



## Tips for Successful Food Demonstrations

Food Demonstrations are an integral component of Food Hero Events

### Planning/Preparing

Think about your audience first: what do you know about them and what foods might they be interested in? Will you be providing the demo during mealtime? Will they be in a rush? What barriers might they have to acceptance of the food you prepare? Thinking of your audience should help you come up with a theme for your event, such as “healthy celebrations for kids”.

- When choosing what recipe to demo, ask yourself the following questions: What messages are you trying to share? Is it easy quick and easy to prep? Cost appropriate? Have you tested it? If small children will attend, is the food safe/appropriate for them to eat? How will you divide it up into bite sized (1 to 2 tablespoons) servings (<http://foodhero.org/food-purchasing>) and what will you serve it in.



There are 3 types of demonstrations:

1. Single ingredient – these demos are great for fruits and vegetables including varieties that people may not know much about, and for comparing different varieties. Cut food into bite-size pieces for sampling.
  2. Precooked - is when a recipe is prepared ahead of time and served at your event. A cereal bar would make a good precooked sample.
  3. Cooking a recipe - shows your audience how to prepare an entire recipe.
- If possible, visit the demonstration site ahead of time. Check for availability of tables, electrical outlets, water, restrooms, garbage cans, and the best area to park and unload.
  - Be sure you have stocked your “demo kit” (<http://foodhero.org/demo-checklist>) with everything you will need, including food and utensils. Tips:
    - Be sure cooking utensils are clean, and that perishable foods are kept cold until use.
    - Have at least one cloth/sponge available for spills (a roll of paper towels is also a good idea).
  - Wear your Food Hero t-shirt or apron and OSU Extension name tag. Keep jewelry simple to avoid distraction. Wear comfortable shoes. If you have long hair, tie it back for sanitary reasons.

### Your Site

- Arrive early so you have plenty of time to find what you need and set up.
- Wipe off the demonstration table with bleach solution or cover with a clean tablecloth.
- If using an electric cord, be sure it is safely positioned and not a potential tripping hazard.
- Tape a large plastic bag to one end of the demo table for clean-up. Keep a second garbage bag on hand for dirty dishes (if there is a sink at the site, you can rinse dishes before packing them - be sure to wash/sanitize them later).

## Setting Up

- Once you've unloaded your kit, move it out of the way so no one trips on it.
- Display ingredients so participants can see what you are using for the demonstration.
- Keep your demo area orderly – use a tray for utensils and ingredients, and one for dirty utensils and opened cans/packages.
- Check your demo table from the “viewers’ side” to be sure participants can see the demonstration clearly and it looks good visually.
- Put your own recipe inside a plastic cover to protect it from spills. Tape your recipe copy to the table (so it doesn't disappear!)



## Action!

- Measure salt, spices, etc. over a cup – not over the mixture in the skillet, blender or bowl. Or, pre-measure these ingredients when you are setting up – this will save time later.
- Clean up spills immediately.
- When handing out samples, use a new plate/bowl for “seconds.” It is best if you or someone on the Food Hero team is the one to dish up 1 to 2 tablespoon samples.
- Be sure that you (and anyone helping you with the demo) demonstrate good food safety practices: wash hands often – before unloading your kit, before handling food, etc. Keep hot foods hot and cold foods cold. Make sure raw foods don't contaminate cooked foods.
- Refrain from touching your hair or face, and avoid scratching, etc. while demonstrating. Your viewers will be watching! No tasting food or drinking beverages while demonstrating.
- Smile and have fun! Invite visitors to come and see what you are doing. Ask them a question: “Would you like to try a fruit smoothie today?” Be sure to offer them a copy of the recipe and related issues of Food Hero Monthly. If children ask for a sample without their parents have them bring their parents by to make sure it is ok for them to sample what you are serving.

## Before You Leave

- If possible, wash (or at least scrape/rinse) utensils before packing up. A large plastic garbage bag works well for quickly packing dirty dishes/utensils and transporting back to the kitchen for sanitation. Check the floor for spills and crumbs.
- What to do with leftovers? Most of the time, there will not be any food left if you plan for participants to have bit sized samples. If the food has been handled by many people or left at room temperature for too long, throw it out after your demonstration. Sending perishable foods home after a demonstration is risky business. Unless you know with certainty that the food will be refrigerated promptly (within 2 hours from the time you prepared it), do not send it home with anyone. Some agencies/groups have food safety rules that do not allow food to be sent home. Be sure to check this out ahead of time.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.