



**ROOTED
IN HEALTH™**

MOBILE MARKET

COOKING DEMONSTRATION GUIDE

We believe that every individual and community should have the opportunity for access to **culturally relevant, community-focused education & wellness.**



CONTACTS

Dani Potts RDN/LDN

Rooted in Health™ Manager

dani@bountyandsoul.org
(831) 251-1181

Karla Gardner

Community Engagement Manager

karla@bountyandsoul.org
(828) 419-0533

BOUNTY & SOUL LOCATION

Bounty & Soul Warehouse

1038 Old US Hwy 70
Black Mountain, NC 28711

STEPS

1. Schedule cooking demo

- Lead or support

2. Pick a recipe

- Based on season produce that will be available at the market

3. Collect supplies and ingredients

- from Bounty & Soul

4. Cook & Share!

5. Clean and return supplies



Last updated
August 2024

Guide prepared by
Dani Potts &
Dakotah Fozzard

1 Schedule cooking demo with the *Community Engagement Manager*

Confirm details with the **Community Engagement Manager**.

- o **Dates**
 - Recipe due date
 - Cooking demo date
- o **Place**
- o **Estimated # of market attendees**
- o **Time to arrive**
- o Whether you are **leading or supporting**

2 Pick a recipe

MUST BE:

- **Plant strong**
- Available at the market
- Accessible & affordable
- Minimal in time & equipment needs

Credit your sources!
If you use a recipe that is not yours or one of Bounty & Soul's, then be sure to say "Recipe credit to..." or "Adapted from..."

Ingredients *All ingredients should be inexpensive and accessible*	<p style="text-align: center;">AVAILABLE AT MARKET (SEASONAL)</p> <p>3-5 days prior to the market, you will receive a list of produce available at the upcoming market</p> <ul style="list-style-type: none"> • Pick one or more whole foods to feature in your recipe <p>TIPz; Choose an ingredient that is in seasonal abundance or that might be unfamiliar to folks.</p>	<p style="text-align: center;">NOTE ALLERGENS</p> <p>Be aware of the common allergies to soy, peanuts, gluten, and tree nuts.</p> <ul style="list-style-type: none"> • Inform folks who ask of allergens <p>~ Soy and gluten often hide in foods (e.g. soy sauce often contains gluten)</p>
Recipe TIP: peruse Bounty & Soul's recipe bank if you need some inspiration	<p style="text-align: center;">KNOW YOUR AUDIENCE</p> <p>Who are you cooking for? What recipe will reach the most people?</p> <ul style="list-style-type: none"> • Healthy/nutrient-dense • Culturally appropriate • Minimal equipment needed <ul style="list-style-type: none"> ▪ Note that ovens are typically not available on-site • Simple and quick <p>~ Desserts are OK but if there is a healthier alternative of a recipe, that is preferred.</p>	<p style="text-align: center;">PLANT STRONG</p> <ul style="list-style-type: none"> o No meat / poultry o No fish o No dairy products <ul style="list-style-type: none"> • Including butter o No eggs <p>Honey is OK but flag it</p>
Logistics	<p style="text-align: center;">TIME</p> <p>Consider how much time you will have for pre-market prep (typically 30-45 minutes).</p> <ul style="list-style-type: none"> • Pick a recipe that can be completed within 30 minutes or less • Pre-cooking off-site is possible <ul style="list-style-type: none"> ▪ Your clean home kitchen ▪ Bounty & Soul's kitchen 	<p style="text-align: center;">QUANTITY</p> <p>If a recipe has 4-6 main portions then use the guide below. If not, then use or best judgement or ask for help estimating.</p> <ul style="list-style-type: none"> • 25 people = single recipe • 50 people = double recipe • 75 people = triple recipe



Be sure to send your recipe to the *Rooted in Health™ Manager* on time!

It will be translated to Spanish and printed as a "Nourishment Guide," complete with a health highlight of the recipe.

3 Collect supplies & ingredients

Coordinate with the *Rooted in Health™ Manager* to either pick up the supplies and ingredients for your demo OR have them dropped at the market for you.

- o **See the checklist on the last page for equipment & supplies that will be available**
 - There will be a sink (or other water source), power, table, and shade/rain tent
 - Note that an oven is often NOT available
- o **Most ingredients/spices are available for your use through Bounty & Soul**





Food Safety



Wash hands OFTEN!
For 20 seconds with soap + water before, during, and after preparing food

Sanitize all surfaces/equipment.
Clean as you go and keep a tidy station.



Tie up long hair.

Rinse produce with clean water.
Even if you plan on peeling it.



No double dipping the tasting spoon!
Get a new one or wash it.

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Cook & Share!



1. Arrive with enough time
2. Check that you have all supplies, equipment, amenities, and ingredients that you need
3. Set your table
 - a. Clean table cloth
 - b. Hand sanitizer
 - c. Frame with nourishment guide and handouts on the table
 - d. Sampling items
 - e. Ingredients from the recipe displayed on table (you can use produce brought to the market for this)
 - f. Display flowers (if available) in a vase
 - g. Garbage can nearby
4. Remember food safety precautions
5. **Start cooking!**



- **Have some samples ready by the market start time**
 - **Typically fill the little cups ¾ full** but use your judgement based on how much you have
 - **TIP:** count out how many cups you think you will need and divide among them
- **Engage folks** in the process:
 - After tasting, ask them what they think it needs
 - Have them stir the dish or cut an ingredient.
 - Talk about cooking, nutrition and wellbeing
 - **Health benefits** of some of the foods you are using
 - Favorite recipes
 - Healthy, affordable cooking
 - Etc

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Clean & return supplies

At the end of the market:

1. Offer any surplus samples to volunteers
2. Pack up any remaining leftovers (you can take them home)
3. Wash dishes and sanitize the tablecloth
4. Pack up the cooking demo kit using the checklist
5. Return all supplies to the Bounty & Soul team there for them to bring everything back to the warehouse.



THANK YOU

FOR HOSTING A ROOTED IN HEALTH™
COOKING DEMO!





ROOTED IN HEALTH™
MOBILE MARKET
COOKING DEMONSTRATION

EQUIPMENT & SUPPLIES

CHECKLIST

- 11-inch sauté pan w/ lid
- Tablecloth
- Sample Platter
- Serving cups and spoons
- Recipe Holder
- Cutting board (5 piece set)
- Bowls (3 piece set)
- Grater
- Pot with lid
- Induction burner
- Knife
- Utensils
 - Spatulas/big spoons
 - Tongs
 - Spoons and forks

- Dish Soap
- Sponge
- Hand sanitizer
- Gloves
- Rubber Bands
- Sanitizer Wipes
- Dish Towel
- Bounty & Souls' ingredients
 - Oils/vinegars/condiments
 - Spices
- Items available upon request
 - 8-inch sauté pan
 - Blender
 - Whisk