



By:

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Grilling Life Skills Program Guide

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2 PURPOSE AND USE

The purpose of the Grilling Life Skills Program is to provide grilling life skills training to at-risk youth in local communities. Volunteer pitmasters teach basic grilling skills to youth in a half-day day class. See [blog](#) and [Youtube video](#).

Grilling Life Skills Program Guide

Pitmasters are a valuable resource who can educate the kids about BBQ. By developing the Program, both pitmasters and youth benefit. Pitmasters grow as leaders of their community and youth learn about BBQ and how to cook for themselves and others. It provides an opportunity for youth to become grill masters, future instructors in the program, and future employees in the food industry.

Although this manual is written for the volunteer Pitmaster, if you are a potential host, social worker, or you are interested in participating, please review this manual before you start a grilling class. Become knowledgeable about grilling, youth in your community, potential sponsors, potential class locations, and recruiting volunteers.

It is also important to identify a youth leader who can take of the role of a coordinator so when questions arise, you will know whom to contact for further information.

3 CAUTION

Volunteer Pitmasters should be mindful when interacting with students. Students can come from a variety of different living situations each with its own social and economic challenges. Past events and emotions could surface during class so be prepared to have staff available that are familiar with the students should anything arise.

The class is an opportunity to develop a relationship between a pitmaster and the local community. Make sure

that you are a positive impression as you will be a mentor and coach to these young adults.

4 GRILLING LIFE SKILLS MISSION

Our mission is to partner with state and local social workers to teach and share repeatable grilling life skills to at-risk youth using locally sourced ingredients that match youth's income levels

5 FINDING A YOUTH GROUP

Find a youth group in your local community. Often, a youth leader, social worker, or teacher will be looking for opportunities for their children to acquire life skills and develop positive relationships with adults. This class can serve as a good opportunity for youth to interact with their counselors and family members so don't hesitate to invite people who can be keys to the students' success.

The youth group leader will recruit students and can help you extend the invitation to potential sponsors. Sponsorship can be key to a program's long-term success so encourage it early on.

6 INSTRUCTOR ROLES

Volunteer pitmaster should know something about grilling, are good interacting with kids, and optimally, come from the same community. This program guide will assist you plan, coordinate, execute, and handle post-

class phases. It is important for the children to identify and connect with instructors and it'll make it easier for the children to pay attention. The more diverse the group of volunteer instructors, the wider the range of children you can reach with your message.

Your main role is to instruct students on how to start a fire, use a grill, cook and serve food. Knowing how to manage a fire safely and understanding basic food safety guidelines is paramount. Emphasize the dangers of cross-contamination, the importance of handwashing and put it to practice by demonstrating these concepts in class.

7 BASIC LESSON PLAN

There are many options for lesson plans and the Attachments section has a few examples. Lesson plans should be tailored based on the expertise and comfort area of the volunteer Pitmasters. For example, if the pitmaster is comfortable teaching how to smoke meats versus grilling meats, there is flexibility to adjust the basic lesson plan. Please see Section 14 Attachments for sample lesson plan. See these links for recipes ideas.

- Food Gawker - <https://tinyurl.com/klnclwu>
- Pinterest - <https://tinyurl.com/k34kgq6>

Basic Grilling class – 3 hours

- Food Safety (handwashing, cross-contamination, safe food temps)
- Making a [rub](#) and [sauce](#)
- [Starting a fire](#) with a chimney
- [Hot/Cold zones](#) & [Direct/Indirect Cooking](#)

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- Serve appetizer 1 ([bacon wrapped jalapenos poppers](#))
- Serve appetizer 2 ([bacon weave Turtle fatty](#))
- Grill meat 1 ([ribeye steak](#))
- Grill meat 2 ([chicken wings](#)/drumsticks)
- Grill meat 3 ([baby back ribs](#) or [tri-tip](#))
- Serve lunch
- Raffle give away items if available

Holiday Grilling class – 4-5 hours

- Food Safety (handwashing, cross-contamination, safe food temps)
- Making a rub and sauce
- [Starting a fire with a chimney](#)
- Hot/Cold zones & Direct/Indirect Cooking
- Serve appetizer 1 ([Lamb chops](#))
- Serve appetizer 2 ([Pork belly Pig Candy](#))
- [Smoked Prime Rib](#)
- [Smoked Turkey](#)
- Twice smoked [Ham with pineapple glaze](#)
- Traditional sides in the smoker ([peach cobbler](#), beans, [cornbread](#))
- Serve lunch
- Raffle give away items if available

