



CHEFS for CHANGE

Culinary Health Education for Stores



Item: My Plate Heart Healthy

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
- Small clamshell containers
- 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; which fruit you will use etc.
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 if sink not available
 - paper towels
 - clamshell containers; labels, marker
6. Negotiate price to charge on label with the store owner
7. Make price 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
 - Arrange lettuce leaves, add salmon salad
 - Use separate recipe for dip
9. Messaging: “Omega 3’s for heart health (reduce risk of heart disease)”

Materials

You will need the following:

- Recipe ingredients each item– 1/2 cup canned salmon salad (recipe); lettuce;; yogurt with lemon dressing
- 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