CULINARY CAMP

TOOLKIT

Your guide to running a hands-on cooking program for kids!
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**WHAT’S INCLUDED IN THIS GUIDE?**
- 14 healthy snack recipes
- Step-by-step lesson plans
- Program guide
- Budgets and Shopping lists
- Promotional tools
ABOUT CULINARY CAMP

FORMAT
• 45-minute sessions designed for groups of up to 20 kids
• 14 easy-to-follow recipes and lesson plans
• Can be taught by anyone — no special training required!

WHO CAN PARTICIPATE?
• Best suited for kids ages 5-13 years old
• Teenagers are encouraged to get involved as support staff and guest instructors

Want to get more kids to participate in your meal program? If you already offer summer programs, and have ample volunteer support, Culinary Camp is a must!

Culinary Camp is a fun, hands-on cooking camp for kids. Culinary Camp encourages kids to play with their food, try new ingredients, and make healthy choices along the way.
WHY CULINARY CAMP?

In the United States, approximately 22 million kids receive free or reduced-cost lunches through the National School Lunch Program. During the summer, kids are able to get free meals through the federal Summer Food Service Program (SFSP).

The problem? Only 15% of eligible kids use these summer meal programs.

Culinary Camp was created so that more kids from low-income communities can eat healthy foods.

IT PROMOTES HEALTHY EATING.
Research shows that experiential cooking programs positively influences kids’ food preferences, attitudes, and behaviors — like eating more fruits and vegetables, cooking at home, and talking with their families about healthy eating.

Each lesson plan includes a healthy, budget-friendly recipe created by a registered dietitian, plus fun nutrition facts and activities to learn basic cooking skills you can take home.

IT COMPLEMENTS OTHER MEAL PROGRAMS.
Every recipe makes a hearty snack that’s perfect any time of day so that Culinary Camp is meant to complement — not compete — with your USDA breakfast or lunch program.

IT’S AFFORDABLE FOR YOUR COMMUNITY.
Limited budget? No problem. Culinary Camp was designed for nonprofits with limited budgets. The flexible model lets you lean on your network and existing resources to offset costs. Plus, many of the recipes use interchangeable ingredients to keep costs low.

See page 6 to get an idea of how much it costs to run Culinary Camp in your community.

IT’S ADAPTABLE.
Tweak recipes to fit your taste, shorten or add to the 45-minute lesson, modify the lessons to make them work for you. The 12 lessons in this guide are just a starting point — the rest is up to you!

Plus, Culinary Camp can be offered as often as you’d like. The modular format lets you offer classes as a series or as a single event.

IT GETS THE WHOLE COMMUNITY INVOLVED.
Culinary Camp isn’t just for kids. Teens can step up as junior volunteers, and even lead classes! It’s also a great way to engage volunteers in new ways.

Pick up some community engagement tips on page 8.

Need tips on promoting Culinary Camp? See page 9.

Best of all, Culinary Camp was created by the community. Flip to page 60 to learn how kids, parents, teachers, and nonprofits helped create Culinary Camp!

Ready to start your own Culinary Camp?
Let’s get started! Turn the page.
PLAY IT SAFE

Having fun also means staying safe. Here are some food safety reminders to help when running Culinary Camp:

WASH UP
• Wash your hands for **20 seconds** with soap and running water.
• Always wash fruits and vegetables before peeling.
• Do not wash meat, poultry or eggs.

CHOP, CHOP
• Use **separate cutting boards, plates and knives** for produce and for raw meat, poultry, seafood and eggs.
• Clean utensils with hot, soapy water or in dishwasher (if dishwasher-safe) after each use.
• **Tip:** give kids plastic butter knives to help cut soft foods.

TOO HOT TO HANDLE
• Use a **food thermometer** to make sure food cooked in the oven, stove or on the grill reaches a temperature hot enough to kill germs.
  - All poultry, including ground: 165°F
  - Ground beef, pork, lamb and veal: 160°F
  - Beef; pork, lamb, veal chops, roasts or steaks: 145°F
  - Fish: 145°F

CHILL OUT
• Keep your refrigerator between 40°F and 32°F, and your freezer at 0°F or below.
• Refrigerate fruits, vegetables, milk, eggs and meats within 2 hours; (1 hour if the temperature is 90°F or higher).
• Store raw meat on the bottom shelf away from fresh produce and ready-to-eat food.
• **Throw out foods left unrefrigerated for over 2 hours.**

STAY INFORMED
• Look for more tips to keep food safe at [cdc.gov/foodsafety](http://cdc.gov/foodsafety)
LET’S MAKE A PLAN

Grab a pen and let’s start creating your plan. Here’s what you need to make Culinary Camp happen in your community:

INGREDIENTS

Culinary Camp’s recipes use healthy, affordable ingredients you can find just about anywhere! Need help choosing a recipe? Think about:

• What ingredients will kids be excited to use?
• Where can you shop for inexpensive (or bulk) ingredients?

RECIPES

• Trail Mix, page 14 ($19)
• Veggie Robots, page 16 ($34)
• Fruit Salad + Yogurt Dip, page 18 ($45)
• Lettuce Wraps, page 20 ($25)
• Confetti Salad, page 22 ($20)
• Yogurt Parfait, page 24 ($18)
• Strawberry Trifle, page 26 ($19)
• Refried Wheelies, page 28 ($35)
• Hummus Pita Pocket, page 30 ($27)
• Caramel Apple Pie, page 32 ($39)
• Black Bean Rollups, page 36 ($29)
• Mini Pizzas, page 38 ($44)
• Breakfast Sandwiches, page 40 ($40)
• Cheesecake Quesadillas, page 42 ($39)

TIPS:
Hosting multiple sessions allows you to buy in bulk and save money on the ingredients, especially when they show up in more than one recipe!

TIP:
Purchase inexpensive supplies at Amazon, dollar stores or a local restaurant supply store.

EQUIPMENT

Here’s everything you need for all 14 recipes for a class size of around 20 kids. Our prices below are based on estimates of what we found on Amazon and Kroger.

The Basics
• 4 mixing bowls ($46.32)
• 4 spatulas ($9)
• 4 wooden spoons ($8.40)
• 4 measuring spoons ($19.80)
• 4 measuring cups ($19.96)
• 4 cutting boards ($59.96)
• 2 chef knives ($27.70)
• 2 paring knives ($15)
• Can opener ($9.99)
• Toothpicks ($0.79)
• Small cups ($11.99)

Serving:
• Paper bowls (large pack for $29.24)
• Paper plates ($13.49)
• Napkins ($8.53)
• Spoons, forks, and knives ($9.97)
• 60 disposable tablecloths ($60)
• 18 sets of serving spoons ($19.99)
• 4 salad tongs ($39.96)

Clean Up/Storage:
• Plastic wrap ($9.35)
• Aluminum foil ($3.49)
• Resealable bags ($10.50)
• Trash bags ($7.98)
• Paper towels ($27.54)
• Antibacterial spray ($5.98)
• Sponges ($3.19)

More Advanced
• 4 electric skillets ($140.00)
• 4 extension cords ($27.96)

For fun (not included in total cost):
• Chef hats ($15.90)
• Aprons ($25.02)

$433.00 for 14 recipes $646.07 for all equipment $1,079.07 total
OVERHEAD

TIP:
No refrigerator? No problem! Many of our recipes use shelf-stable ingredients.