8 EQUIPMENT

The equipment you bring will depend on the type of class. In general, we recommend the following guidelines:

- 22" Kettle Grills: 1 grill to 4-5 students + 1 instructor / helper

Grilling Life Skills Program Guide

- Pellet grill: to cook appetizers
- Grill Grates (if searing steaks)
- Disposable Cutting boards
- Disinfecting Solution in a spray bottle
- 2 Pop-up trash cans with liners
- Tong: 1 tong per 4-5 students
- Knives (handled by instructor ONLY)
- Rub shakers
- Water spray bottles
- Measuring spoons
- 10x10 canopy if no shade is available
- Charcoal chimney: 1 chimney/2 grills
- Lighter
- Sterno to light chimney
- Ash can or foil pan for ashes
- Fire Extinguisher
- Tables: Four 6-foot tables per dozen students
- Table legs if necessary to increase table height
- Table cloth
- Thermometer
- Heat gloves for instructors
- Cotton gloves for instructors
- Kevlar gloves for cutting
- Non-latex gloves for students
- Serving spoons
- Half foil pans for food
- Aluminum foil
- Igloo for drinks
- Ziplock sandwich bags to give rub away to students
- Cambro food warmer, if necessary

- Scissors, if necessary

9 ESTABLISH LOCATION, TIME/DATE

During the school year, students are available on Saturdays to take a class. We do not suggest classes during the weekday so as to not conflict with school. Investigate if youth programs are willing to give students credit for taking your class.

During the summer, students can participate during the week. Keep in mind that youth programs may have low attendance because students can be on vacation during the summer. Generally, it is best to hold classes during the school year on Saturdays or Sundays.

For a basic grilling class, we suggest the following. Look up Contact Info chapter and ask Harry for help as needed:

- Before the event, conduct a site jobwalk to map out:
 - Location for pits
 - Location for handwashing/dishwashing
 - Restrooms
 - Refrigeration
 - Location with seating to eat lunch
 - Electrical power if needed
 - Access and parking to class location in the morning
- Ensure there are no fire ordinance issues by checking with the local *fire authorities*. In California, open fires are not allowed, and your pits and smokers *may* need a fire permit. There

may also be rules for hot ash handling and removal after your event (Harry has worked with numerous Fire Departments and can assist you with approved methods).

- Ensure you check with your social worker(s) to determine if there are any *local law enforcement* or sheriff requirements to be met if you are working with youth under the oversight of local Courts
- Suggested times:
 - Site setup: 8-9am
 - Class: 9-12pm
 - Lunch: 12-1pm
 - Cleanup: 1-2pm

10 LIABILITY COVERAGE

Ensure there are no liability issues with the organization, school district, host, or facility. When working with government and state agencies, be patient and prepared to work with a myriad of stakeholders including folks from Risk Management, Legal Counsel, and School Superintendents, and others as needed. You may need to purchase a \$1M/\$2M general liability insurance and furnish a COLI (Certificate of Liability Insurance). See example of a COLI in Section 14 Attachments. Contact Harry for assistance in this topic.

11 RECIPES FOR CLASS

The Internet has vast resources for recipes. In addition, here are some helpful videos and links

Harry's Youtube channel - <https://tinyurl.com/l6guzzz>

Kids Q Class - <https://youtu.be/Mwga5k6kVBU>

<http://www.slapyodaddybbq.com/category/recipes/>

12 SOCIAL MEDIA

Be sure to discuss with your social worker or relevant parties regarding guidelines or constraints for social media posting (Snapchat, Instagram, Youtube, Facebook, etc.) as you are working with at-risk youth. To reach sponsors, you should launch a social media program a few weeks before the event to get the word out. Once the event is underway, you could live stream. And, when it's over, you could post some video highlights on social media including Youtube.

13 SPONSORSHIPS

Sponsorship outreach can be key to a program's long-term success so encourage it early on. Sponsors can purchase meat and supplies like charcoal, aprons, or giveaways like grills and chimneys.

