



MenoChef® Cookery Day Host & Presenter Guide

Preparation Before Your Event

Standards:

- Ensure compliance with local health and safety and food safety regulations. Obtaining a Food & Hygiene certificate is required and can be done online inexpensively.

Venue Coordination:

- Visit your venue during the day to assess parking, atmosphere, capacity, and any potential for promotional activity, such as listing your event on their website. Confirm all details in writing, including your specific schedule for the day.

Food Allergies:

- Be proactive in identifying and managing food allergies. Use the MenoChef® registration forms available in the resources to capture any allergy information and provide appropriate disclaimers.

Privacy & Confidentiality:

- Include an opt-out option for photo and feedback use in marketing materials on your booking form, utilizing the MenoChef® form for consistency.

MenoChef® 'Top Tips' for Successful Cookery Days

- Focus on your guests as the stars of the show.
- Have a co-host or helper.
- Engage participants with techniques such as eliciting conversations, open questions, polls, pair/group activities, and quizzes or games.
- Utilize a 'parking lot' for questions to maintain focus and timing.
- Plan a concise introduction and an interactive warm-up activity to set the tone.
- Clearly outline the day's goals at the start to manage expectations and generate interest.
- Ensure a memorable wrap-up with reflection tasks and a group photo. Consider distributing goodie bags.

Menopause & Food

Leverage your Menopause Champion training to cover essential topics such as:

- The basics of macronutrients and their importance.
- How the body's response to food changes during menopause.
- The significance of gut and liver health.
- Menopause-friendly foods and their benefits.

Lunch Preparation

- Introduce the day's menu and the reasons behind the choice of dishes, encouraging participant input.
- Support participants actively during the cooking process and engage them with relevant questions.

Healthy Swaps & Options

- Address common objections to healthy eating with brainstorming sessions on strategies and healthy swaps.
- Discuss the importance of snacks in maintaining a balanced diet during menopause, and brainstorm menopause-friendly snack options.

Snack Preparation

- Explain the choice of snacks for the day and guide participants through the preparation, offering support and eliciting key information learned throughout the day.

After Your Event

- Share event photos on social media (with participant consent) and encourage interaction.
- Use positive feedback as a promotional tool for future events.
- Thank all participants personally and share relevant links or resources, potentially promoting other events or services to encourage referrals and repeat attendance.

This comprehensive guide ensures MenoChef® Cookery Day hosts and presenters are well-prepared to create an informative, engaging, and supportive environment for participants, enriching their journey through menopause with valuable nutritional insights and practical cooking experiences.

