**MEALS ON WHEELS NATIONAL RECORD ATTEMPT**

Photography Guideline Checklist

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|  | **Guidelines** | **Y/N** |
| Best Practice/  Hygiene | * Ensure all volunteers being photographed are wearing necessary gloves and hair nets/hair ties. * Ensure all volunteers being photographed are well presented,. * Any hands being photographed near or handling food must be visibly clean with trimmed fingernails. * Avoid photographing volunteers wearing any jewellery beyond a simple band ring and stud earrings. * Avoid photographing any bandages, band-aids, cuts, or wounds. * Ensure no photographs show food on the kitchen floor. |  |
| Plating Tips | * Ensure food being photographed is on an appropriate surface. This may be on a chopping board, a clean counter top, or in a container. * A handy tip when arranging food to be shot is to start from the inside of the ‘plate’ and work your way outwards. |  |
| Lighting Tips | * If using a secondary light for photography, try positioning it to the side of the food rather than from head on. This will better show the shapes and lines of the food. * Avoid any harsh shadows cast by lighting. * Avoid using flash or head on lighting. * If possible, opt for a warm coloured light source rather than a cool coloured one – think yellow tones. |  |
| Composition Tips | * Try shooting from either a bird’s eye view, or from a low view – the same angle as the food. * Avoid shooting from your standing height (45-degree angle) as this can give an uninteresting photo. * Don’t be afraid to include your volunteers in your images! They’re the ones responsible for making the whole thing work, and we love seeing their smiles as they prep and deliver the meals. |  |

**Further information:**

Queensland Meals on Wheels

Katrina Jermyn, Marketing Manager

e) [marketing@qmow.org](mailto:marketing@qmow.org) p) 07 3205 5588