

Marquette Food Co-op Cooking Class Instructor Tips & Reminders

Some of this information was in our class policy document that you already have. Below are some important points from that document, as well as new information that is specifically helpful to our cooking class instructors.

- Sometimes unregistered people show up unannounced. Refer unregistered guests to the Co-op employee in charge that evening.
- All participants should be made to feel welcome regardless of religion, race, gender, sexual orientation, dietary preferences, lifestyle choices, etc.
- Eat a snack or meal before arriving (or bring a snack to set-up). We usually don't eat until pretty late.
- Please remember that as a presenter you are representing the Co-op to potential owners. Hint: The Co-op is "we," not "they."
- Try to keep things moving along at a friendly pace.
- Please think carefully about your clothing for the class. Long hair must be tied back. Dress comfortably and in layers as the room can get quite warm. Avoid clothing with strings or arms that might drag in food. Please also avoid jewelry on your hands and arms that might get into food or you might forget if you have to take off.
- Arriving at least 2 hours before your class is to begin is best, at minimum you must arrive 1 hour before. Sarah will be onsite to help you set up your cooking stations. It is imperative that you help set up each station with the ingredients, pots, pans, utensils, etc. that will be needed to make the recipe(s) designated for that station prior to the class. This way you know where everything is and the Education Coordinator can set up the station to best suit you. The more prep work you do, the smoother and more efficient the class will go. Hint: Be sure to pre-heat ovens if necessary. Again, the Education Coordinator will be there to do a lot of this work, but will need input from you to ensure the stations are set up comfortably for you.
- It is best to have at least one recipe that is hands on for participants. Our evaluations show that people like a mix of demonstration and hands on work.
- Unless the class has been advertised as intermediate or advanced, gear your talk to the beginner, adjusting as you go based on questions and ability levels that become evident. Explain any "strange" ingredients like chard or kale that you may be using. Do not assume that everyone

in the audience knows what you are talking about. Explain, explain, explain! Be sure to give your students a rundown of the agenda for the evening.

- Demonstrate a recipe, technique, etc. at the main cooking station while people gather around to watch. Talk during your preparations, and be sure to explain everything that you are doing and why.
- Not all recipes turn out right when doubled or tripled. You may must test them out at home first.
- Encourage people to sit down and visit while they eat. This is a good time to walk around and answer any questions that people may have.
- After everyone has served themselves, be sure to eat yourself! You can bring Tupperware for bringing leftovers home. Though there is no guarantee there will be any it is nice to be prepared.
- Thank everyone for coming and encourage them to visit our Co-op.

Thank you for teaching a class for your Co-op!



marquette food co-op

Open daily 8am - 9pm • Everyone Welcome
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