



# CHEFS for CHANGE

Culinary Health Education for Stores



**Item:** Rainbow Fruit Salad/Yogurt Dressing

## Goal: Increase sales for breakfast/other time

### Set Up

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

- Ingredients per recipe
- Hand sanitizer,
- C4C Grab ‘n Go Mini Meals Sign
- Small clamshell containers; portion cup with lid for dressing
- Sponge and dishing washing liquid
- Culinary tools/equipment to prepare the items for sale
- Item Labels and blank label/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; consult with owner/manager and determine which item you can make
4. Gather ingredients for about 1-2 dozen 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 and no eating during production/promotion
  - Uniformity of product items; clean (no stickiness/food)
  - Yogurt sauce in small container – squirt fruit with lemon
  - Add toothpicks or eating utensils for final product
9. Messaging: “*Vitamins & Minerals keep you energized and strong*”

### Materials

You will need the following:

- Recipe ingredients: 1 oz. of recipe of honey yogurt dressing and, 2/3 cup portions of fruit per item (see separate sauce recipe)
- Cooking tools
- Signs and handouts
- Plastic gloves
- Toothpicks or forks

### Roles

Manager:

- Oversees production;
- Upholds cleanliness and hygiene
- Assesses food is cut appropriates 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