The giveaways are nice because it gives the student an opportunity to practice what they learned in class.

Crowdfunding may also be an option so long as you are mindful of the stewardship, transparency, and accountability that comes with fund contributions.

14 ATTACHMENTS

Attachment 1 - Sample lesson plan and schedule

Attachment 2 - Sample Flyer

Attachment 3 - Sample Certificate of Liability Insurance

15 CONTACT INFO

For more information and assistance to start your program, please contact:

Dr. Guy “Zak” Zakrevsky, Director, Alternative Education,
Hayward Unified School District; gzakrevsky@has.edu;
510-293-8595

Ms. Davida Scott, Teacher, Alternative Education,
Hayward Unified School District; dscott@has.edu; 510-
244-8527

Donna Fong, butchersdaughter@hotmail.com; 510-310-
7447

Harry Soo, harry@slapyodaddybbq.com; 909-973-0334

Attachment 1 - Sample lesson plan and schedule

Attachment 2 - Sample Flyer

Attachment 3 - Sample Certificate of Liability Insurance

Fire and Smoke Grilling Life Skills Class – August 4, 2018

Class Overview – 3-hour 8:45 am to noon grilling life skills class by Donna Fong, Butchers Daughter BBQ of Alameda and Harry Soo of SlapYoDaddyBBQ.com from Los Angeles. Hosted by Davida Scott of the Hayward Adult School Youth Enrichment Services (YES) program. Attendees are eligible youths between 16-24 years old in the Eden and Eden Unincorporated Areas of Alameda County consisting of Hayward, San Leandro, San Lorenzo, Castro Valley, Fairview, Ashland, and Cherryland.

Location: Hayward Adult School 24411 Amador St., Hayward, CA 94544

Learning Objectives: teach simple and repeatable grilling life skills to at-risk youth using locally sourced ingredients that fit youth's income level. After this class, you will be able to:

- Understand the difference between grilling and barbecue
- Recognizing key guidelines for food safety and prevention of food borne problems
- Develop knowledge and hands-on experience with meats, flavors, fire, and smoke including how to shop for proteins in a cost-effective way
- Summarize Donna and Harry's philosophy of grilling and smoking
- Recall some basic grilling tips when handed tongs and how to prepare a memorable budget meal
- Have fun and a great experience so you can be an ambassador of barbecue love and spread kindness in the world

Schedule:

8:00 am – 8:45 am

- setup 2 canopies
- setup up Weber grills
- setup gas grills
- setup chairs and tables
- stage ingredients and gear for class

8:45 am-9:00 am

- introductions

9:00 am-9:30 am

- food safety
- make Slap Yo Daddy championship rub
- make Slap Yo Daddy championship sauce

9:30 am to 11:30 am

- how to start a fire
- preparing grill items; ideas include the following ideas emphasizing simplicity and flavors. Recipes are on SlapYoDaddyBBQ.com
 - Appetizer - jalapeno poppers, pork belly pig candy weave

- Main meats - chicken leg quarters, hamburger meats, turkey wings, pork loin slices,
 - Sides – examples include cornbread, beans, coleslaw
 - Dessert – grilled dessert
 - cooking items on the grill
- 11:30 am – 12:30 pm
- lunch
- 12:30 pm – 1:00 pm Cleanup

Items checklist

1. Tables and chairs for 15 – 20 students
2. Soft Drinks
3. Ice
4. Salad, Greens, Dressing
5. Fruit
6. Napkins
7. Paper Plates
8. Plastic Forks
9. Grill in good working order; on premises if possible

Menu for 20 persons

Grilled appetizers
 Grilled main course
 Grilled sides
 Grilled dessert
 Fruit
 Drinks

Contact Info:

Donna Fong; butchersdaughter@hotmail.com; 510-390-7447
 Harry Soo; harry@slapyodaddybbq.com; 909-973-0334
 Davida Scott; dscott@has.edu; 510-244-8527
 Dr. Zak; gzakrevsky@has.edu; 510-293-8595

About the Instructors –

DONNA FONG – Donna is a KCBS certified Master Judge and head cook of Butcher’s Daughter competition BBQ team which won the Oakland BBQ Grand Championship in 2013. In addition to being a barbecue and BBQ judging instructor, she has graduate degrees in biochemistry and protein chemistry and is a R&D scientist with a biotech startup in San Jose. She has appeared on Food Network Chopped Grill Masters and also served on California BBQ Association Board of Directors as their vice president, is a member of the Judging committee, a BBQ 101 class instructor, the election chair, and is in the CBBQA Hall of Fame.

