# 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

## 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

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