

Healthy Pantry Demo Toolkit

This guide is designed to help you lead a recipe tasting in your pantry. Conducting a recipe demo is a great way to educate individuals about healthy eating and share information and resources about foods commonly found in your pantry. We should be careful to remember that each individual is an expert in their own lives and accustomed to their own unique experiences, but together we can empower our clients to live happier, healthier lives by: **Making the healthy choice the easy choice; Making healthier foods more familiar; Teaching people that healthy foods are delicious; and promoting the selection and preparation of healthy foods.**

In this guide you will find the tools you need to conduct a successful recipe tasting. It is important to plan ahead and put some thought into your recipe tasting, as this will make it more effective and positive experience for you and the individuals you serve.

Food Safety

One of the first steps to consider is the importance of food safety. Here we will go over food safety guidelines and best practices for conducting a recipe tasting.

I. Food Borne Illness

Food borne illness is caused by eating foods and beverages that are contaminated with harmful bacteria. Food borne illness can cause severe fever or flu-like symptoms that may lead to hospitalization or death. For this reason, it is very important to follow proper food safety techniques when preparing and serving food to individuals in your pantry.

If it is available to you, we recommend that you complete your ServSafe training, via www.servsafe.com

II. Personal Hygiene

If you are sick, please do not conduct a recipe tasting.

Be Sanitary and Clean

- ◆ Keep your hair away from your face, by pulling it into a hairnet or securing it with a ponytail
- ◆ Keep your hands away from your face, eyes and hair
- ◆ Do not smoke, eat or chew gum during a demo
- ◆ Wear disposable gloves and a clean apron
- ◆ Cover any cuts with bandages
- ◆ Use a clean utensil for each separate recipe boat served
- ◆ DO NOT let clients serve themselves

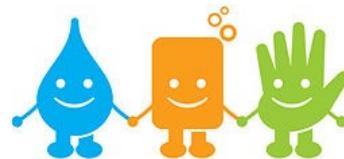
Handwashing

- ◆ Use warm water and soap and scrub for 20 seconds before putting on gloves
- ◆ Wash your hands before, during and after a recipe demo
- ◆ Anytime you leave the station, use the restroom, touch a dirty item, handle raw food, wash your hands again

III. Food Storage, Handling & Preparation Rules

Storing Food

- ◆ Store perishable items that are not being cooked in a cooler or refrigerator if available
- ◆ Keep food wrapped or covered in clean, airtight containers
- ◆ Freeze or refrigerate perishables, prepared food or leftovers within 2 hours



III. Food Storage, Handling & Preparation Rules (continued)

Preparing Food

- ◆ Sanitize surfaces where foods are prepared
 - ◆ Sanitize your demo cart
 - ◆ Limit demo and sampling to less than 2 hours
 - ◆ Rinse fruits and vegetables before peeling and chopping
 - ◆ Rinse all cans before opening
 - ◆ Cook food to proper temperatures
 - ◆ Keep out of the Temperature Danger Zone: 41-140 F
 - ◆ Keep hot foods hot and cold foods cold
- ◆ Avoid cross contamination:
 - ◇ Use clean cutting boards without cracks
 - ◇ Use cutting boards for ready to eat or cooked foods
 - ◇ Wash cutting boards and utensils after using them with raw, uncooked food
 - ◇ Cut produce on separate cutting boards from meat and fish, or wash and sanitize thoroughly between the two

USDA Recommended Safe Minimum Internal Temperatures



				
Beef, Pork, Veal, Lamb Steaks, Roasts, & Chops 145 °F with a 3-minute rest time	Fish 145 °F	Beef, Veal, Lamb Ground 160 °F	Egg Dishes 160 °F	Turkey, Chicken & Duck Whole, Pieces & Ground 165 °F

Serving Food

- ◆ Use clean cups/serving plates and utensils for each sample
 - ◆ Do not let individuals serve themselves
 - ◆ Never let a child have a sample without parental consent
 - ◆ Provide a list of ingredients and possible food allergens
 - ◆ Do not leave the demo table unattended
- ◆ Keep hot or sharp equipment out of reach of children and others
 - ◆ When the demo is finished, do not give away leftover perishable food to clients to take home
 - ◆ Remember to keep the area clean during and after the demo

Planning

I. Identify goals or a vision for your demo: It is important to think of your customers/clients before you decide what foods to demo and what your message will be. Great questions to ask yourself are:

- ◆ What are some of the food and health concerns of the audience you serve?
- ◆ What are the goals for improving health and wellness for this audience?
- ◆ Have cooking demos or recipe tastings been conducting here before? Were they successful? Why or why not?
- ◆ Do we have any current wellness programs in existence already? How can my demo compliment these programs?
- ◆ Are there any foods in your pantry that clients are unfamiliar with or you notice aren't taken very often? Are there foods that are unhealthy that are often taken? Can you demonstrate how to make these items healthier?

