

## GETTING STARTED...

Bringing a chef into the classroom is a great way to introduce students to healthy, “close to the source” recipes and local ingredients. In connecting with a local chef, you can help introduce students to potential career paths, strengthen community ties, and increase health and wellness—all while appealing to student taste buds.

### FIND A CHEF:

- **Ensure that you have the support of your administrators**, PCNC and PTA. They may be able to assist with finding a community or parent chef, fundraising, and recruiting volunteers for the event.
- **Connect with a chef from a local restaurant** or put out a request within your school community via newsletter, Facebook groups, or other networks.

### PLANNING A VISIT:

- Offer the chef **at least three potential dates** to choose from. Once a date is chosen, reserve a room (cafeteria, classroom, library, etc.). Select a room that can be easily cleaned with access to a sink, large table, power outlet, and any other supplies the chef might need. Coordinate with the chef to determine whether they will bring supplies or if your school will provide supplies.
- Once you have set a date, **spread the word and generate excitement!** Send home requests to parents for support such as donations or day-of assistance with unloading, set-up, and clean-up.
- **Check with the teacher and health nurse on any allergies or food sensitivities** before the event. If there are any allergies, keep an allergy list handy and be sure to tell the chef ahead of time so they can avoid these ingredients.
- Work with the chef to create a **kid-friendly recipe that incorporates ingredients from your school garden or nearby local farms.**
- **Print enough recipe copies** for each student and a few extras for teachers and other staff.
- **Invite administrators, staff, and parents** to assist with the event or just come by to observe and enjoy. A good student to adult ratio is typically 5 to 1.

### THE BIG DAY:

- **Reserve a parking spot** for the chef with access to the room where the cooking will take place.
- Teachers should ensure that students thoroughly **wash their hands, secure loose clothing or hair ahead of time, and wear name tags.**
- Ensure the chef is aware of any students with **food allergies or sensitivities.**
- Remind students that it is important to try new things. Establish a **“No Yuck” rule** to avoid any negative influencing during tasting.
- Be sure to snap a few photos of approved students for your outreach and thank you letter to the chef. Send some to Kōkua Hawai'i Foundation too!



### Best Practices:

- Recruit volunteers to help on the day of the Chef Visit (unloading, cleaning, tidying, serving, etc.)
- Have dishtowels, extension cord, power strip, broom, sponge, dish soap, and hand soap readily available.
- Cover chef table with tablecloths or colorful sheets. Flower arrangements are a great touch!
- If your school has a composting system in place, have students compost the food scraps to reinforce the importance of recycling and caring for the ‘āina.
- If possible, use reusable or compostable dishware and utensils\* or if the chef plans to provide them, encourage them to do so.
- \*Check out the KHF “Waste-Free Classroom Celebration Kit” resource guide at [Kokuahawaiifoundation.org/aina/resources](http://Kokuahawaiifoundation.org/aina/resources). Create your own kit or purchase online at [Preserveproducts.com](http://Preserveproducts.com)

# 'ĀINA Chef Visit Resource Guide

## Chefs: How to Cook with Students

### GETTING STARTED...

Cooking in the classroom engages students and their taste buds, helping to cultivate an appreciation for nutritious, healthy food, as well as introducing them to career pathways. In teaching kids to cook, you can empower them to feed themselves and to think critically about what it means to eat “close to the source” and local.

#### PLANNING A SCHOOL VISIT:

- **Provide three potential dates** that you are available for a visit. The more options the better.
- Work with your point person at the school to determine **how many students will participate, how much time you will have with each class, and the total number of classes you will present to.**
- **Discuss recipe ideas, budget, ingredients, and cooking supplies** with the point person. Will they purchase ingredients and supplies or reimburse you?
- Ask what can be harvested from the school garden and try to **incorporate garden produce or herbs into your recipe if possible.**
- Your recipe should be **healthy, kid-friendly, and highlight fresh and local ingredients** from the school garden and/or local farms.
- Choose a recipe that can **involve as many students as possible**, even if tasks are small (typically 20-30 students per class).
- **Be mindful of safety** when it comes to recipe choice and which tools are needed. Avoid knives with younger students and prep some ingredients in advance if necessary.
- If you have any **special requirements** for the classroom set-up, (e.g. outlets, sink, prep tables etc.) be sure to let your point person know ahead of time.
- Once everything is confirmed, **send your recipe to the school point person** so they can copy and distribute to students and teachers.

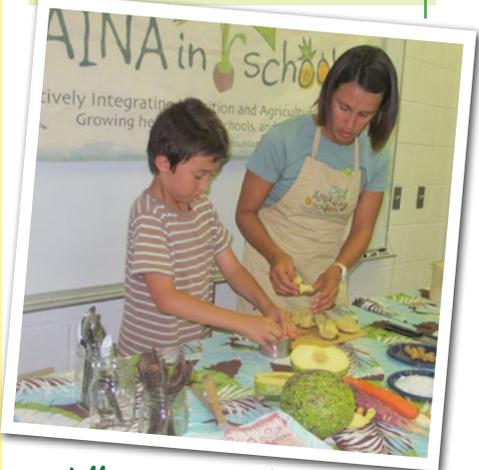
#### THE BIG DAY:

- **Determine unloading and parking locations** ahead of time and arrive at least 45 minutes prior to the first class. Check in at the office.
- **Set-up in designated room** and delegate setup and prep amongst volunteers as needed.
- When students arrive, **explain who you are, why you are a chef, and any other information you might wish to share.** If you have nutrition information about the recipe or garden produce to highlight, be sure to share with the class.
- Call up groups of “sous-chefs” to assist. **Try to include all students if possible.** Even if they cannot all participate in cooking, designate some students to help plate, garnish, serve, etc.
- Get students participating in other ways too. **Teach them a fun song or a call and response.** Have students stand up and dance or move while food is cooking or being processed by a blender or food processor.

#### COOKING SUPPLIES:

Not every recipe requires equipment but some common supplies chefs bring to the classroom include:

- Mixing bowls
- Food processor
- Measuring cups
- Kid-Friendly knives
- Cutting boards
- Induction stove top
- Pots
- Potholders
- Garlic press
- Spoons
- Mortar and pestle
- Whisks
- Graters
- Peelers
- Tongs
- Blender
- Hand-towels, wipes



#### Allergies and Food Sensitivities:

Your point person should have allergy and food sensitivity information ahead of time, but double check with teachers and students on the day of the event. Avoid recipes that include common allergens such as:

- Peanuts and tree nuts
- Dairy
- Shellfish
- Eggs
- Gluten