International Chefs Day

**Foods For Healthy Heroes**

Chefs Toolkit
1. Welcome Note
Welcome Note

International Chefs Day on 20 October 2017 offers you and other chefs from around the globe a unique opportunity to network, promote your profession to future chefs and make a difference in your local community through making healthy eating fun and exciting for kids.

The World Association of Chefs Societies have committed to use International Chefs Day to educate kids around the world about the importance of healthy eating. In doing this, they hope to expose kids to the culinary profession and teach them good eating habits they can carry with them for life.

Nestlé Professional is proud to offer the expertise of the Nestlé Healthy Kids programme and partner with chefs associations around the world to make this possible. We have involved our nutritionist and creative partners to develop this comprehensive toolkit for you.
2. The Theme: Foods for Healthy Heroes
International Chefs Day 2017 Theme

The superhero trend is a global phenomenon for boys and girls alike. Our interest in superheroes continues into adulthood and so, you can enjoy this theme too. To make eating and preparing healthy food fun and exciting for kids, we will communicate the ‘superpowers’ (benefits) that healthy foods have. Benefits that will keep kids strong, healthy and feeling like the superheroes they love.

For example; Broccoli will give kids a super healthy tummy as it contains fibre.
3. Getting Started:
Toolkit Introduction
Getting Started

In this Foods for Healthy Heroes starter kit is everything you will need to host a super workshop. This includes fun ideas, tips and printable materials, as well as photography guidelines and safety considerations.

Contents

1. Welcome note
2. The theme - Foods for Healthy Heroes
3. Getting started - toolkit introduction
4. Getting to know the theme: a short explanation on how Foods for Healthy Heroes works.
5. Healthy Heroes Foods List
6. Introduction to the characters/foods and their ‘superpowers’/benefits.
7. The kitchen/venue
8. The kids
9. Hosting a Healthy Heroes workshop.
10. Before the workshop: preparation, choosing the recipes, dressing up on the day etc.
Contents

11. During the workshop: fun activities to do during the workshop.
12. During the workshop: games to play with the kids at the workshop.
13. Capture and share: food photography guide
14. Printables: a list of printable extras and suggestions on how to use them. This includes our educational posters, recipe booklet, masks, place mats, badges/emblems, flags, flash cards and certificates as well as a how-to guide on making a cape out of an apron and a mask out of a chef’s hat.
15. Health and Safety Considerations
16. Letter to parents
17. Permission forms
18. After the workshop
19. Calendar
4. Getting to Know the Theme: A Short Explanation on how Foods for Healthy Heroes Works
Foods for Healthy Heroes turns the nutritional benefits of healthy foods into ‘superpowers’. This will excite kids and make it easy for you to teach kids about healthy eating in a way that is fun and relatable.

In the International Chefs Day 2017 workshops, kids will discover our list of ‘superpowered foods’ and learn about the super abilities these foods can give them by creating what we call **SUPERCHARGED MEALS**.

You should use your Healthy Heroes workshop to educate and inspire kids to eat healthier meals that are good for them and will make them feel great.

Before the workshop, you must select your recipes from the Foods for Healthy Heroes recipe collection. These can be recipes you have contributed or others in the booklet.

You must ensure that you have all your ingredients, utensils and printable materials ready for the workshop as well as any extras you may need.

You can use your connections and existing partnerships to source the ingredients for this great cause.

**Please remember**, Nestlé Healthy Kids is a non-branded initiative – and because kids are so sensitive, we do not want to expose them to any brands. This does not only apply to Nestlé brands, but also any other brands from other partners you may have. You are free to give your partners recognition for their contribution in your newsletter and on your website, but on the day kids should not be exposed to any brands.
5. Healthy Heroes
Food List
- Oranges
- Apples
- Bananas
- Mangoes
- Spinach
- Carrots
- Cucumber
- Broccoli
6. Introduction to the Characters/Foods and their Superpowers/Benefits
Brutus Banana
Bananas contain a variety of vitamins and minerals, including manganese, magnesium and B-vitamins. Vitamin B6 plays a role in your growth and development.

Professor A
Apples contain vitamin C. Vitamin C supports your developing immune system.

