

LUCA SILVESTRINI'S

**PROTEIN**

proteindance.co.uk

Sarah Trist  
Dance Management Agency

**MAY CONTAIN FOOD  
MAY CONTAIN YOU**



***“perfectly aimed barbs at the weirdness, excess and complacency of today’s foodie culture.”***

Judith Mackrell, The Guardian

One of the most distinctive voices in British dance, **Luca Silvestrini's Protein** brings audiences closer through storytelling, location and relatable performers, breaking down barriers between watching and taking part.

With specially composed music by celebrated composer Orlando Gough, ***May Contain Food May Contain You*** is a self-contained piece of immersive dance theatre which blends original choreography with social commentary and spoken word. Your local venue is transformed, restaurant-style, for a highly entertaining experience watching, savoring and digesting the unfolding performance. Audiences help the cast of three bake a scrumptious sticky ginger pudding whilst sharing their own sentimental dishes that they have made, grown or bought. As the heady scent of spice fills the air, Protein's charming hosts orchestrate a raffle during the interval and guests sample tasty delicacies over the course of the appetizing evening. Specially adapted for rural touring venues and alternative spaces, ***May Contain Food May Contain You*** is a captivating night out and an unforgettable reflection on our curious relationship with food.

***"May Contain Food is, in some ways, the perfect show for rural audiences. The performers draw the audience in asking for anecdotes in relation to their experiences of food, the preparation of the cake mix by the audience seated in cabaret style around the performance area further engaged the audience and the aroma of a baking cake heightened the whole show after the interval. Combined with the carefully orchestrated choreography and engaging performers, it is a show that provides a total experience!"***

Ralph Lister, Executive Director, Take Art



# Audience Reaction

"It was both enjoyable and different. The topic was covered in a very interesting and creative way. The performance was perfect and the comedic timing was on point."

"I absolutely loved the immersive nature of this show. The set up and style welcomed us in and definitely helped create the scene. We wanted to be a part of the show and indeed did without feeling silly or 'put on the spot.'"

"It was something different and made me laugh. It also made me appreciate food more."

"It's great to see dance which doesn't leave me feeling as if I'm not clued in enough to understand, so often I feel as if I'm the only one who doesn't understand the show, but this was accessible and the more enjoyable fun it."



"Incredibly charming performance. The interaction offered to the audience via the medium of food is insightful. What overall is so beautiful is how so many different crafts are blended together with so much grace offering such a smart journey around the topic."

"An immersive experience, a great community building exercise and the performers were excellent."

Never seen anything like it. Incredible how just two people can fill a room and silence the tipsy. I feel fortunate to be able to see something like this without having to go to London."



## BOOKING DETAILS

- Touring Company** Two performers, a rehearsal director (who also performs) and a production manager/technician (total 4 people). The performers, dressed as waiters and a chef, meet and greet the audience on arrival and take them to their seats
- Duration:** Approx. 1 hour and 30 minutes including a performed interval with raffle coordinated by the performers
- Venue suitability:** Theatre or gallery space, hall, community centre or other space. The room should ideally be no smaller than 10m x 10m (or 100sqm). Please note that the total flat floor area available will affect the audience capacity. 10m x 10m will allow for an audience capacity of around 60 people; a room size of 14m x 10m will allow for 80 to 100 people. Please send Sarah Trist [sarah@stdma.com](mailto:sarah@stdma.com) your hall layout and dimensions, Protein will work out the audience capacity for you. Access to a kitchen area or preparation/holding space (including fridge) for food is required
- Layout:** Cabaret style: in the round on the flat, with audience sat around the perimeter at tables
- Tech. requirements:** The company travels with its own lights and light bars, sound equipment, set and a portable oven and brings round tables to accommodate up to 80-100 people (depending on the available space). Venue only needs to provide power and chairs
- Get in/Out:** Minimum 5 hours Get-In. Maximum 2 hours Get-Out. Where possible, support with get in and get out by a venue technician is appreciated
- Catering:** Some light bites are prepared and served during the show. Audience members are also invited to bring along some food to share that they have made, grown or bought (if venue health and safety permits).
- Raffle:** The interval raffle is hosted by the performers and there are food related prizes. All money raised goes to the venue or presenter.
- UK Fee:** £1500 plus VAT inclusive of travel and accommodation (different rates apply for rural touring)
- Trailer:** <https://www.youtube.com/watch?v=KSL9-HFt0wU>
- Time Lapse:** <https://www.youtube.com/watch?v=-eTefOphg4> (Watch how Protein transforms a space)
- Contact** Sarah Trist @ Sarah Trist Dance Management Agency [sarah@stdma.com](mailto:sarah@stdma.com)  
07757 654790

