



# Food Hero Event Demonstration Checklist

**This checklist includes tools needed to successfully host a Food Hero event.  
You may not need all the tools listed.**

## Setup

- Balloons
- Bunting
- Business cards
- Event signs tabletop and/or standing
- FHM Email Sign-up Sheet and clipboards
- Food Hero Poster
- Food Hero wooden bin
- Name tag
- Personal water bottle
- Stand-up banner
- Table
- Table runner (burlap)
- Tablecloth (green gingham)
- Tablet with security device
- Tape
- Tri-fold display

## Assessment

- Bean count supplies
- Camera
- Pencils
- Photo releases
- Survey supplies

## Food Preparation

- Apron
- Butane burner and fuel and/or electric skillet and extension cord
- Cleaning/sanitizing tote
- Cleaning solution
- Compost bucket
- Dirty dishware bucket
- Food storage for leftover food
- Fresh ingredients (i.e. produce)
- Garbage bag or bin
- Gloves
- Ice packs
- Prepared/cooked ingredients
- Special equipment (blender, rice cooker)
- Spices, seasonings, dressings, oil, vinegar, etc.
- Towels for spills
- Utensils needed to prepare food
  - Bowl(s)
  - Can opener
  - Cutting board(s)
  - Knives
  - Spatula
  - Tongs
- Wheeled cooler

## Food Sampling

- Napkins
- Participant eating utensils
- Portion cups
- Scoop for sampling (2 Tbsp)
- Trays

## Reinforcements to Support Key Message/s Delivered

**Support the active choice. Bring at least two of any of these for participants to choose from.**

- Food Hero monthlies
- Printed recipes
- Reinforcements

## Youth Activity

- Coloring sheets
- Crayons or colored pencils
- Hand stamps and ink pad(s)
- Passport cards
- Stickers