Super O
Oranges contain vitamin C. Vitamin C supports your developing immune system.

The Vision Master
Carrots are a source of vitamin A. Vitamin A contributes to maintaining normal vision.
Agent Fibre
Broccoli contains fibre. Fibre helps your tummy with digestion.

Major Hydrator
Cucumbers are high in water (95%). Water helps your body to stay hydrated.

Extraordinary Mr Strong
Mangoes are a source of potassium. Potassium contributes to normal muscle function.

The Amazing Miss A
Spinach contains vitamin A. Vitamin A contributes to maintaining normal vision.
How to Prepare

The recipe for hosting a successful Foods for Healthy Heroes workshop starts with the right ingredients. This is a checklist of what you will need to arrange beforehand.
7. The Kitchen/Venue
The most important thing you will need is the right work space in which to host the event. This will be arranged by local Nestlé Professional managers and Nestlé Healthy Kids Champions in each market. The Nestlé Healthy Kids Champions in the market have preferred schools and organizations that they partner with and it is preferable that we work with them to obtain the right culinary space. If this is not possible, you can use your own resources and connections to secure appropriate kitchen space. For example:

• You can make use of a local culinary school kitchen.
• Some schools have large kitchen facilities. You can liaise with the school to use these.
  You can convert a large classroom into a temporary kitchen. You can liaise with the local chefs association to arrange basic utensils and equipment.
• You can liaise with local chefs associations in your market for other suggestions or venues you can access without having to pay room rental fees.
• You must remember to arrange the venue a month in advance at the latest and communicate the details to all participants.
8. The Kids
The participating kids for each workshop should be arranged by the Nestlé Healthy Kids Champion in your region who will follow the right channels to arrange authorization with the school or organization.

If there isn’t a local Nestlé Healthy Kids Champion in your region, you and the local Nestlé Professional manager have to liaise directly with the school or organization to arrange for participating kids.

**PLEASE NOTE:**
It is absolutely crucial to follow the right channels when organizing a workshop with a participating group of kids.

- You must connect with a school or organization of your choice weeks in advance to make sure there is enough time for all concerned to make the necessary arrangements.
- You must communicate with the principals, teachers (and parents) involved to explain what the workshop is about.
- You must be sure to explain our mission of teaching healthy nutrition to kids. When schools and parents see the bigger picture, they are more willing to take part.
- You can liaise with your local chefs association to help you do this.
- If parents need to give consent for their kids to take part in a workshop of this nature, you can print and supply your group with these attached permission forms before the event.
- Parents need to indicate whether or not they give permission for their kids to be photographed. These photographs will be used on social media. On the day, you must provide kids with one of 2 badges. The badges will come in two colors and will be used to indicate which of the kids have permission for photos and which do not.
- You must remember to send reminders to the school, principal, teachers and parents a day or two before the event.

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**Permission Forms for the Nestlé Healthy Kids /Healthy Heroes Workshop**

First and last name of the parent: ______________________________
Email: ______________________________
Phone/mobile phone: ______________________________
Fist and last name of the kid: ______________________________
Birth date: ______________________________

**Allergies or any relevant information about the kid:**
___________________________

I agree that pictures are taken of my kid during this activity. These photos will be made available to me on a temporary and protected website after the event. I agree that photos of my kid can be used only for the communication of the Nestlé Healthy Kids programme.

___________________________
I do not agree that pictures of my kid are taken during this activity.

DATE: ____________  SIGNATURE: ____________
9. Hosting a Healthy Heroes Workshop
Along with thousands of other participating chefs around the world, you will host your fun workshop on - or around - International Chefs Day on 20 October 2017. But what exactly do you do? How does it work? Well, you can use your own initiative and special flair but as a general guide, here is a basic outline of a **Foods for Healthy Heroes** workshop.
10. Before the workshop: Preparation, Choosing the Recipes, Dressing Up on the Day etc
Preparation

Printing Workshop Material
Included in this Starter Kit are a number of supporting elements that will help you host a super Foods for Healthy Heroes workshop. You must remember to go through this kit weeks in advance to allow for enough time to get everything printed and sourced where needed.

