



# CHEFS for CHANGE

Culinary Health Education for Stores



**Item:** MyPlate Pick-me-up

## 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 dishwashing 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
  - Uniformity of product items; keep clean (no stickiness/residue)
  - Squirt apples/banana with lemon so they don't turn brown
9. Messaging: "*Gives you lasting energy*"

### Materials

You will need the following:

- Recipe ingredients each item— 2/3 cup assorted fruit & cheese (cubed); 2 rolled cold cuts for each container
- 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