Now that you’ve got the recipes, you’ll need the support!

Space
• All you need is an area with some tables, chairs and a place to store your ingredients.
• Helpful (but not required): electrical outlets, a prep area, and a kitchen with a sink

Team
Teamwork makes the dream work!
Your Culinary Camp team might include:
• Program Manager
• Instructor
• Junior Volunteers (a minimum of two are recommended)

See pages 9-10 for more details.

PROMOTION

Publicize your event using a combination of low-tech outreach, traditional, and social media.

Low-Tech
• Make announcements at schools, churches, or civic groups.
• Notify counselors, teachers, and community resource coordinators before summer break begins.
• Ask neighbors, schools, churches, and other nonprofits to spread the word.
• Post fliers in high-traffic areas and on community boards.
• Ask businesses to post fliers at registers, posters in store windows.

Social Media
• Create a Facebook page or event, and share it with local online forums/groups.
• Submit your event to local online calendars and LISTSERVs.

Media:
• Ask local news stations and papers to report about your upcoming event.
• Use a press release or a media advisory.
• Place free ads in the community affairs section of your local papers.
• Contact local bloggers about promoting the program.

Ask yourself:
• Who is our audience? How do they hear about events and opportunities in our community?
• What other organizations/people can promote the program to their community?
• How can we make Culinary Camp exciting to both kids and parents? Tip: Avoid jargon, keep it simple, focus on fun rather than free food.
YOUR TEAM
Recruit the right people; here are the roles we recommend to share the responsibilities (and success).

TIPS FOR RECRUITING YOUR TEAM
• **Tap into your community!** Encourage local parents, chefs, or university students to get involved as instructors or volunteers.
• **Show appreciation:** Find creative ways to make people feel valued; consider offering free swag, meals or community service hours.
• **Clearly communicate schedules, rules and guidelines:** What are the dates, times and crucial details of the class? Are volunteers required to show up for every session? Is there a dress code? Do they need to fill out any major forms or permission slips?
• **Emphasize the importance of their role:** Each role is crucial to the success of Culinary Camp!

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**PROGRAM MANAGER**
Coordinates the daily and weekly tasks needed to help the program run smoothly

**INSTRUCTOR**
Leads cooking activities and lessons
Anyone can teach Culinary Camp! Encourage local parents, chefs, or university students to get involved as instructors or volunteers.

**JUNIOR VOLUNTEER**
Helps Culinary Camp where it’s needed
While anyone can be a volunteer, we highly recommend recruiting **teenagers** ages 14-18.

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**COMMUNITY ENGAGEMENT**
Culinary Camp is a fun way to engage individuals in your community. Ask how their skills and passions could strengthen the program.

*Ideas:*
• Know everyone on the block? Pass out fliers and help spread the word.
• Love working with people? Put on your chef’s hat and lead a class!
• Own a business? Donate food, equipment, or supplies.
• Need community service hours? Lend a hand as a junior volunteer.
PROGRAM MANAGER
A good fit if you're: a juggler of multiple balls with ease, the go-to party planner in their crew, that person who gets warm fuzzies looking at spreadsheets
Time Commitment: ~8 hours/week
Responsibilities:
• Recruits campers
• Coordinates program facilities, materials and other resources
• Coordinates logistics for guest speakers, volunteer trainings, etc.
• Assists in program preparation (e.g. arranging groceries and supplies)
• Communicates with parents about logistics, permission slips, food allergies, etc.

INSTRUCTOR
A good fit if you like: reading cookbooks like novels, sharing their love of food, and are fearless in the face of public speaking (especially if the audience is a large group of grade schoolers)
Time Commitment: ~3 hours/session
Responsibilities:
• Leads, guides and support campers in cooking activities
• Ensures campers follow health and safety guidelines
• Prepares ingredients before camp starts
• Guides groups in making simple recipes
• Helps clean up after each class
Instructor tips:
1. Get excited! If you bring the energy, they’ll reflect it right back.
2. Approach with empathy. Many campers may have experienced trauma or challenges at home, and may not have access to food or basic kitchen equipment. Teach lessons with sensitivity to differences in background, income, and cultures.
3. Share experiences and learnings. Draw from your own experiences, but be sure to ask campers to share what they’re learning too.
5. If a camper looks disengaged, try to get them involved. Everyone learns differently.

JUNIOR VOLUNTEER
A good fit if you enjoy: getting your hands dirty (or flour-y...or banana-y), working with kids, trying new recipes. No formal cooking experience necessary.
Time Commitment: ~3 hours/session
Responsibilities:
• Assists the instructor as needed
• Hands out and collects class materials
• Assists with food preparation when required
• Helps small groups and offers individualized attention when needed
Perks:
• Learn how to cook simple recipes
• Work with kids in a fun environment
• Enjoy free healthy meals and snacks after class
• Gain hands-on job experience working with kids
• Become a role model
• Take home free recipes

Engaging teens as volunteers is a great way to connect with an age group that is typically hard to reach.
### GETTING THE TIMING RIGHT

This tool is just for planning purposes so **don’t stress if you miss a deadline!** What’s important is that you’re ready for day 1.

<table>
<thead>
<tr>
<th>PLANNING AHEAD</th>
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<tbody>
<tr>
<td><strong>6 MONTHS OUT</strong></td>
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<tr>
<td>• Build your preliminary budget</td>
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<tr>
<td>• Identify partners</td>
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<tr>
<td>• Secure funding</td>
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<tr>
<td><strong>Consider:</strong></td>
</tr>
<tr>
<td>1. What assets are already available in our own community/organization?</td>
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<tr>
<td>2. What can we achieve with our own assets with some outside support?</td>
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<td>3. How could a group benefit from partnering with us?</td>
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<table>
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<tr>
<th><strong>THE WEEK OF</strong></th>
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<tbody>
<tr>
<td>• Purchase groceries</td>
</tr>
<tr>
<td><em>Tip: see shopping lists available on each lesson plan</em></td>
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<td>• Host orientation for any volunteers or staff</td>
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<tr>
<th><strong>2-3 MONTHS OUT</strong></th>
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<tr>
<td>• Conduct interviews if hiring outside staff/volunteers</td>
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<tr>
<td>• Research liability and insurance requirements</td>
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<tr>
<td>• Secure a location</td>
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<tr>
<td>• Purchase tools/equipment</td>
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<tr>
<td><strong>Consider:</strong></td>
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<tr>
<td>1. How could Culinary Camp mobilize the skills of local residents?</td>
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<tr>
<td>2. What role could they play on your team?</td>
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<th><strong>THE DAY OF</strong></th>
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<tr>
<td>• Set up your station(s) with all your ingredients, equipment, and cleaning supplies</td>
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<tr>
<td>• Wash and prepare ingredients</td>
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<tr>
<td>• See each recipe and lesson plan for more details</td>
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<th><strong>1 MONTH OUT</strong></th>
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<tr>
<td>• Gather permission slips, allergy info</td>
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<tr>
<td>• Create your promotion plan (see page 7).</td>
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**NOTES**
# RUNNING THE CLASS: A STEP-BY-STEP GUIDE

**Total time (from start to finish): ~4 hours per class**

Time may change based on class frequency, staff size, class size, etc.

