



CHEFS for CHANGE

Culinary Health Education for Stores



Item: Basic Protein Booster

Goal: Inspire Sales for Breakfast or Snack

Set Up

Students organize the following on a table with vinyl table cloth”

- Ingredients per recipe
- Hand sanitizer
- C4C Sign
- Clamshell container; portion cup and lid
- Sponge and dishing washing liquid
- Culinary tools/equipment to prepare the items for sale
- Labels and marker to put price on each item

Demo Protocol

1. Decide location (indoor or out) of promotion and table
2. Designate roles
3. Assess what is in the store and to determine which item you can make
4. Gather ingredients for about 12 portions
5. Set up cutting board stations and *mise en place*
 - 2-3 cutting boards (with moist paper towels) and knives
 - garbage bowl
 - trash bag
 - *mise en place* bowls, and culinary tools (spoons, etc.)
 - plastic gloves
 - bowls of water is sink not available
 - paper towels
 - containers for item sale and presentation; labels, marker
6. Negotiate price to charge and put label with the store owner
7. Make pricing labels for each container
8. Prepare items
 - Reinforce sanitation throughout production
 - Ensure students use garbage bowl; keep cutting boards clean
 - Use plastic gloves; no eating during production/promotion
 - Uniformity of product items; keep clean (no stickiness/residue)
 - Dip apples/banana in lemon water so it does not turn brown
9. Messaging: "*Helps build muscles and stay strong*"

Materials

You will need the following:

- Recipe ingredients: $\frac{3}{4}$ cup of sliced apples/banana with peanut butter in 1oz container with lid
- Cooking tools
- Signs and handouts
- Plastic gloves
- Toothpicks

Roles

Manager:

- Oversees production;
- Upholds cleanliness and hygiene
- Assesses food is cut appropriately for the item and its container;
- Ensures that product and any samples look appetizing

Student Group 1

- Preps raw ingredients to fit containers

Student Group 2

- Assembles for sale; ensures uniformity for each item
- Adds price label to each item