

# How to have a smoothie bike stand

Dunedin and Wellington Councils have had smoothie bikes at Love Food Hate Waste stands at Farmers Markets and Fairs. Members of the public sit on the bike and pedal. This moves the blades in the blender and makes the smoothie.

## Preparation

- You will need at the site
- Access to water for hand washing
- Ingredients for your smoothies
- Disposable cups or facility to wash reusable cups
- Knives, chopping boards, spoons, tongs, cleaning equipment
- An area 3 metres x 2 metres is plenty space for the bike and equipment.

We would normally recommend the bike can be used easily by people aged seven years and older but this depends on the child's height. If a child is too small to be able to use the bike easily they can still take part (choosing the fruit and making a smoothie) but someone else could pedal the bike on their behalf.

## Promotion

- As the stall is at an existing event you don't need to publicise the stand at the event. You do need to encourage people to have a go on the bike. Families with children are a good audience to target as whilst the child is pedalling on the bike you can talk to the parent about food waste.
- Some councils have used pledges – to waste less food and go in draw to win a cookbook and get onto the Ifhw mailing list

## Staffing

- If you have a bike you need at least two people on your stall as one person can talk to the public whilst the other person looks after the bike

## Food

- The smoothie bike works best blending soft items such as bananas and berries with milk. It is nowhere near as powerful as a nutrabullet so don't add vegetables unless you also have a nutrabullet available.
- Liquid - juice, milk, soya milk
- Fruit (fresh or frozen) - berries, stone fruit, grapes. If using frozen berries allow to thaw overnight.
- Optional ingredients - yoghurt
- Need extra flavour? Mint, ginger, cinnamon, honey
- Blend around 50% liquid, 50% fruit and the proportion of fruit can be tailored to what you have or to your particular taste.

## Example combinations:

Banana, strawberry, yoghurt, milk

Berries, banana, apple juice

The experience from Wellington is

- For two hours you may use 4-6 2litre bottles of milk and maybe 10 banana's. It's really hard to say because it depends on how much you make in one batch (250-450ml for example). It's best to have a chilly bin with ice for the milk so you have plenty. One bottle of liquid honey is more than enough for one event (should last for 2-3 events).
- In Wellington there are usually some rules requiring a handwash station (bladder with tap and bucket underneath) at any event/stall with food- check with the local Environmental Health Officers.
- Also, we've had an issue with one event not allowing us to give away from smoothies because it annoys their paying stallholders who are selling smoothie