HARRY SOO – Harry is a KCBS Certified BBQ Judge and head cook of Slap Yo’ Daddy BBQ. Harry has trained many students in the US and internationally and has been featured on several TV shows including Cutthroat Kitchen and Food Network’s Chopped Grill Masters. He won TLC’s Barbecue Pitmasters Season One, 27 Grand Championships, 100+ first places, and numerous KCBS national and international awards. He is an IT nerd with graduate degrees in business. He oversees a team of IT project professionals in a Los Angeles water utility serving 300 cities and 20 million residents.

Fire and Smoke Grilling Life Skills Class

Hayward Adult School @ 8:45 am • Aug 4, 2018

- Do you panic when handed a pair of tongs and asked to cook on a grill?
- Dream about cooking a great outdoor meal like the chefs on TV?
- Want to learn about grilling skills to spread love in the world?

If you answered "Yes", take this 3 hour cooking class from Food Network Chopped Grill Masters. You will learn simple grilling skills using locally sourced ingredients.

After this class, you'll be able to:

- Get hands-on experience with meat, sauce, fire, and shopping for ingredients
- Learn basic grilling tips and key good safety guidelines
- Understand the difference between barbecue and grilling
- Prepare a manageable budget meal



About the Instructors

DONNA FONG butchersdaughter@hotmail.com – Donna is a KCBS Certified Master Judge and head cook of Butcher's Daughter BBQ team which won the Oakland BBQ Grand Championship in 2013. In addition to being a barbecue competitor and judging instructor, she has degrees in science and works on cancer. She has appeared on Food Network Chopped Grill Masters and served on the California BBQ Association Board of Directors as their vice president, is the chair of the Judging committee, and is in the CBBQA Hall of Fame.

HARRY SOO harry@slapyodaddybbq.com – Harry is a KCBS Certified BBQ Judge and head cook of Slap Yo' Daddy BBQ. Harry has trained many students in the US and internationally. Harry has been featured on Cutthroat Kitchen and Food Network's Chopped Grill Masters. He won TLC's Barbecue Pitmasters Season One, 27 Grand Championships, numerous KCBS national and international awards, and is in the CBBQA Hall of Fame.



CERTIFICATE OF LIABILITY INSURANCE

DATE (MM/DD/YYYY)
7/31/2018

THIS CERTIFICATE IS ISSUED AS A MATTER OF INFORMATION ONLY AND CONFERS NO RIGHTS UPON THE CERTIFICATE HOLDER. THIS CERTIFICATE DOES NOT AFFIRMATIVELY OR NEGATIVELY AMEND, EXTEND OR ALTER THE COVERAGE AFFORDED BY THE POLICIES BELOW. THIS CERTIFICATE OF INSURANCE DOES NOT CONSTITUTE A CONTRACT BETWEEN THE ISSUING INSURER(S), AUTHORIZED REPRESENTATIVE OR PRODUCER, AND THE CERTIFICATE HOLDER.

IMPORTANT: If the certificate holder is an ADDITIONAL INSURED, the policy(ies) must be endorsed. If SUBROGATION IS WAIVED, subject to the terms and conditions of the policy, certain policies may require an endorsement. A statement on this certificate does not confer rights to the certificate holder in lieu of such endorsement(s).

