



Apple Cider Coleslaw
Rob Reinhardt
PRAIRIE SMOKE & SPICE BBQ

This dressing is light and fruity, and is the perfect complement to smoked food. We recommend using it to top a pulled pork sandwich. It's been a staple of our catering business for many years.

INGREDIENTS
1 cup apple cider vinegar
1 cup white sugar
1 large lemon



IDA Award
Submission
Leadership
Development
Staff Supper
and the Heart &
Soul Cookbook



**Regina
Downtown**
BUSINESS IMPROVEMENT DISTRICT



Feeding our community.

From the most joyous celebrations to the most challenging experiences, food is always the thread that ties us together. And Leasa and Judith are all about food...so this partnership was right up our alley!

The partnership between our two Business Improvement Districts served so many purposes - from building relationships with our business owners and folks who work in our districts, to providing emotional support and connection to people who were struggling, and to supporting our local restaurants when their livelihood was on the brink of disappearing – the impact of this partnership goes beyond a simple economic recovery initiative.



Staff Supper and Cookbook Brain Trust (L-R)
Judith Veresuk, Regina Downtown
Mark Heise, Rebellion Brewing
Leasa Gibbons, Regina's Warehouse District
These are the people that get @\$%# done

From idea to implementation....

Simple, low cost solutions allowed us to launch Staff Supper quickly. We used Wufoo and Excel to track orders and deliveries were made by yours truly! No Uber Eats for this project!

Entry Id	Name	Select a Meal Choice. Meal provided by Crave.	Select a Beer Choice	Pick up
3	Bradley	House Slow Smoked Brisket and Fries - Crave BBQ jus and Coleslaw	Rebellion Cerveza	Delivered
11	Hoang	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Amber Ale	Delivered
12	John	House Slow Smoked Brisket and Fries - Crave BBQ jus and Coleslaw	Rebellion Amber Ale	Delivered
13	Charmaine	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Amber Ale	Delivered
14	Amanda	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Amber Ale	Delivered
15	Chris	House Slow Smoked Brisket and Fries - Crave BBQ jus and Coleslaw	Rebellion Amber Ale	Delivered
16	Tyson	House Slow Smoked Brisket and Fries - Crave BBQ jus and Coleslaw	Rebellion Amber Ale	Delivered
19	Josh	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Cerveza	Delivered
20	Nick	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Cerveza	Delivered
22	James	House Slow Smoked Brisket and Fries - Crave BBQ jus and Coleslaw	Rebellion Amber Ale	Delivered
26	Bill	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Amber Ale	Delivered
29	Roean	House Slow Smoked Brisket and Fries - Crave BBQ jus and Coleslaw	Rebellion Cerveza	Delivered
30	Roger	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Cerveza	Delivered
31	Dean	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Cerveza	Delivered
33	Julio	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Amber Ale	Delivered
34	Julie	Saskatchewan Quinoa "Stir-fry" - Kimchi, sweet peas and corn w crispy marinated tofu and soy ginger glaze	Rebellion Cerveza	Delivered
	Roxanne	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Amber Ale	Delivered
	Matt	Saskatchewan Quinoa "Stir-fry" - Kimchi, sweet peas and corn w crispy marinated tofu and soy ginger glaze	Rebellion Amber Ale	Delivered
28	Emma	Saskatchewan Quinoa "Stir-fry" - Kimchi, sweet peas and corn w crispy marinated tofu and soy ginger glaze	Rebellion Amber Ale	Delivery between 5:00pm and 6:00pm
23	Evan	House Slow Smoked Brisket and Fries - Crave BBQ jus and Coleslaw	Rebellion Amber Ale	Delivery between 5:00pm and 6:00pm
	Sara	Fried Chicken+Ribs - Back ribs and Crave wings in gochujang and miso glaze. Served with mac and cheese	Rebellion Amber Ale	Delivery between 5:00pm and 6:00pm
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No food orders were compromised during this delivery!

Community and camaraderie....

Soon after the project launched, we realized we wanted to keep in contact with our new friends throughout the week. A private Facebook group was set up so everyone could continue to communicate outside of the Staff Supper nights.



No Zoom fatigue here....

A key element of the Staff Supper project was our Zoom calls over dinner. Zoom allowed us to share our concerns and fears, check in with one another and de-stress! Jackbox, anyone?

The Staff Suppers were uplifting as well as the Zoom “meetings” that helped us get together with others to check in on a regular basis.

