

Equipment List

for virtual recipe demonstration & cooking videos
Liz Weiss, MS, RDN | [Liz's Healthy Table](#)

The following equipment will help make your cooking demos more professional. Links in this document will take you directly to the products on either Amazon or Best Buy.

Lighting

- I use these two ring lights: [14-inch ring light](#) and [18-inch ring light](#)
- This is the softbox light system I use: [Professional Photography Softbox Socket Light Lighting Kit](#)

You can use one ring light or two; you can use one lightbox or two; or you can use a combination of one ring light and one lightbox.

Ethernet Cable

Connecting via hard-wire as opposed to wi-fi streaming is a much more stable connection. Use an ethernet cable to plug your computer directly into the router. This [50-foot cable](#) provides lots of length to move the computer to the best location.

Depending on the device you are using for your demo (phone or laptop), you may also need to buy the appropriate adapter to link the ethernet cable into your device.

Audio

Choose the type of audio that will work best with your setup.

- If you are standing close to your device, you can use the computer or phone mic.
- If you are a bit far away, using earbuds will help make the audio clearer for your audience. You can use Apple AirPods or a less expensive brand of wireless earbud. Choose one that will work with your phone.
- When shooting cooking videos and TV segments where I need the audio to sound more professional, this is the [wireless mic](#) that I use. This mic can be fussy, so when using, make sure you place the receiver on your kitchen counter vs. in your back pocket. Treat it with kid gloves.

Tripod

If you're using your phone as the camera, a tripod will stabilize it and make your video easier to watch. There are lots of tripod options out there, so just look on Amazon.

- If you're using a ring light, you can set your phone up in that.
- If you're using a lightbox, you'll need a tripod for your phone.

If you're using the camera on your computer, you'll likely need to prop it up on boxes, a stand, or something else creative to get it to the best height, so you won't need a tripod!