## STEP 1:
Shop for ingredients and equipment (45-60 minutes)

**Who's responsible?:**
- Program manager
- Instructor
- Junior Volunteers

**Tips:**
- Purchase extras for staff and volunteers, plus backup ingredients in case of accidents
- Set up a cart with all your equipment and supplies for easy access day-of

## STEP 2:
Get ready for your lesson (60 minutes)

**Who's responsible?:**
- Program manager
- Instructor
- Junior Volunteers

**Tips:**
- **Read through the recipe and lesson plan.** What will this look like in real life?
- Print out copies of the recipe
- Arrive at least an hour early to arrange tables and organize the room
- Get kids involved by having them help place ingredients on tables
- See front page of your lesson plan for in-depth set up tips
- Prep ingredients ahead of class if you’re short on time

## STEP 3:
Run an awesome Culinary Camp (45 minutes)

**Who's responsible?:**
- Program manager
- Instructor
- Junior Volunteers

**Ideas to engage kids:**
- Ask kids to read the recipe aloud
- Use the talking points and bonus questions to enhance the lesson
- If you’re looking to save time, try dividing tasks up by stations

## STEP 4:
Clean up (30 minutes)

**Who's responsible?:**
- Program manager
- Instructor
- Junior Volunteers

**Tips:**
- Kids can help clear and wipe down tables
- Got leftovers? Pack up leftover ingredients and label them with the day’s date

## STEP 5:
Sit down for a meal with the team (30 minutes)

**Who's responsible?:**
- Program manager
- Instructor
- Junior Volunteers

**Tips:**
- Use this time to celebrate and bond with your team
- Take time to process the lesson
- Take notes and ideas on how you would change the session in the future (this will help if you decide to teach it again)

## NOTES

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12
IT'S TIME TO GET COOKING

TASTY RECIPES

NO HEAT REQUIRED
NO HEAT REQUIRED

These easy-to-make, no-cook snacks are too cool for school. No skillets or griddles needed!

GRAB AND GO / SWEET TREATS

15 Trail Mix
17 Fruit Salad & Yogurt Dip
19 Yogurt Parfait
21 Strawberry Trifle
23 Caramel Apple Dip

SAVORY SNACKS

25 Veggie Robots
27 Lettuce Wraps
29 Confetti Salad
31 Hummus Pita Wrap
33 Refried Wheelies
TRAIL MIX

SHOPPING LIST (for 20 students)
- 1 container (7 oz) sunflower seeds
- 1 bag (7 oz) pumpkin seeds
- 1 container (1 lb) raisins
- 8 oz chopped dates (may substitute dried cranberries or banana chips)
- 1 box Cheerios or equivalent
- 1 bag (12 oz) mini semi-sweet chocolate chips or M&M’s

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
- 4 sets of measuring cups
- 4 sets of measuring spoons
- Paper bowls
- Napkins
- Spoons
- Disposable tablecloth

SET UP
Get the space ready before participants arrive:
- Wipe down surfaces with antibacterial spray.
- Arrange tables and chairs in groups of 4 to 6.
- Set tables with tablecloths and cutlery.
- Set out prepared ingredients in bowls in center of table.

OVERVIEW
1. Make a quick snack for on-the-go
2. Learn what foods give you energy

LEARNING OPPORTUNITIES
- Measuring ingredients
- Meal planning
Trail Mix

**LESSON PLAN**

20-25 min  Serves 4-6

Pair this recipe with Strawberry Trifle (25) for a full 45 minute lesson.

**INTRODUCTION (10 min)**

1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

**TIP:** Peanut allergies in the room? Avoid seeds that have manufactured with tree nuts and peanuts.

**ingredients :**

Serves 4-6 (one bowl per person)

- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/2 cup raisins
- 1/4 cup chopped dates (or alternative dried cranberries or banana chips)
- 1 cup Cheerios or equivalent
- 1/4 cup mini semi-sweet chocolate chips or M&M’s

**directions :**

1. Add all ingredients together in a mixing bowl.

**TALKING POINTS**

- Trail mix is a great snack because it’s lightweight and easy to store, and is also very nutritious: the carbohydrates in dried fruit and granola offer a quick energy boost, and sustained energy from fats in nuts.
- Carbohydrates, fats and proteins provide the fuel needed for energy production from food.
- Nuts and seeds are good sources of plant-based proteins.

**CLEAN UP**

- Wrap up leftover ingredients
- Wipe down countertops
- Wash your hands

**BONUS QUESTIONS**

1. What other ingredients could be added to the trail mix?
2. Which food groups are present in the trail mix?

**did you know...**

Dates have lots of natural sugars and are often used in place of sugar to sweeten desserts.

**tip:**

You can add leftover nuts to Confetti Salads (21) or Yogurt Parfaits (23) in place of granola.

**FRUITS**

**GRAIN**

**VEGGIES**

**PROTEIN**

**DAIRY**

**PAIR WITH:**

Pair this recipe with Strawberry Trifle (25) for a full 45 minute lesson.

Trail mix has been eaten by Native Americans for thousands of years, and originally included buffalo meat.
OVERVIEW
1. Make a filling, sweet snack

LEARNING OPPORTUNITIES
• Chopping skills
• Following a recipe
• Measuring skills

SHOPPING LIST (for 20 students)
1 container (32 oz) vanilla Greek yogurt
1 small bottle (8 oz) honey
1 container (about 2 oz) cinnamon
2 lbs strawberries
8 Gala or Fuji apples
2 lbs grapes
2 lbs blueberries

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
☐ Cutting board
☐ Paring knife
☐ 4 mixing bowls
☐ 4 serving spoons
☐ 4 sets of measuring cups
☐ 4 measuring spoons
☐ Small paper cups
☐ Paper bowls
☐ Napkins
☐ Spoons, forks and knives
☐ Disposable tablecloth

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Wash and prepare fruit and pat dry. Store in refrigerator.
• Arrange tables and chairs in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Divide cinnamon per table in Dixie cups.
• Set out prepared ingredients in bowls in center of table.
Fruit Salad and Yogurt Dip

LESSON PLAN

45 min Serves 4-6

INTRODUCTION (10 min)
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

TALKING POINTS
• Fruit dips are often made with marshmallow cream, which has lots of sugar. This dip is made with yogurt, which is still creamy and sweet but has lots of protein and calcium.
• Don’t be afraid of full-fat yogurt! Fat slows down the digestion of carbohydrates and helps the body use vitamins in fruits better.

