

Minneapolis Healthy Food Shelf Network 2012-2013

Request for Cooking Demo from Simply Good Eating

Food Shelf Info	
Food Shelf name:	Food Shelf contact:
Food Shelf Address:	
Proposed Day of Demo	
Desired date or approximate date range/week:	
Desired day of the week:	
Desired time of day:	
Desired length of demo: <input type="checkbox"/> 1 hour <input type="checkbox"/> 1 ½ hour <input type="checkbox"/> 2 hours	

As part of the Minneapolis Healthy Food Shelf Network, the University of Minnesota Extension Service's Simply Good Eating (SGE) Program is available for client education activities in selected food shelves. These activities include an on-site cooking demo or sampling of fruits and vegetables featuring produce and healthy items from your food shelf. A cooking demo or a taste testing event is an easy, low-cost way to engage clients and provide education on healthy meal preparation using items readily available at the food shelf. For a successful demo, SGE requests that the following amenities be available within the food shelf on the date of the demo:

I. Please check if available at the store:

<input type="checkbox"/> Sink and running water (not bathroom)	<input type="checkbox"/> Electrical outlet near proposed demo area
<input type="checkbox"/> Clear area approximately 4x6 sq. ft. for demo table, ideally near food shelf entrance and visible to clients	
<input type="checkbox"/> Waste basket	<input type="checkbox"/> Clean set-up space approximately 2x2 sq. ft. for food preparation

Continued on back page

Minneapolis Healthy Food Shelf Network 2012-2013

II. Please list fruits and vegetables intended to be available on day of demo:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

III. Please email completed form to:

Shelley Sherman
Extension Educator for Health & Nutrition
sherm028@umn.edu

Please copy Kristen Klingler (Kristen.Klingler@minneapolismn.gov) and Siri Simons (Siri.Simons@minneapolismn.gov) on the email.

IV. What to Expect:

You can expect a reply within one business week from SGE with a Service Agreement Form to sign to finalize your event. They will also provide the recipe they plan to make, the quantity of fruits or vegetables needed for the recipe, and a list of any additional ingredients they will need. SGE will provide all necessary cooking supplies/utensils, electric skillet, cooking oils, and a tablecloth.

Your food shelf is responsible for providing:

Demo table (card table, tv tray, etc appropriate for the space)	Produce or healthy items required for the demo recipe
Sampling cups and spoons	Ensuring the food shelf owner has an adequate supply of produce stocked on the day of the event
Napkins	Promotional material of your agency

If you have any questions or concerns please email Kristen or Siri.

Kristen Klingler

Policy and Program Specialist, Minneapolis Healthy Living initiative
(612) 673-2910
Kristen.Klingler@minneapolismn.gov

Siri Simons

Intern, Minneapolis Healthy Food Shelf Network
(651) 497-5260
Siri.Simons@minneapolismn.gov

Minneapolis Department of Health & Family Support
250 South 4th Street, Room 510, Minneapolis, MN 55415
Fax: [612-673-3866](tel:612-673-3866)