



CFUW Burlington

And Still We Rise Speaker Series

Presents:

Beat the February Blues, Nibbles & Laughs –

Join us while we learn to Prepare Perfect Party Platters

Friday February 24, 2023, 7:00 P.M.

Guest Speaker and Instructor: Steven Rego, Corporate Chef

Steven Rego is a Corporate Brand Chef for Crave It Restaurant Group. He is responsible for the creation and development of the Italian fast-casual concept, Via Cibo. Currently he oversees 7 locations across Canada, with more coming soon.



Steven has been in the culinary profession since a young age. He started at the age of 14 as a dishwasher and moved on to be a bus boy at Rogues Restaurant in Mississauga, ON. During this time, Steven achieved his Diploma of Culinary Arts with Honours from Humber College. He then went on to be the head chef of the Lowville Bistro in Burlington, ON. Steven then sought out a new challenge and chose to work at three banquet halls, including Otello's in Oakville, The Atrium in Burlington and Halton Hills in Milton, in order to learn the skills of mass production of quality food.

Steven joined Crave It Restaurant Group in 2012 and has consulted on the development of over 5 brands, including Italian, Thai and burger concepts. He graced the cover and was in the feature article on Food & Hospitality magazine on

up-and-coming restaurants in 2014.

The Baxter, 399 Elizabeth Street, Burlington

Open to CFUW Members & Their Invited Female Guests

To cover the cost of food, kindly pay \$10.00 in advance, no later than

Wednesday February 22, 2023

Please RSVP to president@cfuwburlington.ca, and to obtain payment instructions

For further information visit our website www.cfuwburlington.ca