

Sacramento State Pop Up Pantry Mobile Cooking Demo

An overview to the process of providing a live cooking demo while giving free fresh produce to students.

Objectives of presentation and demo

- Gain insight into logistics of providing a live, last minute mobile cooking demo
- Benefits of providing cooking demo to students receiving free produce
- Prepare and taste a sample recipe prepared at Pop Up



Let's get to know each other...

Turn to your neighbor, introduce yourself.

Ask them...

- 1) When and how did you come to work or be a part of the California State University system?
- 2) Share the funniest or most fun situation you have had at work or school.

Why a cooking demo during Pop Up Pantry?

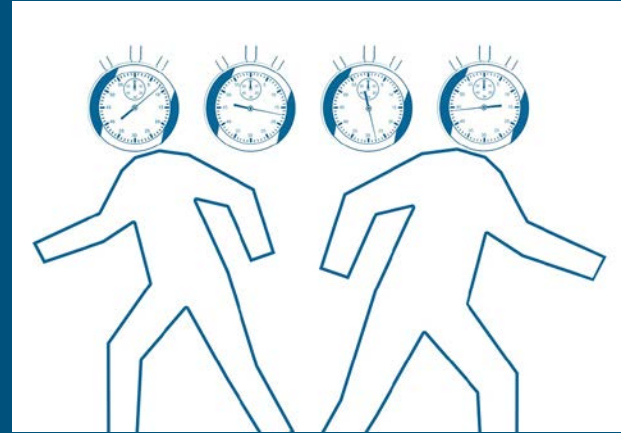
Exposure to fruits and vegetables increases consumption

Simple, budget recipe resources

Peer to Peer education



How to plan for a
mobile cooking
demo, when you
don't have time to
plan.



Step 1. Relationships and Communication

Campus Partners

- Associated Students Inc.
- Dining Services
- Space Management
- Health and Wellness Promotion/Student Health
- Sac State CalFresh
- Sac State Sustainability
- CapRadio Garden

Off Campus Partners

- Sacramento Downtown Food Basket



Step 2. Space Management Application

List of Potential Ingredients:

- Fresh fruits and veggies (washed and rinsed at the Cove kitchen)
- fresh garlic
- fresh onion
- dried seasonings such as garlic powder, thyme, rosemary, red pepper flakes, cumin, onion powder, Italian seasoning, chili pepper, nutmeg, etc. (we will not use any seasonings that contain nuts)
- fresh seasonings such as basil, cilantro, parsley, thyme, rosemary, mint, etc. (washed and rinsed at the Cove kitchen)
- olive oil
- canola oil
- vegetable oil
- sunflower oil
- avocado oil
- butter
- margarine
- mustard
- avocado
- honey
- vinegar
- vegetable bouillon or broth
- rice (to be cooked at the demo) or prepared in the Cove and reheated at the demo
- quinoa (to be cooked at the demo) or prepared in the Cove and reheated at the demo
- Pasta (to be cooked at the Cove and then reheated at the cooking demo) or served in cold dishes such as pasta salad
- packaged flour or corn tortillas
- 100% whole wheat bread
- canned beans - such as kidney, pinto, garbanzo, etc.
- tofu
- cheese
- milk

Tips

ServSafe certificate

- Hand washing station
- Gloves
- Avoid cross contamination
- Food Storage

Low allergy risk foods

No tree or ground nuts

No meat, fish, poultry, eggs

Equipment and Power

Request to use:

- Portable electric induction cooktop. Provide link to a specific one.
- Other potential equipment: slow cooker, blender, George Foreman grill, and food processor.
- Electrical socket on the outside wall of the WELL. The cord will be taped down to limit risk of tripping or accidents.



Budget

- Equipment – induction burner - \$150
- Food/ Supplies - \$50 per cooking demo
- Staff, student volunteers, PHE
- Signage - \$100
- Reservation fee space management - \$0

Estimated Annual TOTAL= \$1250.00



Step 3. Make it Happen

- Downtown Sacramento Food Bank (DSFB) - partners with ASI Food Pantry
- DSFB picks up fresh produce from Sacramento County Food Bank
- DSFB sends text between 8-9am of what will be giving out to students for that day
- Example - January 22nd - celery, potatoes, romaine lettuce - made Minestrone Soup
- Peer Health Educators provide general information on CalFresh, prepare and provide samples of budget recipe
- Sac State CalFresh - students provide prescreening for CalFresh applications

Be able to adapt a recipe last minute

- Soups, Chili, Stir-frys, Salads often are the best recipes since we can substitute a variety of vegetables.
- Smoothies can be great when fruit is available or just cutting it up fresh and providing samples.
- Common vegetables and fruit provided - carrots, potatoes, onion, lettuce, apples, celery, oranges
- Cook potatoes or rice or pasta ahead of time to speed up recipe production
- Make one dish ready for samples in the Cove before Pop Up begins

Recipe Resources

[Eatfresh.org](https://www.eatfresh.org)

[CookingMatters.org](https://www.cookingmatters.org)

[FruitsandVeggiesMoreMatters.org](https://www.fruitsandveggiesmorematters.org)

[ChooseMyPlate.gov](https://www.choosemyplate.gov)

[WhatsCooking.fns.usda.gov](https://www.whatscooking.fns.usda.gov)



Help...Peer Health Educators

- PHE leaders...PHE paid student managers, PHE Mentors
- Manage PHEs who volunteer for set-up, food prep, and information provided
- PHEs assigned roles
- Roles of students to help with set-up, clean-up, cooking/food prep, tabling (CalFresh, SHCS services)

Mo



Provide “Carrot Peeling Station”

Reduce food waste:

- Students are able eat right away
- Less food prep work when they get home



Recent Changes

- Collecting emails to send reminders of POP UP Pantry, what produce is being provided that day, recipe with produce, resources for budget recipes, CalFresh info, and ASI Food Pantry links
- More social media
- Provide Resource card for students for recipes, ASI Food Pantry website, CalFresh, and budget recipes.
- SignUpGenius for Peer Health Educator volunteers

Future?

Possibly having a golf cart travel around campus after POP UP times delivering produce to different locations on campus. - res halls, etc.

More central location

Let's cook...

Sample set up:

- Food Prep/Food Samples area
- Food service gloves
- Hand washing station - cambro with hot water, hand soap, paper towels



Fresh Fall Salad - Ready in 20 minutes!

Ingredients

For Salad:

- ¼ cup Cherry tomatoes
- 2 Cups Lettuce
- 2 Apples, cored & chopped
- 6 oz. Bleu cheese (optional)
- 1 tablespoon Dried cranberries

For Dressing:

- 1 Garlic clove, *roughly chopped*
- ⅛ cup Rice vinegar
- ⅛ cup Lemon juice
- 1 tablespoon Honey
- 1 tablespoon Mustard
- ¼ cup Olive oil

Directions

- 1) Blend olive oil, rice vinegar, lemon juice, honey, mustard, chopped garlic, salt, and pepper. Set aside. [L][T][L]
[S][E][P][S][E][P]
- 1) In a large bowl combine lettuce, apples, tomatoes, and dried cranberries. Pour dressing over salad and serve.

Publication: [Shaping Healthy Choices](#)

Author: [UC CalFresh](#)

Resource: <http://eatfresh.org/recipe/side-dish-salads/fresh-fall-salad#.WDnRvneZOi4>

Enjoy!

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