

CATERING EXPERIENCES

— BY FREDDIE —



CATERING EXPERIENCES

GUIDED TASTINGS

Engage your senses through a curated 15-20 minute tasting session with your FLIK Dietitian.

Max 150 people.

Cost: 50 + per person food cost.



THE TEA SHOPPE 5.5

Form the art of matcha to the complexities of green tea, experience the flavors of tea and all it has to offer.

Learn brewing techniques, the differences in tea varietals and the health benefits of tea. Then sit back and enjoy a flight of tea (matcha, green, herbal and black tea).



CHOCOLATE: FROM BEAN TO BAR 5.5

From bitter bean to sweet treat, learn how cacao beans are made into chocolate.

Experience the process of chocolate making through your senses: see, feel, taste and smell the different steps of chocolate. Try the bitterness of a cacao nib, the richness of cocoa butter, and enjoy the finished chocolate product.



OLIVE OIL 5

Taste the Mediterranean. Discover the nuances of olive oil, from its peppery notes to its buttery smoothness.

Learn the benefits of olive oil and the Mediterranean diet. Then enjoy a “blind” taste testing of olive oil assessing for appearance, aroma and flavor. Taste oils from Greece, Italy, Spain, and California and work to guess the origins of the olive oil from the blind taste test.

Events catered to your tastes. Choose from a variety of fun themes or 'Make It Your Own' with a custom request.

Reach out to Catering_Manager@FreddieMac.com for questions or custom requests.

All Freddie Experiences must be booked 2 weeks in advance.

CATERING EXPERIENCES

DEMOS

Enjoy a lively 15-20 minute cooking demonstration and informative nutrition session with your FLIK Dietitian.

Max 300 people.

Cost: 65 + per person food cost.



BETTER THAN BOTTLED 2.5

Insource the sauce.. make your own simple salad dressings. Seasonally inspired, fewer ingredients, more nutrients.

Learn how to make balsamic vinaigrette, jalapeño cilantro dressing and a seasonal vinaigrette followed by a tasting of each dressing.



ARE YOU A SUPERTASTER? 2.5

Have great taste? Put your taste to the test with this fun supertasting activity accompanied with seasonal crostinis.

Do you have the bitter taste gene? Find out in this session then learn how to enjoy foods based on your taste preferences. Demo of a seasonal crostinis followed by a tasting.



MASTER THE MOCKTAIL (PITCHER SERVES 8-10 PEOPLE: 18)

Sober-curious? Learn to make tasty, non-alcoholic sips for everyday enjoyment. Take a load off without the liquor.

Learn how to shake, pour and garnish the perfect mocktails. Demo of Mock-jito, Mock-a-rita, and a seasonal mocktail. Samples available for tasting.

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DIYS

Embark on a culinary adventure with these 15-20 minute customizable break bars with your FLIK Dietitian.

Max 50 people.

Cost: 55 + per person food cost.



BREAKFAST REIMAGINED 4.5

From delightful overnight oats to breakfast bowls, start your day with a burst of creativity and flavor.

Choose between overnight oats or smoothie bowls for group to customize. Session will include a basic demo of overnight oats/smoothie bowl followed by customizing your own breakfast bowl to enjoy or take with you for later.



PASS THE FLAVOR: SPICE MIXES 4.5

Bland is boring. Learn the basics of flavor and seasoning profiles. Blend your own spice mixes with a few flavorful favorites.

Learn to create your own spice blend with guidance on flavor combinations and usage tips. Recipes available for inspiration. Mix your own spice blend and discover ideas for enhancing meals at home.



HYDRATION STATION

(PITCHER SERVES 8-10 PEOPLE: 14)

Step aside, sugary drinks. Elevate your water with fresh herbs and fruit for a refreshing and delightful beverage.

Learn more about the benefits and recommendations on hydration. Then build your own infused water with an assortment of fruit, herbs and spices to enjoy or take with you for later.

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TEAM TEACHING KITCHEN

Gather your team for a 1 hour culinary team building with your FLIK Dietitian.

Available from 3-5 pm.

Max 35 people.

Cost: 115 + per person food cost.

Optional Add-On: Knife Skills

Cost: 50 + 2 per person



GUAC SHOWDOWN 5

Bring out your competitive spirit to see who can make the best guacamole on your team.

Demonstration of basic guacamole. Guests are then broken into teams of 3-5 people with a "budget" for guacamole add-in ingredients. Teams compete against each other for the best guacamole being judged under categories: taste, presentation, innovation. Guests can then enjoy guacamole with an assortment of dippers with their team or take the finished product home with them.

GARDENSCAPE FOCACCIA 5

Create a stunning vegetable focaccia gardenscape using seasonal produce and herbs.

Demonstration of preparing focaccia dough. Guests receive proofed dough and then create their gardenscape. Cooking instructions provided for guests to bake off finished product at home.

BETTER FOR YOU ENERGY BITES 5

Convenience foods can be healthy too! Rethink the retail and make your own satisfying snack bite.

Demonstration of energy bites. Guests follow along and customize their own energy bites. Participants make 3 energy bites to enjoy or take home for later.

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WELLNESS WORKSHOP

Gather your team for an in-person nutrition session with your FLIK Dietitian. Topics designed for 30 minute session with time for Q&A.

Max 300 people.

Cost: 100



HEALTHY HABITS FOR HECTIC LIVES

Mealtime made simple. Discover simple food swaps and meal ideas that fit into packed schedules.



EAT TO STAY WELL

Tired of catching every bug that's going around? Discover the foods that support your immune system and help you stay healthy.



HAPPY GUT, HEALTHY YOU

Feeling bloated and sluggish? Unlock better digestion, immunity and mood through your gut health.

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