Checklist of Resources
In addition to the printable material supplied, you will need to bring along extra resources to make the most of the day. You can print out and use the supplied checklist to make sure you don’t forget anything on the day. See page 49 for the full list and links to download.

Staying in the Loop
Even before the actual workshop takes place, you should feel free to chat, engage and mingle with other chefs on social media channels about International Chefs Day and the planned Foods for Healthy Heroes workshops in your region.
• You can also stay posted through the regular articles on our Facebook page.
Choosing the Recipes

You must use your ‘Healthy Heroes’ workshop to educate kids about healthy eating.

• You should choose recipes from our ‘Healthy Heroes’ recipe collection for your workshop.
• You will have to provide all the ingredients needed.
• You can leverage your connections and existing partnerships to source the necessary ingredients for this great cause.
• **PLEASE REMEMBER** Nestlé Healthy Kids is a non-branded initiative – and because kids are so sensitive, we do not want to expose them to any brands. This does not only apply to Nestlé brands, but also any other brands from any other partners you may have. You are free to give your partners recognition for their contribution in your newsletter and on your website, as you deem appropriate - but on the day, kids should not be exposed to any brands.
**Recipe Examples** - **Click here to download more.**

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### Recipe title

**ServeS 6**

**Ingredients**
- 8 oz blueberries, fresh
- 4 bananas, peeled and frozen
- 8 oz orange juice
- 8 oz yoghurt, plain
- 6 orange slices

**Method**

1. Combine all ingredients in a food processor or blender and blend until smooth.
2. Pour smoothies into four chilled cups and serve.

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### Banana Blueberry Smoothie

**ServeS 6**

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Recipe Examples - Click here to download more.

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1. Combine all ingredients in a food processor or blender and blend until smooth.

Four smoothies into four chilled cups and serve.

Nutritional Information: Calculated per portion of 100g.
- Energy (kcal): 
- Protein (g): 
- Carbohydrate (g): 
- Fat: saturated (g): 
- Sodium (mg): 

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Dressing Up on the Day

On the day, you can dress up by creating a ‘cape’ using an apron and making a mask using a chef’s hat. You can also feel free to add your own creative flair and hire or make a costume.

You can choose a superhero name and introduce yourself to the kids using this name.

- Captain Cuisine
- The Amazing Mr C
- Professor Gourmand
**Making a Cape Using a Chef’s Apron**

You must take the two waist strings on either side of your apron and tie them in a knot on the inside of the apron. Then turn the apron around so it is on your back with the neck piece placed over your head.

**OR**

You must take the two strings and tie them around your neck.

You will then have a Healthy Heroes cape.
Making a Mask Using a Chef’s Hat

You must cut the top part of the chef’s hat off so that you are only left with the band. Then you must take the band and cut 2 holes for your eyes so that you are able to see out. You will then have a mask to complete your Healthy Heroes attire.

Click here to download a chef’s hat.
On the Day
11. During the Workshop: Fun Activities to do During the Workshop
Introduction to Healthy Heroes

Making healthy eating fun and informative is part of our mission. While setting up for the workshop you can:

• Talk to the kids about what it’s like to be a chef and explain that, by creating meals that can give kids ‘super abilities’, chefs too are superheroes.
• Introduce kids to the foods/characters on our Foods for Healthy Heroes list and explain their ‘superpowers’/benefits.
• Discuss your chosen recipes with the kids and give them the chance to assign their own ‘superpower’ to each ingredient in the recipe.
Getting the Kids Ready

At the beginning of the workshop, you must provide the kids with one of two badges. These badges come in two different colors. You must give the green and red emblem/badge to the kids who have permission to be photographed and the yellow and blue emblem/badge to those who do not have permission. The kids should write their names in the middle of the emblem/badge.
While the Kids Prepare Their Meals

During the workshop, while the kids are preparing their meals, you can:
- Ask the kids what they think their favorite superheroes eat and whether they would like their supercharged meals.
- Show the kids how to create garnishes that look like small masks or capes.
- Once the kids have completed their meals, you can use the mask and cape garnishes and place mats provided to make the meals look great on camera.
12. During the Workshop: Games to Play with the Kids at the Workshop
These game and activity ideas will help you host a super workshop. At the end of the workshop, you can give each kid one of the certificates provided, welcoming them to the League of Healthy Heroes. Click here to download certificates.

