



EATING SMART
BEING ACTIVE

Food Preparation

- Purchase a large plastic tub with lid and handles
- Purchase items and arrange so that they fit in the tub. This is for a class size of 12 or smaller. If your class is larger, you may need more supplies. Not all recipes require all supplies. Read through and be familiar with the supplies required to prepare the recipe you have chosen.
- Store knives and knife sharpener in a knife case

Food Preparation Supplies:

<u>Items</u>	<u># needed</u>
Blender	1
Can opener	1
Colander	1
Cooking spatula	2
Cooking spoon	3
Cutting board, flexible, large	6
Electric skillet, extra deep 12"	1
Grater, hand	1
Knife, chef 5"	6
Measuring cup set, dry goods	3
Measuring cup, liquid	2
Measuring spoon set	4
Metal utensils (fork and spoon)	3 of each
Mixing bowls:	
Large and medium	3 of each
Small	7
Oven mitts	2
2 quart jug with sealable lid and pour spout	2
Pot with lid, medium	1
Serving plate	2
Spatula scraper	2
Vegetable peeler	2
Vegetable scrubber	1

Food serving and storage supplies*:

<u>Items</u>	<u># needed</u>
Clear plastic cup for breakfast parfait	6
Foil	1 box
Paper napkins	1 package
Plastic baggies (multiple sizes)	1 box of each size
Plastic containers with lids (multiple sizes)	several of each size
Plastic wrap	1 box
Plates or cups (paper or plastic, for serving food)	at least 1 per participant
Platter or large plates (to serve recipes in Celebrate lesson)	4
Plastic forks or spoons (for serving food)	at least 1 per participant
Vinyl tablecloths	2

Miscellaneous supplies:

<u>Items</u>	<u># needed</u>
Cooler, collapsible, with blue ice	1
Dishpan	2
Dish soap	1
Knife sharpener	1
Extension cord, simple(not a surge protector) with a long reach	2
Extension cord, surge protector variety	1
Kitchen towels	4
Paper towels	1 roll
Sanitizing wipes/spray	1
Sponge/dish rag	2
Timer	1
Tray	2

Safety supplies*:

<u>Items</u>	<u># needed</u>
Antibacterial wipes	1 box
Band-aids	1 box
Digital meat thermometer (instant read)	1
Disposable gloves	1 box of each size
Duct tape	1 roll
Fabric bandages, multiple sizes including knuckle/fingertip	1 box of each size
Finger cots	1 box
Hand sanitizer and hand soap	1 bottle of each

** The Food serving and storage and Safety supplies (with the exception of the vinyl tablecloths) are disposable and will need to be replenished periodically.*