



Country Kitchens Training Videos

The Country Kitchens team has created a series of training videos to support each level of the Facilitator Training PATHway and the associated health promotion activities. Last month, we discussed Level 3 interactive showcase activities and shared the corresponding training video. This included tips and tricks to help you plan and execute interactive displays in your community.

This month, we cover the final type of activity on Level 3 of the Country Kitchens PATHway - demonstration showcases. This month's video guides you through setting up and delivering a demonstration showcase and includes tips, tricks, and ideas we've gathered over time. The training video is available on YouTube, along with the previous videos we have shared. These will be available for you to access whenever you need.

Video link: <https://youtu.be/9CD7uxiAzhQ>

Level 3 - Demonstration Showcases

A demonstration showcase is an interactive display that includes a recipe demonstration. While it requires more organising and helpers on the day, it can be the most rewarding kind of showcase. A cooking demonstration is also a great way to attract an audience, and make your display stand out.

There are a number of different places you could set up a demonstration showcase, both as part of an organised event or in the community more broadly. Some examples include agricultural shows, markets, schools, playgroups, grocery stores, community wellness days, or as part of a branch or division event. The location and facilities available to you will determine the type of recipe you can demonstrate.

Country Kitchens has a list of suitable demonstration recipes in the Showcase Recipe Booklet, sorted by those that require power and those that do not. If you would like to demonstrate a recipe not listed in the Showcase Recipe Booklet, reach out to your Country Kitchens buddy to check the recipes' suitability. Your buddy can also provide you with a demonstrator cheat sheet, which outlines the recipe and relevant talking points to help guide your demonstration.

Things to Consider

In addition to the considerations you would make when setting up an interactive showcase, there are a few things to keep in mind for your cooking demonstration:

- **Prep ahead:** decide what ingredients you will prepare in advance and what you will demonstrate on the day to ensure your presentation runs smoothly. Time-consuming steps such as grating and chopping are often best done ahead of time to keep your demonstration engaging and prevent it from going too long.
- **Food safety:** observe and demonstrate safe food practices and personal hygiene while demonstrating your recipe. Ensure your apron and hands are clean, have hand sanitiser on the table, and avoid touching your face or hair.
- **Location:** try to find an area with a high level of foot traffic for your demonstration showcase. Some good locations for external events include near the entrance of a venue, near a food court or near a main stage. It's also important to ensure that attendees have a good view of the showcase table, taking care not to place any items in their line of view.
- **Volunteers:** consider recruiting at least one other person to help you out and engage with the audience while the demonstration is taking place.
- **Networking:** if your showcase is part of an external event, take the time to network with other stallholders on the day. You never know what potential community partners you could meet.