

General Information

This is a podcast where everyday people share their stories on how they learned to cook, or not, and their stories about food and cooking. I want to create a podcast that feels like friends telling stories to each other. I am looking for the spectrum of emotions we experience as humans as food and cooking are such an integral part of our lives.

What this podcast is not:

- political, religious, or academic
- a prescription or advice for anything medical, dietary, or mental health

Some technical tips for sound and video quality:

The podcast will be recorded using Zoom video conferencing. Once we start recording, don't worry about it being perfect. I will be editing the audio and video as necessary. So just keep talking!

- Have lighting be in front of you, not behind you. We want to see your beautiful face.
- Use a tripod or make a stable place to set your phone or computer.
- Set the camera to be the same height as your face. We don't want to look up your nose, ha!
- Don't touch the table or desk that your computer or camera is on because it moves the camera.
- Earbuds often have a better microphone than the one built into your laptop.
- Test out the video and camera angles before we start recording.
- Make sure there is nothing personal in the background.
- If you are going to show us any kitchen gadgets or tools or books, etc, have them ready at your recording space. Or maybe record in your kitchen.

Question List

This is the general format of the podcast. Each final episode will be between 30 - 60 minutes. The questions listed here are to give you an idea of topics the show is interested in. Each episode will only cover some of the questions as this is a long list.

We will agree in advance which ones will be asked. I am open to discuss questions that fit in the general topics but are not listed. I may ask you to elaborate on an answer. If there are any topic that are off-limits, please let me know so I can honor that.

Introduction:

Name

Why you volunteered to be a guest

Where are you from? What part of the country or world do you live in now?

How do you spend the majority of your days?

Tell us about how you learned to cook:

Describe what kind of cook you are.

Who taught you the most about cooking?

Who taught you the most about how not to cook?

What experiences influenced your learning to cook?

Do you follow recipes? Do you wing it?

What was the first thing you learned to cook?

What was the hardest thing you have learned to cook?

What is something you want to learn how to make?
What is something you 'had to eat' growing up that you will never eat again?

What emotions do you have when you think about food when you were a child?
How do those emotions impact you today?
What is your relationship to food today?
Do you have any trauma surrounding food?
Do you have any special dietary needs?

What is the BEST tip you ever learned?

Tell us about your kitchen:

What is your favorite kitchen 'gadget'? Why? What do you use it for?
How frequently do you cook? Batches? As you go?
What does your dream kitchen look like?
What do you like about the layout?
What staples do you HAVE to have at all times?

Tell us about a typical week:

Do you meal plan?
Do you make grocery lists?
Do you follow a food budget?
How many stores do you shop at for food for cooking?
Do you read food labels? What do you look for? Any thoughts about food labels?

What would you like to tell grocery store executives/decision makers about shopping?
What would you like available in stores that isn't? Is there a dream product you would buy if it existed?
What would you like to tell food processors about the food they make available to us?
What would you like to tell farmers about the food they grow or raise?
Do you have any questions for grocery stores, food processors, or farmers?
What would you like available in restaurants that isn't?
What would you like to tell restaurant decision makers?

What's your favorite thing about cooking?
What's your "Grrrrrr! I hate this" thing about cooking?

BEST MEAL EVAH that you made? Have you made it again? Do you share it with others? Who?
WORST MEAL EVAH that you made? What went wrong? Did you ever try to do it again better?

What is your favorite food? Or meal?
What is your "OMG please don't ever make me eat that" food?
What can you eat for breakfast, lunch, and dinner for 2-3 days straight?
What do you eat and drink when you want to feel refreshed and bright?

What you eat when you're not cooking:

When you go to a restaurant, what is your favorite thing to order? Do you make it at home? Why, why not?
Best food invite you've ever had?
Worst food invite you've ever had?

Special Occasions:

Do you cook for guests?
Tell us a success or disaster story.
Share a tip for entertaining.

Speed Round:

Do you live to eat OR eat to live?
What was the last thing you ate?
What was the last thing you cooked?
What is your food quirk?
What does food and cooking mean to you?
What do you cook when you are feeling lazy? Or don't have a lot of time?
Do you like leftovers?
Mayonnaise or Miracle Whip?
Do salads have to have lettuce or greens?
What is your favorite comfort food or fill my belly meal?
What is your indulgence snack: sweet or savory? And what is the snack?
Do you eat meals at the table or in front of the tv or computer?

Closing:

What's your next meal going to be? Will you prepare it? If not, where will you get it?
How can people follow your cooking and food journey?
How can people get in touch with you?
What question would you like to ask another guest on a future episode?

Listener or Other questions:

Are you willing to answer listener questions?
Is there a story about food and cooking that you want to share that is not included here in the questions?

Podcast Guest Release Form

PROGRAM: How I learned to Cook created by Chez Amy LLC

GUEST NAME: _____ CELL PHONE: _____

ADDRESS: _____

City: _____ ST: _____ Zip: _____

EMAIL ADDRESS: _____

I hereby grant to Chez Amy LLC (How I Learned to Cook podcast) their subsidiaries, affiliates, agents, successors, and assigns the right and permission to record, use, publish, stream live, offer for sale, or otherwise distribute any audio or video interview and/or session with me. Such right and permission includes, but is not limited to, my name, recorded voice or video, photograph or likeness, biographical information, handouts or any material based upon or derived therefrom.

I understand that How I Learned to Cook podcast may, at its sole discretion, produce presentations or publications based in whole or in part upon audio interview (or any portions thereof) and/or a video or audio recordings or photographs of said interview, and that such media or transcripts may appear in print, online, or in any manner or media, including but not limited to promoting the podcast or streaming audio program. How I Learned to Cook podcast shall have the right to edit and/or transcribe my session and/or interview.

I have no right of approval, no claim for compensation, and no claim (including, without limitation, claims based upon defamation) arising out of or in connection with, any use, alteration, or use in any composite form hereunder.

I hereby release and discharge How I Learned to Cook podcast together with all principals, shareholders, officers, members, employees, agents, successors, heirs, assigns and affiliates from any and all liability arising out of or in connection with the program, the session, the making, producing, reproducing, processing, exhibiting, distributing, publishing, transmitting by any means or otherwise using the above-mentioned production.

I hereby warrant and represent that I have the right to enter into this agreement and to grant the rights granted to How I Learned to Cook podcast herein. I agree that during the course of the interview and/or session I have not violated the rights of any third parties, including but not limited to copyrights, rights of privacy, trade secrets, and non-disclosure agreements, and that in the event of any breach of any of these warranties, that I will defend and hold How I Learned to Cook podcast harmless against any such claims.

This release shall be binding upon me and my heirs, legal representatives, and assigns. If the foregoing terms are satisfactory, please sign and date this agreement below and return it to the program coordinator. Execution of this Agreement does not obligate Chez Amy LLC to broadcast or publish your session or other materials.

AGREED AND ACCEPTED by Guest:

Guest Signature: _____ Date: _____

PARENT / GUARDIAN WAIVER FOR MINORS

In the event that the Guest is under the age of consent (18 years of age), then this release must be signed by a parent or guardian, as follows: I hereby certify that I am the parent or guardian of _____, named above, and do hereby give my consent without reservation to the foregoing on behalf of this individual.

Parent / Guardian Name: _____ Relationship to Minor: _____

Parent / Guardian Signature: _____ Date: _____

AGREED by Program Coordinator How I Learned to Cook podcast and Owner, Chez Amy LLC:

Name: Amy Callahan

Signature: _____ Date: _____

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