II. Choosing a Date & Time

- ◆ Consider a day and time when there is heavy traffic in the pantry
- ◆ Consider a day and time when the featured food item is readily available and abundant

Key Things to Remember During Your Demo:

- Dress appropriately
 - ◇ Limit jewelry
 - ◇ Closed-toe shoes
- Give yourself 30-60 min. to set up
- Engage the audience
- Talk about messaging you prepared
- Go over cooking process
- Discuss alternative ingredients & equipment as it comes up
- Have participants taste the food
- Encourage questions

III. Choosing Foods, Recipes & Activities

- ◆ Choose one message to focus on. A simple, clear message will allow your audience to walk away with a clear understand of your purpose as well as an action item to integrate into their daily lives to achieve that goal. This will also help you choose a recipe.
 - ◇ “Remember to remind clients that canned beans are cooked, they take little preparation!”
 - ◇ “Strive for 5 cups of fruits and vegetables a day!”
 - ◇ “Did you know you can make a healthy meal out of ramen noodles?”
 - ◇ “Jumpstart your day with a hearty breakfast!”
 - ◇ “Here’s a new way to make a classic favorite!”
- ◆ Determine if you have refrigeration available, this may help determine what type of recipe you will demo
- ◆ Try to choose healthy foods like fruits, vegetables and whole grains
- ◆ The recipes should be nutritious
- ◆ Use leaner cooking techniques
- ◆ Limit sodium and added sugars
- ◆ Try to incorporate multiple food groups
- ◆ Make sure the recipes are low cost
- ◆ Look for simple recipes with minimal ingredients
- ◆ Try to use simple equipment, limit the use of special equipment
- ◆ Recipes should be relatively quick to prepare
- ◆ Choose dried spices/herbs instead of fresh
- ◆ Include optional ingredients (spices, herbs, produce substitutions)
- ◆ Consider the time of year when choosing recipes
- ◆ Consider the time of day when choosing recipes
- ◆ Consider the cultures, ages and economic statuses of your audience
- ◆ Try making the recipe for yourself ahead of time to taste test it

An effective tasting includes these tenets:

- ◆ It is nutritional.
- ◆ It demonstrates how to prepare the items.
- ◆ It provides health benefits.
- ◆ It is displayed attractively.
- ◆ It is tasty.

IV. Do You Need Additional Support from Staff or Volunteers?

- ◆ Identify what staff member and/or volunteer you need to assist you. Make sure this person is available for the requested assistance.
- ◆ **Ensure that everyone knows what their responsibilities are and where they need to be and when.**

V. Securing Your Ingredients, Equipment and Educational Materials

- ◆ If allowed, use food directly from the pantry (same brand). Otherwise, plan to purchase your food the day before or several hours before your demo.
- ◆ Below is a list of equipment you should have on hand. If any additional materials are needed, make sure you have them
- ◆ Use the resources from GCFB to print out or copy nutrition hand outs and food safety instructions if applicable.
- ◆ Use trusted and accredited internet sites to find gather educational materials (<http://ow.ly/wGaf30bmoMV>).

Materials Needed—Checklist

- | | |
|--|--|
| <input type="checkbox"/> Ingredients for recipes | <input type="checkbox"/> Copies of _____ recipes |
| <input type="checkbox"/> Materials for activity | <input type="checkbox"/> Copies of _____ handout |
| <input type="checkbox"/> Sample cups | <input type="checkbox"/> MyPlate Poster |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Spoons | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Napkins | <input type="checkbox"/> _____ |

Planning Steps	Action	Completion
Identify goals or a vision for your demo		
Choose a date and time for your demo		
Choose the foods, recipes and any activities you might implement for your demo		
Identify any help you might need from staff/volunteers		
Secure your ingredients, cooking equipment and education materials (recipes, nutrition handouts, food safety instructions, etc)		
Investigate if you are covered for liability, if not have sufficient copies of the waivers for a demo made and in place		
Determine if and how you will evaluate your demo		
Complete the “My Demo Day Plan” planning tool page ___ of this guide		
Run through the roles and responsibilities with all involved parties		

Tools & Equipment

Demo Necessities:



- Gloves
- Apron
- Antibacterial wipes/paper towels & disinfectant
- Hair net/hat
- Pot holders
- Forks
- Spoons
- Food boats/trays
- Toothpicks
- Napkins
- Garbage can
- Food demo sign

Equipment:



- Cutting Board
- Knife
- Measuring cups
- Serving spoons
- Colander
- Spatula
- Mixing bowl
- Can opener
- Pot/skillet
- Tin foil/plastic wrap
- Storage containers
- First aid kit

Sample Waiver

Participation Waiver and Release

Please read, and if you agree to the statement, please initial each section on the lines below. Sign and date at the bottom of the page.

