

# Team Building Packages

## CULINARY TEAM BUILDING

Let our Executive Chef and his culinary team inspire your group to bring out their inner chef! Working against the clock and using imagination, teamwork and resource management, teams are challenged to plan, prepare, cook and present their own culinary creations in these fun, innovative, hands-on activities.

### LET THEM EAT CAKE! BEST BAKER CHALLENGE | \$69 per person

For groups of 15 – 50 people

For the sweet tooth, bakers and artists in the group - let them try their hand at competitive cake decorating. Teams must create and decorate a cake or cupcakes with the products and tools provided that best reflect the desired theme decided by your team or business objectives. Participants have 30 minutes to complete their task (and note: sabotage may be experienced along the way) based on presentation, taste, and originality. Full cake tasting for all participants is offered with coffee and tea following the competition.

Includes:

- 1.5 hours of hands-on team building activity
- Coffee and tea service
- Cake tasting

### PASTA MAKING 101 | \$55 per person

For groups of 25 – 50 people

Learn to make homemade pasta from scratch! In this fun event, IFL Chef Murray Hall will teach the art of making fresh pasta using different tools and techniques, while sharing his favourite pasta and sauce recipes. Teams will work together to create a variety of pastas (long, short, stuffed) and then enjoy a delicious dinner made from the pasta they created.

Includes:

- 1.5 hours in length
- Food and station products provided

### COOKING FOR A DIFFERENCE | \$45 per person

For groups of 25 – 50 people

In this class with a purpose, IFL Chef Murray Hall will educate participants on large scale food preparation, knife handling and basic food safety. Participants will be guided through the preparation of a full meal which will then be donated to a local food bank. Participants will learn the essentials of proper knife handling, chopping techniques for vegetables, de-boning and portioning protein items, food safety and proper cleaning. This is a great opportunity to get your team working together to do something positive for those in need.

Includes:

- 1.5 hours in length
- Food and station products provided



# Team Building Packages

## WINE AND CHEESE PAIRING WORKSHOP | \$29 per person

For groups of 15 – 50 people

Learn how to pair a selection of popular Canadian cheeses with wine samplings.

Includes:

- 1 hour in length
- 1 glass of wine
- 3 wine tastings (2 oz. each)
- Cheese and accompaniments

## SPICE RUB WORKSHOP | \$29 per person

For groups of 10 – 20 people

This interactive workshop introduces guests to a few signature IFL BBQ spice rubs and shows how to use them when grilling meats and vegetables. Guests will select and apply rubs to meat/vegetable skewers, BBQ them and sample their outcome.

Includes:

- 1 hour workshop
- 1 drink ticket (house wine or domestic beer)
- 3 meat or vegetable skewers
- 2 types of house made spices in small spice bags

Note: This event requires the use of a BBQ and is available from late Spring to early Fall only.

## SO YOU THINK YOU'RE A SOUS CHEF | \$19 per person

For groups of 10 – 40 people

This event is the perfect add-on to a meeting or event. Groups are put into teams and compete against each other to complete a series of food prep tasks such as peeling, whipping and dicing. The competition is based on speed, volume and quality of food preparation. The top 3 winners of each task compete for the grand prize and title.

Includes:

- 45 minutes of hands-on team building activity

# Team Building Packages

## GAME-BASED TEAM BUILDING

### BEAT IT TO WIN IT | \$40 per person

For groups of 20 – 50 people

Your group will be divided into teams and must work together, competing to complete a series of fun and interactive activities. This one hour activity concludes with an awards ceremony where the winners are announced.

Sample of activities from Beat it to Win it:

#### ***DON'T MIND THE SHARKS***

Teams will be asked to designate leaders and followers (who will be blindfolded). Participants will use their communication and trust skills to manage through a maze of props representing sharks in the room.

#### ***THE TALLEST STRUCTURE***

The group will be tasked with building a structure with specific requirements. The only supply given will be blocks. Planning and execution are the keys to completing this activity successfully within the given time.

### THE GREAT SCAVENGER HUNT | \$30 per person

For groups of 20 – 120 people

Racing against the clock, this interactive workshop challenges your group to work in teams collaborating to gather information from clues hidden throughout our 260,000 square foot facility. This one hour activity concludes with an awards ceremony where the winners are announced.

# Team Building Packages

## OTHER TEAM BUILDING OPTIONS

The following team building activities are available at the IFL and are facilitated by a third party.

### CANADIAN OUTBACK ADVENTURES AND EVENTS

- The Amazing Chase
- Corporate Castaways
- Crime Investigators

### EAGLE'S FLIGHT

- Gold of the Desert Kings
- Windjammer
- Redline Racing

### PAINT LOUNGE

- Individual or Group Canvas Painting Workshops

### SUCCULENT CHOCOLATES

- The Chocolate Sculpture Challenge
- Chocolate Tower Building
- Chocolate Pairing with Wine, Scotch or Tea