Try This: Presenting Engaging Cooking Demos

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OAKLAND RULES!
Let Food Be Thy Medicine
and Medicine Be Thy Food

Hippocrates
“Eating well needn’t be expensive, time consuming or difficult.”

“Basic, hands-on cooking instruction and straightforward nutrition education are integral components of improving a community’s health.”

JuJu Harris
Healthy & Homemade
Eating Well on a Budget

JuJu Harris
Photography by Gene Buonaccorsì
What makes a demo engaging?

- Outgoing personality
- Colorful ingredients
- Relevancy
- Short and sweet
- Personal, funny stories
- Ask questions
- Samples
- Display signs
- Printed material
Does your demo have a message?

EVERY TIME YOU EAT OR DRINK, YOU ARE EITHER FEEDING DISEASE OR FIGHTING IT.
Cooking demonstrations
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