CLEAN UP
• Wrap up leftovers, and refrigerate as needed
• Wipe down countertops
• Wash your hands

BONUS QUESTIONS
1. Why should we eat fruits? What are some health benefits?
2. What are your favorite fruits?

did you know...
Yogurt has components that promote healthy skin.

Frozen fruit has just as many nutrients as fresh fruit. And it’s often cheaper in times when fresh fruit isn’t in season.

tips:
You can use leftover fruit to make Confetti Salad (21) or Yogurt Parfait (23)
You can use leftover yogurt to make Yogurt Parfait (23) or Strawberry Trifle (25)

ingredients:

Serves 4-6

2 cups vanilla Greek yogurt
1/3 cup honey
1 tsp cinnamon
1 1/2 cups strawberries, rinsed
2 apples, cored and quartered
1 1/2 cups grapes, rinsed
1 1/2 cups blueberries, rinsed

DIRECTIONS:

1. Use a wooden spoon to blend Greek yogurt with honey and cinnamon in a mixing bowl.
2. Use your plastic knife to cut tops off strawberries; then cut into quarters and place them in a large mixing bowl.
3. Cut apples into slices and add them to the bowl of berries.
4. Place grapes and blueberries in the same bowl.
5. Measure 3/4 cup of fruit salad and 1/4 cup of dip, and add it to your plate.
YOGURT PARFAIT

OVERVIEW
1. Make a versatile snack that can also be eaten for breakfast or dessert
2. Learn the benefits of dairy products

LEARNING OPPORTUNITIES
• Measuring skills
• Chopping skills

SHOPPING LIST (for 20 students)
4 bags (1 lb) of frozen berries or
4 lbs fresh berries
3 containers (16 oz) vanilla Greek yogurt
1 box of low fat granola

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
☐ 4 sets measuring cups
☐ 4 sets measuring spoons
☐ 4 serving spoons
☐ 20 small (5-8 oz) clear plastic cups
☐ Spoons and knives
☐ Disposable tablecloth

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Thaw/wash berries and pat dry. Store in refrigerator.
• Arrange tables and chairs in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Set out prepared ingredients in bowls in center of table.

NOTES
Yogurt Parfait

LESSON PLAN

45 min  Serves 4-6

INTRODUCTION (10 min)
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

ingredients:

Serves 4-6
(one parfait per person)

2 cups (1 lb) of fresh or frozen berries
2 cups of vanilla Greek yogurt
1 cup of low fat granola

TALKING POINTS

• Dairy foods contain milk from animals. Children ages 9-18 need 3 servings of dairy products per day.
• The best sources of calcium are in milk, yogurt, and cheese, but you can also get calcium by eating dark green leafy vegetables.

directions:

1. Use your plastic knife to cut tops off strawberries; then cut into quarters. place them in a large mixing bowl.
2. Take turns measuring 1/3 cup of yogurt and place it in your plastic cup.
3. Take turns measuring 2 tbsp of berries and place it in your plastic cup.
4. Take turns measuring 1 tbsp of granola and place it in your plastic cup.

CLEAN UP

• Wrap up leftovers, and refrigerate as needed
• Wipe down countertops
• Wash your hands

BONUS QUESTIONS

1. Did you try a new food today? If so, what was it and did you like it?
2. What other fruit or cereal could be used in this recipe?

did you know...

Strawberries are the only fruits that have their seeds on the outside.

Greek yogurt has twice the protein content as regular yogurt.

tips:

Use leftover yogurt and berries to make Fruit Salad and Yogurt Dip (17), or Strawberry Trifle (25)
You can add leftover granola to make Trail Mix (13)
STRAWBERRY TRIFLE

OVERVIEW
1. Add yogurt and fruit to angel food cake to make a healthy dessert
2. Learn about fruit and its benefits

LEARNING OPPORTUNITIES
- Chopping skills
- Following a recipe

SHOPPING LIST (for 20 students)
- 2 lbs strawberries
- 2 angel food cakes
- 1 (32 oz container) of vanilla Greek yogurt

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
- 8 mixing bowls
- 20 small (5-8 oz) clear plastic cups
- 4 serving spoons
- 4 wooden spoons
- 4 sets of measuring cups
- Cutting board (for prepping)
- Paring knife (for prepping)
- Paper bowls
- Napkins
- Spoons, forks and knives
- Disposable tablecloth

SET UP
Get the space ready before participants arrive:
- Wipe down surfaces with antibacterial spray.
- Wash fruit and pat dry. Store in refrigerator.
- Arrange tables and chairs in groups of 4 to 6.
- Set tables with tablecloths and cutlery.
- Set out prepared ingredients in bowls in center of table.

NOTES
Strawberry Trifle

LENSON PLAN

20-25 min  Serves 4-6

Pair this recipe with Trail Mix (13) for a full 45 minute lesson.

INTRODUCTION (10 min)
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

TALKING POINTS
• A trifle is a dessert from England typically made with fruit, sponge cake, and custard or whipped cream. Yogurt is a healthy, but tasty, substitute.
• Fruits provide fiber, which help fill you up and keep your digestive system happy.
• Fruits are packed with vitamins and minerals, and are low in calories.

ingredients:

Serves 4-6
(one mini trifle per person)

1 1/2 cups strawberries
1 1/2 angel food cake
1 1/2 cups vanilla Greek yogurt

directions:

1. Use your plastic knife to cut tops off strawberries, then cut into quarters and place them in a large mixing bowl.
2. Take turns ripping up the angel food cake and place it in another bowl.
3. Measure 1/4 cup of cake, 1/4 cup of strawberries, and 1/4 cup of Greek yogurt, and layer them in personal, clear cocktail cup.
4. Serve cold!

CLEAN UP
• Wrap up leftovers, and refrigerate as needed
• Wipe down countertops
• Wash your hands

BONUS QUESTIONS
1. What other fruit can be used to make this recipe?
2. What are some health benefits of eating yogurt?

DID YOU KNOW...

Strawberries are the only fruits that have their seeds on the outside.

California produces 80% of the strawberries in the U.S.

TIPS:

You can use leftover fruit and yogurt to make Fruit Salad and Yogurt Dip (17) or Yogurt Parfait (23)
CARAMEL APPLE PIE

OVERVIEW
1. Make your own individual pie
2. Learn fun facts about apples

LEARNING OPPORTUNITIES
• Mixing ingredients
• Following a recipe
• Chopping skills

SHOPPING LIST (for 20 students)
8 tart apples (Gala or Granny Smith)
4 blocks (8 oz ea) light cream cheese
1 bag (16 oz) powdered sugar
1 container (about 2 oz) cinnamon
1 bottle (about 2 oz) vanilla extract
1 box (14.4 oz) graham crackers
1 container (about 16 oz) caramel sauce

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
- Paring knife (for prepping)
- Cutting board (for prepping)
- 4 mixing bowls
- 4 serving spoon
- 4 wooden spoons
- 4 sets measuring cups
- 4 sets measuring spoons
- 4 spatulas
- Small paper cups
- Paper plates
- Napkins
- Forks and knives
- Disposable tablecloth

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Wash apples and pat dry. Store in refrigerator.
• Arrange tables and chairs in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Divide spices per table in Dixie cups.
• Set out prepared ingredients in bowls in center of table.
Caramel Apple Pie

**LESSON PLAN**

**ingredients:**

- 2 tart (Gala or Granny Smith apples), cored and quartered
- 1 block (8 oz) light cream cheese
- 1/3 cup powdered sugar
- 1 tsp cinnamon
- 1/4 cup caramel sauce

**TALKING POINTS**

- Fruits and veggies are harvested at different times, which is when it is the most fresh and its flavor the best.
- They say that “an apple away keeps the doctor away,” because apples are rich in nutrients that keep your body healthy and happy!

