

Helpful Hints for PiNY Demonstrations

Dress:

- Hair should be worn away from the face and secured with a hair net, scarf or hat.
- Appearance and clothing should not be distracting.
- Coordinating colors (towels, apron, labels, containers, scarf or hat) all add to the total affect.
- Plastic or latex gloves are not required. But, it is expected that participants will demonstrate proper hand washing /sanitizing techniques at the beginning of their demonstration.
- Dress appropriately for a food demonstration. No long sleeves or loose clothing. Clothing should be neat and simple. It is recommended that an apron be worn. A short-sleeved, white shirt or blouse is recommended. (No shirt with a slogan) Avoid wearing jewelry on hands and arms, or any jewelry that is dangling or distracting. Wearing a watch is fine. ¹

General:

1. Select a recipe or process, and then use your imagination to make it your own! Your IDEAS and your creativity are the elements that make your Demonstration different and unique.
2. Keep a careful eye to the length of your demonstration. Beginning demonstrations are usually about 10-15 minutes in length with a limited number of steps; whereas advanced demonstrations can be as long as 20-30 minutes, with multiple steps..
3. Remember that YOU are part of the overall demonstration. Dress neatly, smile, hold your head high, stand tall, and project poise and confidence.
4. Aprons of some sort are encouraged. If you have time, have fun coordinating your outfit and apron with what you're demonstrating.
5. Draw a layout of tray set-ups or the arrangement of your demonstration supplies and equipment. This helps you prepare and assures that you have what you need when you need it. Be sure everything is in place (according to your layout) before you begin your demonstration.
6. Plan for the unexpected! Don't let unexpected happenings throw you. Judges like to see demonstrators who can handle a situation calmly. Examples: Take an extra egg in case an egg is bad or is broken in transit. If you forget an ingredient, explain what effect it may have on the final product then continue with your demonstration.
7. Keep the space in front of you clear and uncluttered so the audience can see what you are doing.
8. Remember food safety practices as you present your demonstration. Example: Cutting boards for chopping, proper use of knives, food prep items, as well as electric appliances.

9. Work quickly and neatly. Remember the Side-To-Side Rule! (See Food Prep tips on next page).
10. Provide for disposal of trash out of sight of audience. A paper or plastic bag taped to food tray or side of table works well.
11. After you complete your demonstration, invite the audience or evaluators to ask questions. Be prepared to respond accordingly and if you don't know the answer, simply say "I'm sorry, I don't know the answer" and either, suggest where the answer might be found or ask if anyone in the audience knows the answer.

General Food Demonstration Suggestions:

- Demonstrate hand washing / sanitizing techniques at the beginning of the demonstration.
- Loosen or remove caps and tops from containers before beginning demonstration.
- Cover commercial labels or use uniform containers with labels identifying ingredients.
- Label ingredients such as salt, sugar, and baking powder, so you don't make a mistake. It helps to label both front and back so both you and the audience can read them.
- Use transparent or clear bowls whenever possible.
- Use safe and proper measuring techniques and preparation skills.
- Level ingredients with a spatula or straight sided knife. Chop sticks work well too!
- Avoid measuring over a mixing bowl. Lay a piece of wax paper down and measure ingredients over it. When you are done it's easy to dispose of dropped ingredients and wax paper.
- Choose the best equipment for the job (ex. Standard measuring and mixing equipment)
- Use rubber scraper to clean bowls.
- Crack eggs into separate bowl with a knife or spatula (just in case shell breaks). Remember to carry an extra egg just in case.
- Work quietly - a cloth under bowls deadens sound; damp cloth underneath bowls or boards keeps them from slipping; wooden spoons are quieter than metal ones and handles don't get hot; don't hit spoons against side of bowl - use palm of hand instead.
- Remove beaters when finished with mixer to prevent dripping.
- Grease pans with pastry brush or paper. Do not use your fingers.
- Use a cutting board for chopping and slicing.
- Be neat (example: measure ingredients on wax paper and use paper bag for waste).
- Bring a damp cloth or sponge for spills, wiping hands or wiping table/counter area.

- Remember to look at your audience! Smile and make eye contact.
- Side-To-Side Rule for tray set-ups:
 - i. Draw diagram of your equipment list to help you remember layout.
 - ii. Keep tall items in back.
 - iii. **Side-to-side:** Avoid crisscrossing hands. Plan for two or more trays - one on your left and one on your right. Some folks have one tray for equipment, one for supplies and another for used equipment/ingredients. Based on what is comfortable for you, your tray placement should provide for a smooth flow of equipment and used items from one side to the other. (Example: As you use an item, instead of placing item on the tray you took it from, you place it on tray to the other side of the demonstration area. This keeps the area directly in front of you clear and visually attractive to the audience and helps you stay on track of the steps in the demonstration process). You might consider arranging items on the trays in the order that they will be used. It's important to practice so you become adept at using methods that are most comfortable for you.
 - iv. Include a list of supplies and equipment on your 'ready-to-use' tray in the order that you expect to use them. This list serves as a great reminder as you gather supplies and equipment at home, and as you set up at the time of your demonstration.
- Cover trays with clean dish or tea towels before and after your demonstration.
- Provide for disposal of trash. Tape/clip a paper or plastic bag to the table out of sight but close to where you have easy access.
- Clear demonstration table of food prep items before displaying finished product.
- Keep final product out of sight until you plan to show it. Use suspense and showmanship. Garnish or serve attractively. Garnished can enhance food but should not overshadow finished product. Serving dishes, well chosen, help to show off the food to best advantage. Colorful dishes and display cloths that harmonize with the food add interest.
- Use a medium sized mirror, angled accordingly, to help the audience 'see' finished product, particularly if there is no overhead mirror on the demonstration stand.
- Only Evaluators / Judges should be served a sample of the product. Please do not distribute samples to audience.
- Be sure to have copies of your recipe to distribute if folks ask.

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