



# Picture This: Showcasing School Meals to Your Community

In this interactive session, you'll learn tips and tricks for capturing great photo and video content using your smartphone.

## 5 Tips for Taking Great School Meals Photos

1. **Find an area with good lighting.** Find a nice, bright spot to capture your photo. This could be inside by a window or in a brightly-lit room with natural light. You could also consider taking your picture in an area outside.
2. **Style your shot.** Use your lunch tray or plate as a canvas and fill it with colorful items or items with different textures. If you want to highlight one particular item, place it in the center of your shot and use props (such as utensils or other items on the plate) to make it stand out more prominently.
3. **Frame your photo with thoughtful composition, and consider different angles.** Use your screen as a guide for taking your photo. Make sure that all of the items you want to highlight are inside the frame. Position your camera in different angles (e.g. above the tray, from the side, etc.) to preview your tray from different perspectives.



4. **Snap a picture of your tray and take more than one photo.** Take a picture of your tray from one of the angles you previewed in Step 3 and consider taking more than one picture.
5. **Edit your photo, as needed.** Use the 'Edit' option on your phone's photo app to make adjustments to your picture (e.g. brighten up the picture, crop, straighten, etc.). You can also use the Edit function in Instagram or an app such as Snapseed to edit photos on your phone.



## Tips for Filming Videos in Cafeterias

1. **LIGHTS!** Lighting is super important! If you are filming in a cafeteria, try to move towards any sort of window that may be around you! **Daylight** is amazing for shooting video, and it is fun to see how the weather can impact the mood of a video!



2. **CAMERA!** Know what you are filming for! Having an idea of **WHY** you are creating the video and **WHAT YOU ARE CREATING IT ON** is an important step in filming. If you are creating a longer promotional video (Like for **YouTube**), you will want to hold your phone **horizontally!** If you are creating a shorter form of video (Like for **Instagram** or **Facebook**), you will want to hold your phone **vertically!**

**HORIZONTAL**



**VERTICAL**



3. **ACTION!** *Form, form, form!* If you do not have a phone tripod, it is important to **tuck your elbows into your sides** while you are filming! This creates a more stable looking video that will be less shaky. I also try to move my entire body with the camera, I have found that it helps stabilize the video too!