**directions:**

1. Use your plastic knife to cut apples into thin slices.
2. Use your wooden spoon to mix 1 block of cream cheese, 1/3 cup of powdered sugar, and 1 tsp of cinnamon and vanilla.
3. Use your plastic knife to spread the cream cheese mixture onto graham cracker square.
4. Top the cream cheese mixture with apple slices placed all around.
5. Drizzle each apple pie square with caramel sauce.

**CLEAN UP**

- Wrap up leftovers, and refrigerate as needed
- Wipe down countertops
- Wash your hands

**BONUS QUESTIONS**

1. What are some health benefits of fruit?
2. What other fruit could you use in a pie?

**did you know...**

The first apple tree in the United States was planted by the pilgrims when they came to the United States from Europe. Apple trees can live to be about 100 years old.

**tips:**

- You can eat leftover apples on their own or with peanut butter as a healthy snack
- You can add leftover caramel sauce to Cheesecake Quesadillas (41)
VEGGIE ROBOTS

OVERVIEW
1. Learn about vegetables and their benefits
2. Play with your food—build a robot out of vegetables!

LEARNING OPPORTUNITIES
• Creativity
• Sharing
• Chopping skills

SHOPPING LIST (for 20 students)
2 large bunches celery
1 bag (10 oz) baby spinach
2 containers (10 oz ea) cherry tomatoes
1 bag (1 lb) baby carrots
6 red or yellow bell peppers, sliced
2 containers (10 oz ea) classic hummus
1 bottle (16 oz) light ranch dressing

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
☐ Paring knife (for prepping)
☐ Cutting board (for prepping)
☐ Paper bowls (for vegetables)
☐ 200 toothpicks
☐ 4 salad tongs
☐ Paper plates
☐ Napkins
☐ Spoons and knives
☐ Disposable tablecloth

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Wash vegetables and pat dry. Store in refrigerator.
• Arrange tables and chairs in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Set out prepared ingredients in bowls in center of table.

NOTES

Judith Yeabsley, The Art of Nutrition
**LESSON PLAN**

**INTRODUCTION (10 min)**
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

**TALKING POINTS**
- Raw vegetables are good for you! Cooking can destroy nutrients like vitamin C, as well as enzymes that help your body to digest foods. One exception is tomatoes, which are healthier cooked.
- Carrots are loaded with beta-carotene, a natural chemical that the body changes into vitamin A. The deeper orange the carrot, the more beta-carotene you’re getting.

**directions:**

**ingredients:**

4-6 celery stalks  
2 cups baby spinach  
1 cup cherry tomatoes  
1 cup baby carrots  
2 red or yellow bell peppers, sliced  
1 container (12 oz) hummus  
1/2 cup light ranch dressing  
10 toothpicks per student

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<th>GRAINS</th>
<th>PROTEIN</th>
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**CLEAN UP**
- Wrap up leftovers, and refrigerate as needed
- Wipe down countertops
- Wash your hands

**BONUS QUESTIONS**
1. Did you try a new food today?  
   If so, what was it and did you like it?
2. What other vegetable could you build a robot with?
3. What fruits could you build a robot with?

**did you know...**
- Hummus is made of chickpeas (also known as garbanzo beans) which are a good source of protein.
- Tomatoes are actually the fruit of a tomato plant.

**tips:**
- You can use leftover hummus to make [Hummus in Pita Pocket (29)]
- You can use leftover dressing by adding it to [Confetti Salad (21)]
LETTUCE WRAPS

OVERVIEW
1. Make a quick, protein-packed snack
2. Learn why lettuce is a healthy substitute for bread

LEARNING OPPORTUNITIES
• Measuring ingredients
• Meal planning

SHOPPING LIST (for 20 students)
1 bag (10 oz) Romaine lettuce hearts
1 bottle (16 oz) light ranch dressing
2 lbs deli ham or turkey
4 red, orange or yellow bell peppers, sliced
2 bags (10 oz) baby spinach
1 bag (12 oz) shredded cheddar cheese

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
☐ Paring knife
☐ Cutting board
☐ Paper plates
☐ Napkins
☐ Spoons and forks
☐ Disposable tablecloth

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Wash vegetables and pat dry. Store in refrigerator.
• Arrange tables and chairs in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Set out prepared ingredients in bowls in center of table.

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**LETTUCE WRAPS**

**LESSON PLAN**

45 min  Serves 4-6

**INTRODUCTION (10 min)**

1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

**INGREDIENTS:**

Serves 4-6  
(one wrap per person)

- 4-6 hearts of Romaine lettuce leaves
- 1/4 cup light ranch dressing
- 4-6 slices deli ham or turkey
- 1/2 cup red, orange or yellow bell peppers, sliced
- 1/2 cup spinach
- 1/4 cup shredded cheddar cheese

**DIRECTIONS:**

1. Spread 2 tsp of light ranch dressing on a lettuce leaf.
2. Place 1 slice of ham or turkey on your lettuce wrap.
3. Add 2-3 pepper strips to your wrap.
4. Using your hands, shred the spinach leaves into smaller pieces.
5. Place a handful of spinach over the peppers.
6. Sprinkle with cheddar cheese, roll up and enjoy!

**CLEAN UP**

- Wrap up leftovers, and refrigerate as needed
- Wipe down countertops
- Wash your hands

**BONUS QUESTIONS**

1. What other foods could be added to the lettuce wraps?
2. Which ingredients in the lettuce wraps provide protein?

**TALKING POINTS**

- We’re using lettuce as a crunchy, fresh replacement for bread.
- Lettuce is a good source of fiber, which helps you feel full, and vitamin A.
- You can make this recipe vegetarian by using hummus, cottage cheese or egg salad instead of meat (they’re all good sources of protein).

**DID YOU KNOW...**

There are different varieties of lettuce, which grow in different colors. Dark green lettuce leaves are more nutritious than lighter green leaves.

**TIPS:**

Add leftover turkey pepperoni to Confetti Salad (21) or Mini Pizzas (37) for extra protein!

