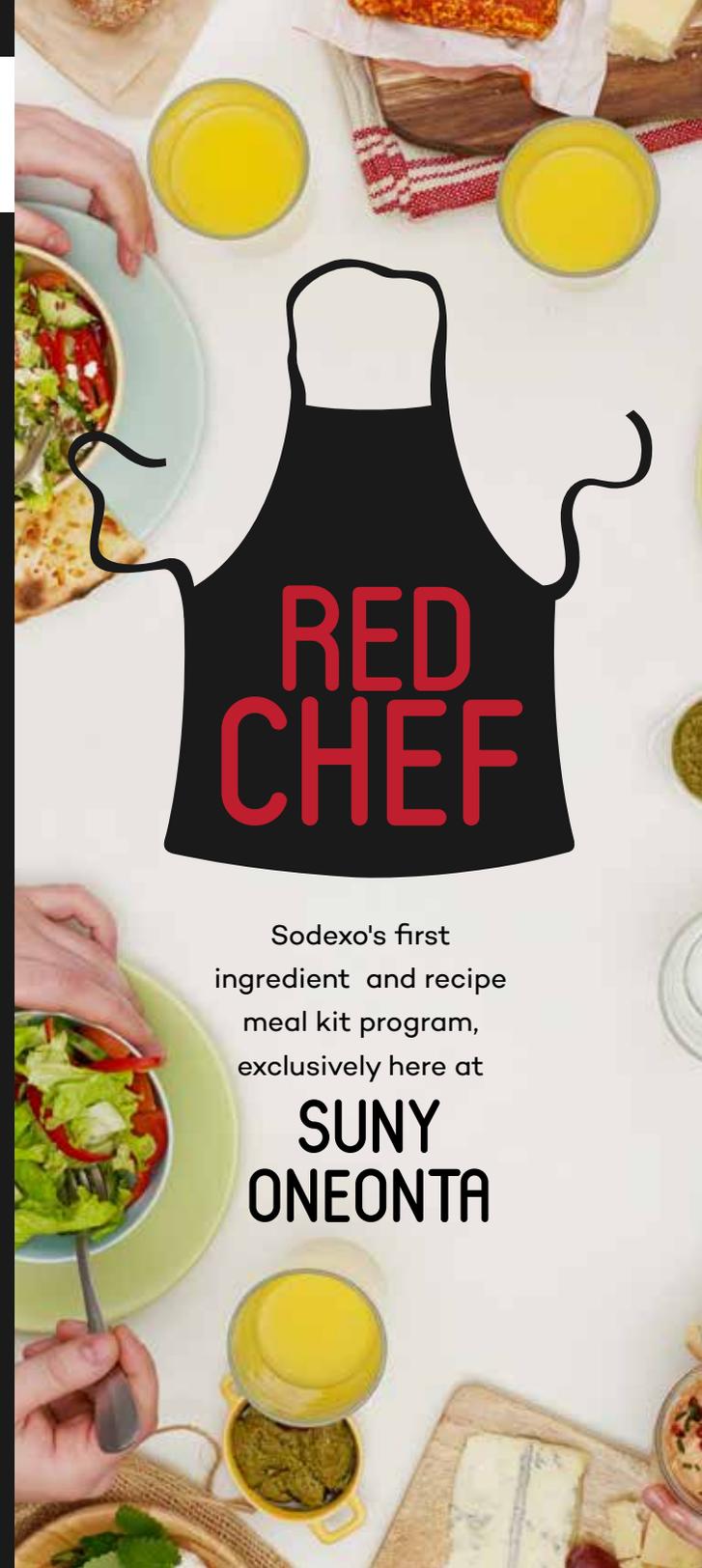
Pick up your RED CHEF container with prepped ingredients ready to cook! Bring your container back to your dorm/ apartment or stay to cook your meal in My Kitchen. Be sure to return your container to the cashier before you plan on cooking your next meal!



NOW YOU'RE COOKING COOKING SAFETY

TYPE OF FOOD	SAFE COOKING TEMPERATURES
Poultry	165°F for 15 seconds
Ground meats (beef, pork, lamb, fish)	158°F for 15 seconds
Pork roasts	155°F for 22 seconds
Steaks, chops, shelled eggs, and seafood	145°F for 15 seconds
Beef, veal, lamb (roasts)	145°F for 4 minutes
Ready to eat foods	140°F for 15 seconds

RED CHEF provides students with the tools and knowledge to create their own delicious meals in a simple and safe way. It is important to temp all food products to the correct temperature to ensure proper food safety!



Sodexo's first ingredient and recipe meal kit program, exclusively here at

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WHAT'S ON THE MENU?

RED CHEF provides 2 different meal boxes each week. Each meal includes a **protein, vegetable, and a grain** component with vegetarian, vegan, & gluten – free options!

Recipe cards include suggested ingredients, step-by-step cooking instructions, cooking temps/times, basic techniques, tips from the Chef, and all-inclusive nutrition facts.

Want to see something else on the menu? Leave us any questions, comments, or concerns in the RED CHEF *Suggestion Box* located in My Kitchen.

Students who are on the Resident Plan can use this program up to 5x a week as part of the take out program. Students who are on the On-The-Go plan can purchase a Red Chef meal as often as they like by paying the dinner door price.

MY KITCHEN COOKING CLASSES

Need some extra help cooking your RED CHEF meals? Come down to My Kitchen and sign up for a fun and interactive cooking class with our My Kitchen Chefs.

FOR MORE INFORMATION ON RED CHEF VISIT US @

<https://oneonta.sodexomyway.com/dining-choices/resident/mills.html>

Mills Dining Hall: #3436

GET THE EQUIPMENT!

Stop by Mills Marketplace to get all of the cooking equipment you need to make your RED CHEF meals!

Get the RED CHEF set or purchase items individually!

RED CHEF COOKING SET:

Fork, knife, spoon, large wooden spoon, whisk, spatula, oven mitt, thermometer, cutting board, colander.

Want to add something extra to your RED CHEF meal? Mills Marketplace also provides various seasonings, oils, condiments, and toppings to take your meals to the next level.