Participation Waiver

Liability Waiver: I want to participate in this cooking demo, and recognize that it could present potential cooking hazards including but not limited to: cuts, burns, slips, falls, allergic reactions, and other injuries as a result of activities, products, and equipment used. I release [INSERT YOUR NAME AND/OR ORGANIZATION], [INSERT COMMUNITY PARTNER], its agents, representatives, employees, volunteers, and any sponsors from any and all damages, causes of action, claims, and liability that might arise from my participation in this demo.

Initials _____

Media Release

I consent to and allow any use and reproduction by [INSERT YOUR NAME AND/OR ORGANIZATION] or [INSERT COMMUNITY PARTNER] of any and all photographs or videotapes taken of me and my child(ren) during my participation in this demo. I understand that [INSERT YOUR NAME AND/OR ORGANIZATION] and [INSERT COMMUNITY PARTNER] will own the photographs and videotape and the right to use or reproduce such photographs and videotape in any media, as well as the right to edit them or prepare derivative works, for the purposes of promotion, advertising, and public relations. I hereby consent to [INSERT YOUR NAME AND/OR ORGANIZATION]'s and [INSERT COMMUNITY PARTNER]'s use of my name, likeness, or voice, and I agree that such use will not result in any liability to these parties for payment to any person or organization, including myself.

Initials _____

I further acknowledge that I am at least 18 years of age.

Signature

Date

Name (please print)

Sample Participant Evaluation Form

Please take a few moments to answer the following questions. Your responses are completely confidential and voluntary.

Circle your response.

1. Please give this demonstration an overall rating.

Excellent Good Fair Poor

2. Please give the instructor an overall rating.

Excellent Good Fair Poor

3. What did you like best about the demonstration?

4. What did you like least about the demonstration?

5. Would you consider attending another demonstration in the future?

Yes No

6. Have you, or other members of your household, participated in any of the following programs in the last year?
(Check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> WIC | <input type="checkbox"/> Head Start |
| <input type="checkbox"/> SNAP (formerly Food Stamps) | <input type="checkbox"/> Food pantry |
| <input type="checkbox"/> Free or reduced-price school breakfast | <input type="checkbox"/> I do not participate in any of the above programs |
| <input type="checkbox"/> Free or reduced-price school lunch | |

Use the space below to leave any messages or comments for the instructor.

Thank you for completing this evaluation!

My Demo-Day Plan

Total time available: _____ minutes

Items in the pantry I want to highlight: _____

Nutrition message I want to communicate: _____

Items to have completed in advance: _____

Introductions (Start time: _____)

- Introduce _____.
- If the group is small, have participants introduce themselves and share their favorite food.
- Explain the message or theme of your demo. The theme of this demo is: _____.
- Following this demo, I hope you will: _____.
- Some courtesies I'd like to ask for during this demo include: _____.
- Fill out waiver, if using.

Nutrition Lesson (Start time: _____)

- Question(s) I would like to ask the group: _____.
- Talking points I'd like to make: _____.

First Activity (Start time: _____): _____

Second Activity (Start time: _____): _____

Hand Washing, Using a Sink or Antibacterial Wipes/Gel (Start time: _____).

Recipe Demo (Start time: _____)

- Name of recipe(s): _____.

Wrap Up (Start time: _____)

- Have participants sample the food and share their impressions. If participants didn't enjoy the recipe, discuss options for modifying according to their preferences.
- Reinforce main messages with participants _____.
- Be sure to take _____ ingredient(s) in the food pantry today.
- Are there any questions?
- Pass out recipe(s) and handouts as participants leave the demo.

Materials Needed Checklist:

- Ingredients for recipe
- Materials for activity
- Sample cups
- Gloves
- Spoons
- Napkins
- Copies of _____ recipe
- Copies of _____ handout
- MyPlate poster
- _____
- _____
- _____
- _____