Leftover lettuce and spinach can be used to make healthy salads.
CONFETTI SALAD

OVERVIEW
1. Define seasonal fruits and vegetables and why we eat them
2. Identify protein sources and understand their benefits

LEARNING OPPORTUNITIES
• Chopping skills
• Following a recipe

SHOPPING LIST (for 20 students)
2 bags (10 oz) Romaine lettuce or baby spinach
1 lb sliced deli ham or turkey
1 bag (1 lb) frozen shelled edamame
1 can (15 oz) mandarin oranges in fruit juice
2 lbs fresh strawberries
1 jar (8 oz) sunflower or pumpkin seeds
1 bottle (16 oz) Italian dressing
1 bottle (16 oz) raspberry vinaigrette

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
☐ 1 can opener
☐ 4 wooden spoons
☐ 4 serving spoons
☐ 4 mixing bowls
☐ 4 salad tongs
☐ Paper bowls
☐ Napkins
☐ Forks and knives
☐ Disposable tablecloth

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Wash fruits and vegetables and pat dry. Store in refrigerator.
• Arrange tables and chairs in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Set out prepared ingredients in bowls in center of table.
**Confetti Salad**

**TIP:** Peanut allergies in the room? Avoid seeds that have manufactured with tree nuts and peanuts.

**Introductions (10 min)**

1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

**TALKING POINTS**

- Even though you can find fruits and veggies at the grocery store all year, they’re the freshest and most flavorful when they are “in season” (the time of year when they are typically harvested). It is usually the time when the item is cheapest and freshest on the market.
- Try eating veggies with all the colors of the rainbow! They have different nutrients that help you stay healthy.
- Edamame is full protein. They are young soybeans and can be found in their pods or shelled.

**Ingredients:**

**Serves 4-6**

(one salad per person)

1 1/2 cups strawberries, washed
4-6 slices turkey or ham
3/4 cup edamame, thawed
1 cup mandarin oranges, drained
1/3 cup sunflower or pumpkin seeds
2 cups Romaine lettuce or baby spinach
1/3 cup salad dressing of choice

1. Use your plastic knife to cut tops off strawberries; then cut into quarters and place them in a large mixing bowl.
2. Use your plastic knife to cut a slice of turkey or ham, and add it to the bowl.
3. Add Romaine lettuce or baby spinach to the bowl.
4. Add edamame, mandarin oranges and sunflower or pumpkin seeds to the bowl.
5. Add salad dressing and toss with your wooden spoon.

**Clean up**

- Wrap up leftovers, and refrigerate as needed
- Wipe down countertops
- Wash your hands

**BONUS QUESTIONS**

1. **Why should we eat fruits and vegetables?**
   What are some health benefits?
2. **What are your favorite fruits and veggies?**
3. **What other ingredients could you add to the salad?**

**Did you know...**

Mandarin oranges and strawberries are full of Vitamin C, which build up your body’s immune system and keep you from getting sick.

**Tips:**

- You can use leftover dressing to make **Veggie Robots (15)**
- You can use leftover ham or turkey to add to **Lettuce Wraps (19)** or **Mini Pizzas (37)**
HUMMUS PITA POCKET

OVERVIEW
1. Make a veggie-packed lunch you can eat on the go
2. Learn about vegetables and their benefits
3. Learn about vegetarian diets

LEARNING OPPORTUNITIES
• Measuring skills
• Trying new ingredients

SHOPPING LIST (for 20 students)
20 whole wheat pitas
2 containers (12 oz ea) cherry tomatoes
2 cucumbers
1 bag (10 oz) baby spinach
2 containers (10 oz ea) classic hummus
1 container (about 2 oz) dried oregano

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
☐ Paring knife (for prepping)
☐ Cutting board (for prepping)
☐ Dixie cups (for spices)
☐ Paper bowls
☐ Paper plates
☐ Napkins
☐ Spoons, forks and knives
☐ Disposable tablecloth

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Wash vegetables and pat dry. Store in refrigerator.
• Arrange tables and chairs in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Divide spices per table in Dixie cups.
• Set out prepared ingredients in bowls in center of table.

NOTES

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Hummus in Pita Pocket

LESSON PLAN
45 min
Serves 4-6

INTRODUCTION (10 min)
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

TALKING POINTS
• A plant-based diet full of vegetables is typically lower in fat and calories.
• Beans, nuts, seeds and soy-based products are all good forms of plant-based protein.

ingredients:
Serves 4-6
(one pita pocket per person)
2-3 whole wheat pitas
3/4 cups cherry tomatoes, washed
1/2 cucumber, washed
2 cups baby spinach, washed
1 cup classic hummus
1 tsp dried oregano

1. Use your plastic knife to slice pita bread in half; each student gets one half.
2. Use your plastic knife to cut tomatoes and cucumbers into chunks and place in paper bowl.
3. Place spinach in paper bowl.
4. Take turns placing 2 tbsp of hummus in the pita pocket.
5. Sprinkle 1 tsp of oregano on the hummus.
6. Measure 2 tbsp of each vegetable and add to your pita pocket.

CLEAN UP
• Wrap up leftovers, and refrigerate as needed
• Wipe down countertops
• Wash your hands

BONUS QUESTIONS
1. What other ingredients could you use in sandwiches?
2. What are your favorite types of sandwiches?

did you know...
Hummus is made of chickpeas, and it’s a healthy source of protein!

Tips:
You can use leftover hummus to make Veggie Robots (15)
You can add leftover spices to Black Bean Roll-Ups (35) or Refried Wheelies (27)
REFRIED WHEELIES

SHOPPING LIST (for 20 students)
3 cans (15 oz ea) vegetarian refried beans
2 cartons (8 oz ea) light sour cream
1 container (about 2 oz) chili powder
1 container (about 2 oz) oregano
1 container (about 2 oz) cumin
1 bunch green onions
20 spinach tortillas
1 jar (16 oz) mild salsa
2 yellow or orange peppers, chopped (optional)

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
☐ 1 can opener (for prepping)
☐ 4 mixing bowls
☐ 4 wooden spoons
☐ 4 sets of measuring spoons
☐ 4 serving spoons
☐ Dixie cups (for spices)
☐ Paper plates
☐ Napkins
☐ Forks and knives
☐ Disposable tablecloth

OVERVIEW
1. Make a filling, protein-packed snack
2. Learn about fiber and its benefits

LEARNING OPPORTUNITIES
• Following a recipe
• Chopping skills

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Wash green onion and pat dry. Store in refrigerator.
• Arrange tables and chairs in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Divide spices per table in Dixie cups.
• Set out prepared ingredients in bowls in center of table.
**Refried Wheelies**

**LESSON PLAN**

| 45 min | Serves 4-6 |

**INTRODUCTION (10 min)**
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

**ingredients:**

**Serves 4-6**
(two wheels per person)

- 1 can (15 oz) vegetarian refried beans
- 1/2 cup light sour cream
- 1 tsp chili powder
- 1 tsp oregano
- 1 tsp cumin
- 2 green onions, washed
- 4-6 spinach tortillas
- 1/2 cup mild salsa
- 1/2 cup yellow or orange peppers, chopped (optional)

**directions:**

1. Combine refried beans and sour cream in a mixing bowl.
2. Add chili powder, oregano and cumin; mix with your wooden spoon.
3. Use your plastic knife to cut green onions into small pieces.
4. Place tortilla on a plate. Add 1-2 spoonfuls of the bean mixture.
5. Sprinkle 1 tsp of green onions on top. For extra crunch, add peppers.
6. Roll up and cut into 2 “wheels.”
7. Add 1 tbsp of salsa on top.

