

**Food Demonstrations  
“Burnside Eats Healthy”  
2018**

**TYPES OF FOOD DEMOS:**

**1. Up to 3 Ingredients (Supermarkets, bodegas, etc.)**

Fruits, vegetables, or other healthful foods that may be new to the audience are cut into bite-sized pieces for sampling.

**2. Precooked/prepared food (restaurants, Juice bar, etc.)**

A recipe is prepared in advance and transported to a site for sampling. It is important to be sure proper holding temperatures are maintained and appropriate equipment for refrigeration or heating purposes is available.

**DESCRIPTION:**

Food demo # 1

Date: April 27<sup>th</sup>

Time: 3pm-4pm

Vendor: Food Dynasty; Manager: Rafael Justo, Tel. (917) 858 1930

Type of food demo: #1

Process:

- Food Dynasty to provide food (fruits on a food platter)
- MHHC (Marketing) staff to provide table, chairs and table cloth
- MHHC (Health Education) staff serves food and promotes menu guide
- MHHC (Health Education) staff distributes and collects survey

Food demo supplies:

**Perishables:**

- a) Food Dynasty to provide: Fruits (Pineapple, watermelon, oranges, strawberries, grapes, etc.)

**Disposables:**

- a) Food Dynasty to provide: Large food plater, paper plates, plastic forks, napkins
- b) MHHC (Vickie) to provide: gloves, apron, chef’s hat

Food demo # 2

Date: May 4<sup>th</sup>, 2018

Time: 2pm-3pm

Vendor: Burnside Farm; Manager: Felix (917) 731 9263

Type of food demo: #1

Process:

- Burnside Farm to provide food (fruits and vegetables on cups)
- MHHC (Health Education) staff serves food and promotes menu guide
- MHHC (Marketing) staff to provide table, chairs and table cloth
- MHHC (Health Education) staff distributes and collects survey

Food demo supplies:

**Perishables:**

- a) Burnside Farm to provide: Fruits and vegetables

**Disposables:**

- c) Burnside Farm to provide: Cups, plastic forks, napkins
- d) MHHC (Vickie) to provide: gloves, apron, chef's hat

Food demo # 3

Date: May 10<sup>th</sup>, 2018

Time: 2pm-3pm

Vendor: Food Dynasty; Manager: Rafael Justo, Tel. (917) 858 1930

Type of food demo: #1

Process:

- MHHC to provide food
- MHHC (Marketing) staff to provide table, chairs and table cloth
- MHHC (Health Education) staff serves food and promotes menu guide
- MHHC (Health Education) staff distributes and collects survey

Food demo supplies:

**Perishables:**

TBD

**Disposables:**

TBD

Food demo # 4

Date: May 11<sup>th</sup>, 2018

Time: 2pm-3pm

Vendor: Burnside Farm; Manager: Felix (917) 731 9263

Type of food demo: #1

Process:

- Burnside Farm to provide food (fruits and vegetables on cups)
- MHHC (Health Education) staff serves food and promotes menu guide
- MHHC (Marketing) staff to provide table, chairs and table cloth
- MHHC (Health Education) staff distributes and collects survey

Food demo supplies:

**Perishables:**

- b) Burnside Farm to provide: Fruits and vegetables

**Disposables:**

- e) Burnside Farm to provide: Cups, plastic forks, napkins
- f) MHHC (Vickie) to provide: gloves, apron, chef's hat

Food demo # 5

Date: May 15<sup>th</sup>, 2018

Time: 2pm-3pm

Vendor: Food Dynasty; Manager: Rafael Justo, Tel. (917) 858 1930

Type of food demo: #1

Process:

- MHHC to provide food
- MHHC (Marketing) staff to provide table, chairs and table cloth
- MHHC (Health Education) staff serves food and promotes menu guide
- MHHC (Health Education) staff distributes and collects survey

Food demo supplies:

**Perishables:**

TBD

**Disposables:**

TBD

Food demo # 6

Date: May 18<sup>th</sup>, 2018

Time: 2pm-3pm

Vendor: Food Dynasty: Manager: Rafael Justo, Tel. (917) 858 1930

Type of food demo: #1

Process:

- MHHC to provide food
- MHHC (Marketing) staff to provide table, chairs and table cloth
- MHHC (Health Education) staff serves food and promotes menu guide
- MHHC (Health Education) staff distributes and collects survey

Food demo supplies:

**Perishables:**

TBD

**Disposables:**

TBD

Food demo # 7

Date: May 23rd, 2018

Time: 10am-11:30am

Vendor: HealthFirst at Davidson Community Center

Type of food demo: #2

Process:

- HealthFirst to provide food
- HealthFirst to provide table, chairs and table cloth
- MHHC (Health Education) staff promotes menu guide
- MHHC (Health Education) staff distributes and collects survey

Food demo supplies:

**Perishables:**

- a) HealthFirst

**Disposables:**

- a) HealthFirst

Food demo # 8

Date: June, 2018

Time:

Vendor: Bonao Meats and Produce

Type of food demo:

Process:

Food demo supplies:

**EQUIPMENT:**

1 Table

Chairs

Tablecloths

Aprons

Cutting board w/knife

Tongs

Gloves

Plates

Forks/Knives/Spoons

Cups

Napkins

Paper towel

Hand sanitizer

**DEMONSTRATION GUIDELINES:**

**Dress appropriately:**

- Hair should be pulled back and tied or under a cap.
- Limit jewellery.
- Avoid using perfume or cologne.
- Long sleeves should be fitted close to the body.
- Wear an apron and have gloves handy.
- Handle foods as little as possible.
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**Before the demonstration:**

- Arrive at least one hour early depending on the amount of preparation time needed.
- Set up the cooking station and preparation area.
- Arrange chairs and any written materials.

**During the Demonstration:**

- The audience should be given an overview of the demonstration including what will be covered, the main nutrition theme, and approximate length of the demonstration.
- Have participants taste the food/serve two or three bites.
- Keep equipment, work tables, and stations clean and sanitary at all times.
- Ask if there are any questions.
- Distribute copies of booklet, recipes and handouts and collect any evaluation materials.
- Record the number of participants.