

# Let's Taste! Plan, Shop, Pack List:

## Energy Bites

### Ingredients

- Creamy peanut butter
- Honey
- Nonfat instant dry milk
- Quick oatmeal (unflavored)
- Crispy rice cereal

### Disposable Supplies

- Small paper plates
- Napkins

### Prepare before class

- Make Energy Bites in the quantity needed for your class. Use the ingredient amounts listed in the lesson plan.
- Store the prepared energy bites in a container with a lid.
- Keep the energy bites in the refrigerator until you pack for class, up to 3 days.
- Use a collapsible cooler with reusable freeze packs to transport the energy bites to class.
- Print copies of the Recipe (1 for each participant).

### Equipment

- None

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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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