

# PRE-SHOOT FOOD STYLING

# checklist

STEP	TASK	DONE
PRE-SHOOT		
01	<b>Recipes written &amp; tested</b> - even if my recipes aren't fully tested I always make sure they are properly typed up, so they are easy to follow.	<input type="checkbox"/>
02	<b>Brief received from client or completed by myself</b> - not having a brief from either a client or yourself is a recipe for disaster. Without a clear direction you tend to make confused & bad decisions.	<input type="checkbox"/>
03	<b>Recipe drawings completed</b> - this is a system I developed early in my career and it has stayed with me since. For each recipe I'm going to style/photograph I do a rough sketch of how I think I'm going to style it. This includes, angle, props (plates, glassware, napery, cutlery etc), background/surfaces.	<input type="checkbox"/>
04	<b>Surfaces and props selected</b> - as a professional food stylist I always select the the surfaces, plates, bowls, cutlery, glassware, napery, bakeware etc way before I get to the shoot. These choices are made from the drawings I have just completed in Step 3. I lay them out in a "mock" set up (obviously minus the food) and take a reference photo on my phone. This helps me see if that set up will work on set. At this stage I also choose other prop options so if I change my mind I have back-up.	<input type="checkbox"/>
ON-SET		
05	<b>Unpack my props and lay them in their recipe order</b> - we've reached shoot day & I find following my checklist keeps me feeling calm & organised. I like taking the time to unpack my props & putting them in the set-up I previously photographed in Step 4. Extra props are put in another section on the table.	<input type="checkbox"/>
06	<b>Set up my styling bench</b> - I always try to have a designated work space thats just used by me to style the food before taking it to set. On this bench I have, a jar of spoons/teaspoons, water spray bottle, my knives, chopping board, a roll of paper towel & a small glass of olive oil with a brush.	<input type="checkbox"/>
07	<b>Props set up for lighting test</b> - before each recipe gets cooked, I set up that recipes props on my set so either your photographer or you can do a couple of test shots to confirm your angle and your lighting.	<input type="checkbox"/>
08	<b>Compliment yourself</b> - you've prepped well & you're ready no matter what the shoot throws at you....& remember to have fun!!	<input type="checkbox"/>