



Chef Demonstrations at Community Events
Fiscal Year 2008-2009

7-26-08 Castroville Plaza Health Faire

An open community event in Castroville that attracted hundreds of families and community members. HELP provided all day sampling of Cauliflower Spanish Rice and Taco Flavored Sugar Snap Peas. The HELP booth was filled all day and over 400 food samples were provided. Recipes and HELP printed materials were given out at the event with very positive feed back from the event planners as well as the public (including the Spanish speaking).

7-28-08 SVMH Kid Camp Chef Demo

HELP provided a full cooking lesson as well as a complete Healthy Mexican lunch to 30 students of this valuable SVMH Camp. Students were engaged as well as thrilled to sample traditional Mexican foods that took on a healthy flare. Many came back for seconds. Foods served included; Chicken lettuce leaf tacos, Cauliflower Spanish Rice, Broccoli Slaw Refried Beans and 5-A-Day Cupcakes.

8-27-08 Toro Park Farmers Market

HELP provided an attractive cooking demo, which included Chili & Chokes and educated the public on the nutritional value of artichokes as well showing innovative ways to use artichoke leaves instead of high calorie tortilla chips or crackers. The response from the public as well as the promoters of the Farmers Market was very positive and welcoming.

1-14-09 Alisal USD Chef Demo

A wonderful success! Our own Food Service providers to our schools came together to be educated by HELP on new innovative ways to eat, prepare healthy foods and still keep the foods tasty enough even for the ones that may shy away from fresh veggies! Broccoli Slaw Meatballs were profiled as well as Cauliflower Rice, Broccoli Slaw Muffins, Taco flavored Sugar Snap Peas, Sweet Potato Scrambler and much more. I love providing this service to my fellow foodies!

2-26-09 Santa Rita Chef Demo – Parents and Employees

A packed house at this open house educational program that was provided by HELP. “Calories are Right” was played as well as a full cooking demonstration on how to combat high calorie foods by using HELP’s suggested recipes for healthier living. This presentation was given in English as well as Spanish as well as the recipe cards that were provided to the attendees. The Q & A time was active and provided time for the parents to really engage with HELP’s concepts.



3-25-09 Alisal USD Chef Demo –

Back by popular demand with a bigger audience, Chef Adrienne provided even more of HELP's recipes to the attendees. A complete cooking lesson as well as healthy sampling was enjoyed and appreciated by the 20 plus employees of the School Food Service department. Private cooking lessons were requested by many of the attendees.

4-30-9 North Monterey SD chef demo-

A once in a lifetime for HELP to provide a complete cooking demo for the leaders in or school's food service programs. Attendees were provided with the same cooking demo program that our children receive. "Calories are Right", actual cooking lessons and of course tasting many of the popular recipes that HELP is known for was also part of the presentation. This demo was video taped for further outreach.

5-13-09 Soledad – Benito Migrant Chef Demo

One of the most appreciated demos to date, the room was packed with over 30 parents. Well worth the drive since this group of attendees were engaged and willing to learn. Thirsty for knowledge regarding healthy alternatives to high calorie foods, it is very beneficial for HELP to serve or South County community. Practical application to healthy food preparation was offered to these packed community centers, which included grandparents, families with children and single moms. HELP provides honor and gratitude to the farm worker and their families for the essential job of feeding the world with fresh fruits and vegetables.

6-24-09 King City – Del Rey Migrant Chef Demo

Another packed Spanish-speaking event. Many of the migrant women cried from gratitude for the much needed nutritional education. Practical application to healthy food preparation was offered to these packed community centers, which included grandparents, families with children and single moms. HELP provides honor and gratitude to the farm worker and their families for the essential job of feeding the world with fresh fruits and vegetables.

Tradition Mexican Food samples (made healthy) was provided to the attendees with great success and enjoyment. Cauliflower hash browns with Soyrito and eggs served in a lettuce leaf instead of high calorie tortillas were sampled as well as Spanish Cauliflower Rice and Broccoli Cole Slaw Abondigas (Meatballs).

The enthusiasm as well as gratitude for our services make these demos the closest to my heart. HELP is doing great work for our community at large!