

## **Fundraiser: Flavour Tripping Event Guide**

Flavour tripping parties are a fun way to reach out to your community, attract new members, and raise funds for your chapter! Miraculin, a molecule found in miracle berries, turns sour foods sweet and provides an entertaining and novel eating experience. Foods such as dark chocolate, smelly cheeses, wine, grapefruits, lemons, and limes take on a whole new flavour under the effects of miraculin, which is often referred to as “flavor tripping”. In this package, you’ll find guidelines for hosting your own flavour tripping party.

### **What is Miraculin?**



Miraculin is a molecule that alters the perception of flavours. It is naturally derived from several plants of West African Origins, most commonly *Synsepalum dulcificum*, which goes by the common name of “Miracle Berry”. Miraculin binds to the tongue’s taste receptors, blocking the perception of sourness. In low pH environments (which are caused by many sour foods), miraculin binds to enzymes in foods in a way that stimulates sweetness receptors.

Miraculin tablets work by dissolving in your mouth and coating your tongue, binding onto taste receptors. The duration varies from person to person, lasting anywhere from under an hour to close to two hours.

## Event Description

This event would take the form of a social gathering or party, with the aim of bringing people together for a fun afternoon or evening while raising funds for your chapter's other activities and projects. Most guests will likely stand and socialize, as you are providing finger foods, but you should try to have some seating available. If you can, have some music playing -- try to find a student to DJ, or you can invite a local band to play at the event.

Upon arriving at your event, attendees receive one or two miraculin tablets after showing or purchasing their ticket, and a raffle ticket which they can redeem at the food table for a plate of assorted foods. If you are providing wine at the event (make sure to follow your school's policies on alcohol at events!), give attendees a second, different-colored raffle ticket at the door which they can redeem for wine. Portions of wine should be fairly small, as it tastes very sweet under the effects of miraculin.

If attendees want an additional plate of food or more wine, they should be able to purchase additional tickets for them at the door. Doing these sales at the door instead of at the food table removes the need for having a second cash box at the food table.

## Requirements

- Miracle Berry tablets -- you can buy packs of 10 extra-strength tablets for \$21 on [Amazon](#). Each attendee should get one tablet with their event ticket, and they should have half a tablet at a time (let it dissolve on the tongue for a few minutes). If they want to buy more tablets, they should be able to buy additional tablets for \$2.50 a tablet.
- Assorted food (see below)
- Wine (optional; please adhere to campus alcohol policies!)
- A venue (on- or off-campus) that can accommodate 30 or more people
- Seating for roughly a third of expected attendees (optional)
- Tables to serve food
- A table for your chapter to distribute resources and materials and sign people up for your mailing list
- A cash box for ticket sales with a float of roughly \$50
- Volunteers
  - 1-2 at the door to greet attendees, check tickets and/or sell them on the spot, and give miraculin tablets and redeemable raffle tickets to attendees
  - 2 at the food table
  - 1-2 people at your chapter's table
- Music (playlists, DJ, or live band)

## Guidelines:

Suggested ticket price is \$15, but feel free to adjust this as necessary -- you can also consider charging \$15 pre-sale and \$20 at the door. Eventbrite can be used as an online platform to sell tickets, which has the benefit of providing an easy to track ticket sales.

Below are a list of suggested menu items and serving sizes per person. Your event should have about 1.5 servings of food per person available for the people who will want to pay for a second serving. The price of produce varies greatly on the time of year, so be sure to do a price analysis and make sure your ticket price will cover your expenses and yield some revenue.

- **Miracle berry tablets** - One pack of [extra-strength \(600 mg\) tablets](#) for every 6-7 people. A full tablet is one serving (tell people to use half at a time), and you should have some extra for anyone who wants to purchase more.
- **Cheese** - A serving of cheese is about 20g, so have about 30-35g per person available. Get more than one kind if possible, prioritizing cheese with a strong flavour.
- **Dark chocolate** - A serving is about 20g. Ideally, get chocolate bars (70%+ cacao) that are already cut into pieces (like Lindt bars), cut each square in half and give 3-4 as a serving
- **Coffee and tea** - Have 1-2 of each per person. Portions should be small-medium.
- **Limes** - You should get between 6-8 wedges per lime and give each person 1-2 wedges as a serving
- **Lemons** - Lemons are one of the biggest “wow” factors, so get one for every 3-4 people.
- **Hot peppers** - There is a wide variety of peppers available. A piece about the size of your thumb should be considered a serving, so have 1.5 “thumbs” of hot peppers per person.
- **Fruits** - Consider the size of an average kiwi to be a serving size for fruit. Good fruits to get will be berries, kiwis, grapefruits, and pineapples.
- **Wine** - If you get permission to have alcohol at your event, wine can also be an interesting option for flavour tripping. A small glass should be one serving.
- **Chips** - Optional item if you want people to have something to snack on outside of the flavor tripping taste options. Get one large bag per every 10-20 people. Another snack alternative can be hummus with veggies or bread for dipping.

More food suggestions can be found here:

<http://www.geekyhostess.com/what-to-eat-with-miracle-berries/>