**CLEAN UP**

- Wrap up leftovers, and refrigerate as needed
- Wipe down countertops
- Wash your hands

**BONUS QUESTIONS**

1. What are some other healthy ingredients could you use to add more flavor?
2. Which of the ingredients you tried today have protein in them?

**tips:**

You can use leftover salsa and spices to make Black Bean Roll-Ups (35)

You can add leftover green onion to Lettuce Wraps (19) and boost the flavor!

**did you know...**

Beans have lots of protein AND fiber, both of which help your body stay healthy. Studies show that eating beans can help you live longer.

**TALKING POINTS**

- Fiber is found in most food groups. Eating fiber keeps your stomach feeling happy and healthy.
- Dried herbs (such as oregano and basil) and spices (like cumin and cinnamon) bring out the flavor of foods when you use them as seasoning.

**FRUITS**

**GRAINS**

**VEGGIES**

**PROTEIN**

**DAIRY**
These sizzlin’ snacks are a great way to warm up your cooking skills. Each of these recipes requires an electric skillet or griddle.

37 Breakfast Sandwich
39 Mini Pizzas
41 Black Bean Roll-Ups
43 Cheesecake Quesadillas

**TIPS:**
Ask kids to stand up with both feet on the ground when using the skillet. Secure electric cords to the floor or tuck them out of the way to avoid tripping.

**WORKING WITH YOUNGER KIDS (>9):**
• Close and constant supervision is required at all times.
• Ask a junior volunteer or another adult to use the skillet
• Keep hands away from the heat source
• Guide kids’ hands when using a spatula until they get comfortable doing it themselves

**WORKING WITH OLDER KIDS (9+):**
• Pre-teens should feel comfortable turning on appliances, and in some cases, cooking on their own
• Supervise kids as they transfer food to and from the skillet
• Teens (14+) can use skillets with minimal supervision.
SHOPPING LIST (for 20 students)
- 20 whole-wheat English muffins
- 1 bag (10 oz) baby spinach
- 24 eggs
- 1 can non-stick cooking spray
- 1 bag (12 oz) shredded mozzarella cheese
- 1 container (about 2 oz) dried basil
- 2 lbs deli ham (optional)

EQUIPMENT FOR CLASS (for 4 groups of 4-6)

- Extension cords
- 4 electric skillets
- 4 spatulas
- 4 wooden spoons
- 4 sets of measuring cups
- 4 sets of measuring spoons
- Small paper cups
- Paper plates
- Napkins
- Spoons, forks and knives
- Disposable tablecloth

SET UP
Get the space ready before participants arrive:
- Wipe down surfaces with antibacterial spray.
- Wash spinach and pat dry. Store in refrigerator.
- Arrange tables and chairs near outlets in groups of 4 to 6.
- Set tables with tablecloths and cutlery.
- Divide spices per table in Dixie cups.
- Set out prepared ingredients in bowls in center of table.

OVERVIEW
1. Make a quick, hearty breakfast
2. Learn why breakfast is important

LEARNING OPPORTUNITIES
- Cooking eggs
- Trying new ingredients
- Learning how to cook hot food using an electric skillet or stove
LESSON SANDWICH

45 min

Serves 4-6

INTRODUCTION (10 min)
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

TALKING POINTS

• Studies show that kids that eat breakfast do better in school, have better moods and score higher on tests.
• Breakfast is the first meal of the day and gives your brain and body fuel to think and function.
• Eating breakfast starts your metabolism to help your body burn up energy and calories.

BONUS QUESTIONS
1. What other veggies can be used in eggs?
2. What else could you use in place of English muffins?

DID YOU KNOW...?
To tell if an egg is raw or hard-boiled, spin it! If the egg spins easily, it is hard-cooked but if it wobbles, it is raw!

TIP:
You can use leftover spinach to make Lettuce Wraps (19), or Confetti Salad (21)

CLEAN UP
• Wrap up leftovers, and refrigerate as needed
• Wipe down countertops
• Wash your hands

BONUS QUESTIONS
1. What other veggies can be used in eggs?
2. What else could you use in place of English muffins?

ingredients:

Serves 4-6
(one sandwich per person)

4-6 English muffins
2 cups baby spinach, washed
4-6 eggs
1 can non-stick spray (share with entire class)
1/2 cup shredded mozzarella cheese
1 tsp dried basil
4-6 slices deli ham (optional)

directions:

1. Preheat the electric skillet to 250°F.
2. Use your plastic knife to cut your English muffin in half.
3. Measure 1/2 cup of spinach leaves and rip them into small pieces.
4. Take turns taking 1 egg and cracking it in a bowl.
5. Take turns spraying the skillet.

If possible, ask a volunteer to do this part:
6. Add 2 tbsp of water, whisk eggs with a fork and pour the mixture to the skillet.
7. Use your wooden spoon to mix in spinach, 1 tbsp of mozzarella cheese and dried basil.
8. Remove the scrambled eggs and place them on a whole wheat English muffin to eat. (optional: add a slice of ham to your sandwich for extra protein)
MINI PIZZAS

OVERVIEW
1. Learn to make your own pizza
2. Learn how to use spices to make foods more flavorful
3. Learn about carbohydrates and vegetables

LEARNING OPPORTUNITIES
• Trying new ingredients
• Learning how to cook hot food using an electric skillet or stove

SHOPPING LIST (for 20 students)
- 20 whole-wheat English muffins
- 1 jar (16 oz) pizza sauce
- 1 bag (8 oz) shredded mozzarella cheese
- 1 can (8 oz) sliced mushrooms
- 4 bags (5 oz each) turkey pepperoni
- 1 container (about 2 oz) dried oregano
- 1 container (about 2 oz) dried basil

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
- Extension cords
- 4 electric skillets
- 4 spatulas
- 1 can opener (for prepping)
- Dixie cups (for spices)
- Paper plates
- Napkins
- Spoons
- Disposable tablecloth

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Arrange tables and chairs near outlets in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Divide spices per table in Dixie cups.
• Set out prepared ingredients in bowls in center of table.
Mini Pizzas

LESSON PLAN

45 min  Serves 4-6

INTRODUCTION (10 min)
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you'll be covering.

TIP: Host a pizza-making contest! Offer small prizes for awards like “Most Creative Pizza” or “Most Veggie-Packed Pizza.”