- **Push Up Challenge**
  After eating fresh mango, the kids will do a push up challenge – doing as many push ups as they can in one minute – to test their strong muscles.

- **General Knowledge**
  After eating fresh banana, the kids will play a mental game – this can include general knowledge questions, memory games etc.

- **Run on the Spot**
  After eating fresh oranges, the kids will run on the spot for as long as they can to see how fit and healthy they are.
• **Healthy Heroes Musical Chairs - Younger Kids**

You can play musical chairs with the kids. As it is a game that requires lots of concentration and physical dexterity, it is a great test of the ‘superpowers’ the kids will have after eating their **SUPERCHARGED MEALS**.

• **The Memory Game - Older Kids** [Click here to download flash cards.](#)

You can use the flash cards provided to play this fun game. To begin, you must place the cards right way up. Then, you must quickly turn the cards over. Kids will have to remember where they saw each ‘pair’ of cards and turn them over to match the foods to their ‘superpowers’.

• **Choose Your Healthy Hero Name - Older Kids**

Like the fun name generators that are popular on Facebook at the moment, you can give kids a chance to choose their own Healthy Hero name.
13. Capture and Share
You must remember to capture and share your event.

- You should make sure that you take a digital camera or good smartphone to the workshop.
- You can use the mask and cape garnishes, flags and place mats provided to ‘dress’ the food.
- You should take quality pictures that will do justice to the unique dishes the kids create.
- To help you do this, we have included a handy Food Photography Guide so you can take the best pictures possible.
- You should share the pictures with the world.
- You can also send these to the schools and parents.
- You should remember to share these pictures on our Facebook page.

Reminder:

- There should be no branding in the photos taken.
- Permission must be acquired from parents before photos can be taken of the kids.
- Kids must wear permission badges. Click here to download.
14. Printables
You can use the handy printable elements below to help you host a super workshop. You are welcome to add any ideas that will enhance the experience for your group.

**Foods for Healthy Heroes Recipe Collection** [Click here to download.](#)

You should print out a recipe for each kid in your workshop and give them a copy of the recipe booklet to take home to mom.

**Chef’s Hats** [Click here to download.](#)

- You can give each kid one of these printable paper chef’s hats.
**Masks** [Click here to download.](#)

- You can use this design to get masks printed for the event.

**Educational Posters** [Click here to download.](#)

- These fun posters will help kids learn about ‘superpowered’ foods. You can print them out for the kids to display in their classrooms.
Place Mats [Click here to download.]

- These fun place mats give every dish a superhero feel. Kids can color them in before placing their finished meals on them to photograph them.

Flash Cards [Click here to download.]

- You can use these to play educational games and teach the kids about healthy foods. You must print out two sets of these flash cards to use for the memory game.
Flags  [Click here to download.]

• These flags can be printed out and stuck to toothpicks with sticky tape. They can then be placed in the kids’ finished meals before photographing them.

Certificates  [Click here to download.]

• You can give these certificates to kids at the end of the workshop.
15. Health and Safety Considerations
Safety Tips for Accident Prevention in the Kitchen

- You must instruct the kids to roll up long sleeves, remove loose clothing and tie back long hair.
- You should ensure that kids wear clean, closed shoes with non-slip rubber soles.
- You and the kids must wipe up spills as soon as they happen. Wet spots can be slippery.
- You must ensure that you don’t point knives at anyone. You must be sure to pre-cut your ingredients to avoid kids having to use a knife.
- You must ensure that kids don’t run in the kitchen or behave in an undisciplined manner that will endanger others.
- You must ensure that no utensils, pot handles etc. are over-extending work surfaces to prevent them from being bumped, causing spills, burns or injuries.
- You must keep all hot pots and pans safe to prevent accidental burns.