-Charmaine Styles, Staff Supper Participant



Our only regret was that Zoom filters were not a thing yet....I am not a cat....



Restaurant Love....

Our restaurants hit it out of the park every week, offering program participants special meals, beyond the typical burger and fries, that weren't on the regular menu.

STAFF SUPPER



This week's menu provided by



Industry Staff Supper

May 21st 2020

Fried Chicken + Ribs

Back Ribs + Crave Wings in Gochujang + Miso Glaze. Served w Mac + Cheese

Saskatchewan Quinoa "Stir-fry"

Kimchi, Sweet Peas + Corn w Crispy Marinated Tofu + Soy Ginger Glaze

House Slow Smoked Brisket + Fries

Crave BBQ Jus + Coleslaw



Crave Kitchen + Wine Bar

May 21, 2020

All ready for tonight's

@reginadowntownbid Staff Supper!

Brisket + Fries and Chicken + Ribs +

Mac n Cheese - @rebbrewregina

Amber Ale + Cerveza

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@warehouseyqr #getwhatyoucrave

#locallove #takeout #foodporn

#getinmybelly #chickenwings

#brisket #foodphotography #cheflife

Stepping up to the plate....

Fifty individual take out meals...no problem...
And when the restaurants needed some help putting
the finishing touches on the meals, Judith and Leasa
stepped in!



All in this together....

Our chef community is very small – everyone knows everyone. It was wonderful to see them supporting each other through such an uncertain time!



Crave Kitchen + Wine Bar

May 14, 2020 · 🌐

Thanks to @reginadowntownbid @warehouseyqr @rebbrewregina @avenue_regina for tonight's dinner. We look forward to doing next week's #staffsupper!

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#restaurant #support #love
#supportlocal



Did we gain weight? Yes, yes we did.

Did we mention that this project included seven weeks of delicious food and local craft brews? Staff Supper, despite all the hard work putting it together, definitely was a highlight during a very stressful time.



I loved Staff Suppers! They were a great way to socialize and reconnect with friends in the industry. Also got to make some new connections, while enjoying amazing local food and beers!

-Sarah Benson, Staff Supper Participant



From our hearts to your house....

Staff Supper concluded after the restaurant industry reopened. But we missed each other and we missed the food. This led to the development of the Heart & Soul Cookbook. Now the community can share in Staff Supper meals by cooking from the comfort of their own kitchens!



The gift that keeps on giving....

Our distribution partnership with the Regina Food Bank will keep our project alive into year two of the pandemic (!)

The Regina Food Bank will be using our cookbook in their upcoming Facebook Live cooking classes, showing how the recipes can be made at home.

And a donation will be encouraged to the Regina Food Bank with each digital download of the Heart & Soul Cookbook.



date

Lime-Sesame Vinaigrette (makes ~ 1/4 cup)

Juice of 1 Lime / Zest first
3 tbsop Rice Wine Vinegar
1 tbsop Soy Sauce
1/2 cup Olive Oil
1 tsp sesame oil

Combine all in food ~~processor~~ processor/blender
& blend well

Lentil Salad (makes ~ 2.5 cups)

1 cup green lentils
2 cup water
1 cup chicken or veg stock
1 Pepper (thin sliced)
1 Carrot (thin sliced)
1/2 cucumber (thin sliced)
10 baby tomatoes (halved)

1) Cook lentils until soft enough to eat / cool
2) Dress lentils w/ vinaigrette, plate
3) Dress veg, place on / around lentils
4) Garnish w/ pickled red onion & microgreens

Staff Supper and the Heart & Soul Cookbook

The Staff Suppers organized over the height of COVID-19 for restaurant staff, while they were unable to work due to restaurant closures, was an absolutely awesome way to keep the restaurant community spirits high. Affordable meals, beer, and Zoom calls were a great selling point, but it also allowed me to see people (on the Zoom call) that I had not been able to see even long before COVID-19. You sometimes forget how small the server/restaurant community is! Familiar faces, good meals, and beer made all the difference in my lockdown experience and I am so grateful for all the people whose hard work made it come to fruition! I cannot say enough great things!

Kennya Bhimji
Staff Supper Participant

500
hours

7
weeks

\$12,000
budget

2

Exhausted BID
Directors

300
Delicious meals
served

9
restaurants

Supporting
Our Community
Priceless

70

Smiling Zoom faces!
(Zero cats though)

13

Cookbook
recipes

Thank you!!