Let's cook! Plan, Shop, Pack List: Banana Swirl

Ingredients

- 2 bananas
- 2 tablespoons milk
- Assorted toppings (if using)

Disposable Supplies

- 3 ounce cups
- Plastic spoons
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Peel, chop, and freeze bananas ahead of time, and keep cold during transport.
- Print copies of the recipe (1 for each participant).

Note: Set frozen bananas out at the beginning of class to begin to thaw.

Equipment

- Blender
- 1 medium bowl
- 1 set of measuring spoons
- 2 dinner spoons
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cards)

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

# of participants in group:_____ **Date of lesson:** _____

Notes: _____

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