You must prepare yourself for unforeseen incidents by keeping a first-aid kit and an emergency number readily available nearby.
Safety Tips for Food Poisoning and Disease Prevention

- Shorter hair should be covered with a chef’s hat. You and the kids must not scratch or comb hair when working with food.
- You must keep your fingernails short and clean.
- All cuts and wounds need to be hygienically covered.
- You must wear a clean apron.
- You must wash your hands regularly, particularly after using the toilet and before/during food handling.
- You must keep all ingredients refrigerated until needed.
- You must ensure that all chopping boards and utensils are clean.
- You must not put cooked food on an unwashed plate or cutting board that held raw food. You must always use a clean plate.
- You must not cross-contaminate between dishes.
- You must not bring food into direct contact with printed paper material.
- You must never lick or taste with your fingers; you must always use a tasting spoon and never reuse the same spoon.

You must prepare yourself for unforeseen incidents by keeping a first-aid kit and an emergency number readily available nearby.
16. Letter to Parents
Dear Mom and Dad,

Is your kid a little “Healthy Hero” Chef?

Around the world, teaching our kids about healthy eating has become an important part of their education. Good nutrition is a crucial part of their growth and development. It gives them more energy, improved health, and greater focus in school.

For International Chefs Day 2017, the [NAME OF LOCAL CHEFS ASSOCIATION] and Nestlé are hosting a fun and healthy cooking experience for kids, as part of the Nestlé Healthy Kids programme.

This event will take place on [DATE] at [WHERE].

We would like to invite your kid to participate in our 2017 Foods for Healthy Heroes workshop where we will teach kids about healthy eating by telling them about the ‘super abilities’ certain healthy foods can give them. With the help of brilliant professional chefs, your kid will turn healthy recipes into fun, super charged Foods for Healthy Heroes that will not only be fun to make, but healthy to eat, too.

We look forward to hosting your kid at this fun and educational workshop!

If you are interested in enrolling your kid in this event, please complete the attached form and send it to [ADDRESS].
17. Permission Forms
Permission Forms for the Nestlé Healthy Kids/Healthy Heroes Workshop

First and last name of the parent: ________________________________

Email: ______________________________________________________

Phone/mobile phone: _________________________________________

First and last name of the kid: _________________________________

Birth date: __________________________________________________

Allergies or any relevant information about the kid: ________________________

☐ I agree that pictures are taken of my kid during this activity. These photos will be made available to me on a temporary and protected website after the event. I agree that photos of my kid can be used only for the communication of the Nestlé Healthy Kids programme.

☐ I do not agree that pictures of my kid are taken during this activity.

Date: __________________________ Signature: ______________________

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Click here to download.
18. After the Event
Healthy Heroes Reading List

This list of cookbooks can help you make healthy eating fun and exciting for kids in your restaurant.

Pretend Soup and Other Real Recipes by Mollie Katzen

The Top 100 Recipes for Healthy Kids by Charlotte Watts and Gemini Adams

The River Cottage Family Cookbook by Hugh-Fearnley Whittingstall

Start Fresh by Tyler Florence
http://www.barnesandnoble.com/w/start-fresh-tyler-florence/1102105967

The Official DC Cookbook
19. Calendar
Event Planning Calendar Chefs

15 Jun - 19 Jul 2017
- Kick-off meetings in markets between Nestlé Professional, Nestlé Healthy Kids Champions and local chefs

20 Jul - 19 Aug 2017
- Event site selection and booking (liaise with Nestlé Professional (NP) and Nestlé Healthy Kids (NHK) in your market), Healthy Kids Champions are responsible for engaging with schools.

20 Aug - 15 Sep 2017
- Send Invitations / permission forms to children and parents (Nestlé Healthy Kids Champion is key contact point)

16 Sep - 5 Oct 2017
- Event material printing

6 Oct - 19 Oct 2017
- Source ingredients and utensils

10 Oct - Engage for as long as possible 2017
- Engage on social media with other chefs and associations about International Chefs Day
  HealthyKids
  #InternationalChefsDay
- Stay connected with Nestlé Professional and Nestlé Healthy Kids via regular updates on social media

11 Oct - 13 Oct 2017
- Send event reminder to school / event site and parents (Nestlé Healthy Kids Champion is key contact point)

20 Oct 2017

23 Oct 2017
- Share your event pictures on social media and with us
Thank you