PRODUCER Optistar Insurance Services, Inc. 5912 Bolsa Ave Ste 210 Huntington Beach, CA 92649 0F15759	CONTACT NAME: Luis Corona	
	PHONE (A/C, No, Ext): (714)705-4332 FAX (A/C, No): (800)958-4982	
INSURED Harry M Soo LLC dba Slap Yo Daddy [REDACTED] [REDACTED]	E-MAIL ADDRESS: lcorona@optistarinsurance.com	
	INSURER(S) AFFORDING COVERAGE	NAIC #
	INSURER A: SENTINEL INSURANCE COMPANY, LIMITED	11000
	INSURER B:	
	INSURER C:	
	INSURER D:	
	INSURER E:	
	INSURER F:	

COVERAGES CERTIFICATE NUMBER: REVISION NUMBER:

THIS IS TO CERTIFY THAT THE POLICIES OF INSURANCE LISTED BELOW HAVE BEEN ISSUED TO THE INSURED NAMED ABOVE FOR THE POLICY PERIOD INDICATED. NOTWITHSTANDING ANY REQUIREMENT, TERM OR CONDITION OF ANY CONTRACT OR OTHER DOCUMENT WITH RESPECT TO WHICH THIS CERTIFICATE MAY BE ISSUED OR MAY PERTAIN, THE INSURANCE AFFORDED BY THE POLICIES DESCRIBED HEREIN IS SUBJECT TO ALL THE TERMS, EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. LIMITS SHOWN MAY HAVE BEEN REDUCED BY PAID CLAIMS.

INSR LTR	TYPE OF INSURANCE	ADDL INSD	SUBR WVD	POLICY NUMBER	POLICY EFF (MM/DD/YYYY)	POLICY EXP (MM/DD/YYYY)	LIMITS	
A	<input checked="" type="checkbox"/> COMMERCIAL GENERAL LIABILITY	Y		72SBMBF6361	8/28/2017	8/28/2018	EACH OCCURRENCE	\$ 1,000,000
	<input type="checkbox"/> CLAIMS-MADE <input checked="" type="checkbox"/> OCCUR						DAMAGE TO RENTED PREMISES (Ea occurrence)	\$ 1,000,000
							MED EXP (Any one person)	\$ 10,000
							PERSONAL & ADV INJURY	\$ 1,000,000
							GENERAL AGGREGATE	\$ 2,000,000
	GEN'L AGGREGATE LIMIT APPLIES PER:						PRODUCTS - COMP/OP AGG	\$ 2,000,000
	<input checked="" type="checkbox"/> POLICY <input type="checkbox"/> PROJECT <input type="checkbox"/> LOC							\$
	OTHER:							\$
	AUTOMOBILE LIABILITY						COMBINED SINGLE LIMIT (Ea accident)	\$
	<input type="checkbox"/> ANY AUTO						BODILY INJURY (Per person)	\$
	<input type="checkbox"/> ALL OWNED AUTOS						BODILY INJURY (Per accident)	\$
	<input type="checkbox"/> HIRED AUTOS						PROPERTY DAMAGE (Per accident)	\$
	<input type="checkbox"/> SCHEDULED AUTOS							\$
	<input type="checkbox"/> NON-OWNED AUTOS							\$
	UMBRELLA LIAB						EACH OCCURRENCE	\$
	EXCESS LIAB						AGGREGATE	\$
	<input type="checkbox"/> OCCUR							\$
	<input type="checkbox"/> CLAIMS-MADE							\$
	DED <input type="checkbox"/> RETENTION \$							\$
	WORKERS COMPENSATION AND EMPLOYERS' LIABILITY						PER STATUTE	
	ANY PROPRIETOR/PARTNER/EXECUTIVE OFFICER/MEMBER EXCLUDED? (Mandatory in NH)	Y/N	N/A				OTH-ER	
	If yes, describe under DESCRIPTION OF OPERATIONS below						E.L. EACH ACCIDENT	\$
							E.L. DISEASE - EA EMPLOYEE	\$
							E.L. DISEASE - POLICY LIMIT	\$

DESCRIPTION OF OPERATIONS / LOCATIONS / VEHICLES (ACORD 101, Additional Remarks Schedule, may be attached if more space is required)

CERTIFICATE HOLDER IS ALSO LISTED AS ADDITIONAL INSURED.

CERTIFICATE HOLDER

Davida Scott
Hayward Adult School
22100 Princeton St.
Hayward, CA 94541

CANCELLATION

SHOULD ANY OF THE ABOVE DESCRIBED POLICIES BE CANCELLED BEFORE THE EXPIRATION DATE THEREOF, NOTICE WILL BE DELIVERED IN ACCORDANCE WITH THE POLICY PROVISIONS.

AUTHORIZED REPRESENTATIVE

Luis Corona