TALKING POINTS
• Have a pizza contest to see who tried the most toppings!
• Carbs are the body’s most important source of energy! When you eat grains, fruits and vegetables, you’re consuming carbohydrates.

ingredients:

Serves 4-6
(one mini pizza per person)

4-6 whole wheat thin buns
1/2 cup pizza sauce
1/4 cup shredded mozzarella cheese
1/4 cup mushroom slices, drained
1/4 cup turkey pepperoni
1 tsp dried oregano
1 tsp dried basil

directions:

1. Preheat the electric skillet to 250°F.
2. Use your plastic knife to slice your bun in half to make 2 individual pizzas.
3. Take turns placing 1 tbsp of pizza sauce and shredded cheese on your pizza.
4. Add each topping and spices on both halves of your bun.
5. Place pizzas on the skillet with the lid on to allow the cheese to melt.
6. Once cheese is melted, safely remove pizzas from skillet with spatula.

CLEAN UP
• Wrap up leftovers, and refrigerate as needed
• Wipe down countertops
• Wash your hands

BONUS QUESTIONS
1. What are your favorite pizza toppings?
2. What else could you use for pizza crust at home?
3. What other toppings could you add?

DID YOU KNOW...
Pepperoni is normally made with pork and beef. We used turkey pepperoni because it is a healthier option with less calories and fat.

Tips:
You can use leftover turkey pepperoni to make Lettuce Wraps (19)
You can use leftover cheese by adding it to Black Bean Roll-Ups (35)

FRUITS  GRAINS  PROTEIN  VEGETABLES  DAIRY
BLACK BEAN ROLL-UPS

OVERVIEW
1. Make a quick, hearty and filling snack
2. Define protein and understand its benefits

LEARNING OPPORTUNITIES
• Learning how to cook hot food using an electric skillet or stove
• Applying basic math skills by measuring dry goods

SHOPPING LIST (for 20 students)
- 1 jar (16 oz) mild salsa
- 4-6 cans (15 oz) black beans
- 1 container (about 2 oz) garlic powder
- 1 container (about 2 oz) dried oregano
- 1 container (about 2 oz) cumin powder
- 20 whole wheat tortillas
- 1 bag (16 oz) shredded lettuce
- 1 bag (8 oz) shredded cheddar cheese

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
- ☐ Extension cords
- ☐ 4 electric skillets
- ☐ 1 can opener (for prepping)
- ☐ 4 serving spoons
- ☐ 4 sets of measuring spoons
- ☐ 4 wooden spoons
- ☐ Dixie cups (for spices)
- ☐ Paper bowls
- ☐ Paper plates
- ☐ Napkins
- ☐ Disposable tablecloth

SET UP
Get the space ready before participants arrive:
• Wipe down surfaces with antibacterial spray.
• Wash lettuce and pat dry. Store in refrigerator.
• Drain and rinse the black beans.
• Arrange tables and chairs near outlets in groups of 4 to 6.
• Set tables with tablecloths and cutlery.
• Divide spices per table in small paper cups.
• Set out prepared ingredients in bowls in center of table.
**Black Bean Roll-Ups**

**LESSON PLAN**

**INTRODUCTION (10 min)**
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Share the recipe you’ll be covering.

**TALKING POINTS**
- Protein is a nutrient found in animal products like eggs, meat and fish, as well as in beans, nuts, seeds, dairy products and soy (such as tofu or soy nuts).
- Our body needs protein to make hair, skin and nails. It also makes enzymes needed for digestion and hormones such as insulin to control blood sugar.
- Protein helps to keep you feeling full between meals.

**INSTRUCTIONS**

1. Preheat the electric skillet to 250°F.
2. Add salsa and black beans to the skillet and stir with your wooden spoon.
3. Add garlic powder, oregano and cumin to the bean and salsa mixture. Stir occasionally for 10 minutes.
4. Place a tortilla on your plate. Place a couple of spoonfuls of the bean and salsa mixture on it.
5. Measure 1/2 cup of lettuce and 1 tbsp of shredded cheddar cheese and add it to your tortilla.
6. Roll up and eat!

**CLEANUP**
- Wrap up leftovers, and refrigerate as needed.
- Wipe down countertops.
- Wash your hands.

**BONUS QUESTIONS**
1. What other beans or ingredients could be used in the recipe?
2. Which of the ingredients you tried today have protein?

**did you know...**
- The skin of fruits and vegetables are also full of nutrients good for your body!

**TIPS**
- You can use leftover salsa and spices to make Refried Wheelies (27)
- You can use leftover salsa and beans to make scrambled eggs!
CHEESECAKE QUESADILLAS

OVERVIEW
1. Make dessert using just a few simple ingredients
2. Try cheesecake in a different form, with a healthy twist

LEARNING OPPORTUNITIES
- Measuring skills
- Trying new ingredients
- Learning how to use an electric skillet or stove

SHOPPING LIST (for 20 students)
- 2 lbs fresh strawberries
- 4 blocks (8 oz ea) light cream cheese, softened
- 1 bag (16 oz) powdered sugar
- 1 bottle (about 2 oz) vanilla extract
- 20 small flour tortillas
- 1 small bottle (18 oz) chocolate syrup
- 1 can (16 oz) non-stick cooking spray

EQUIPMENT FOR CLASS (for 4 groups of 4-6)
- ☐ 4 electric skillets
- ☐ 4 extension cords
- ☐ 4 spatulas
- ☐ 4 large mixing bowls
- ☐ 4 wooden spoons
- ☐ 4 serving spoons
- ☐ 4 sets of measuring spoons
- ☐ Paper plates
- ☐ Napkins
- ☐ Forks and knives
- ☐ Disposable tablecloth

SET UP
Get the space ready before participants arrive:
- Wipe down surfaces with antibacterial spray.
- Wash berries and pat dry. Store in refrigerator.
- Arrange tables and chairs near outlets in groups of 4 to 6.
- Set tables with tablecloths and cutlery.
- Divide spices/sauces per table in small paper cups.
- Set out prepared ingredients in center of table.
Cheesecake Quesadillas

**LESSON PLAN**

**INSTRUCTIONS (10 min)**
1. Take attendance.
2. Ask students to wash their hands.
3. Seat students in groups of 4-6.
4. Ask students to grab their chef hats (optional).
5. Review the recipe - inform students of any potential allergies.

**TALKING POINTS**
- Adding fresh fruit is an easy way to add make desserts healthy and nutritious.
- Try eating fruits and veggies with all the colors of the rainbow! They have different nutrients that help you stay healthy.

**CLEAN UP**
- Wrap up leftovers. Refrigerate as needed.
- Wipe down countertops.
- Wash your hands.

**BONUS QUESTIONS**
1. What are some of your favorite healthy desserts made with fresh fruit?
2. What are some health benefits of eating fresh fruits?

**TIPS:**
- Use leftover strawberries to make Yogurt Parfait (23), Confetti Salad (21), or Strawberry Trifle (25).
- Use leftover cream cheese to make Caramel Apple Pie (31).

**DIRECTIONS:**

1. Preheat electric skillet to 300°F.
2. Use your plastic knife to cut tops off strawberries; then cut into quarters.
3. Combine cream cheese, powdered sugar and vanilla in a large mixing bowl.
4. Grab a tortilla. Use a knife to spread 2 tbsp of the cream cheese mixture onto the tortilla. Fold tortilla in half.
5. Spray the electric skillet with non-stick cooking spray.
6. Heat one side of the quesadilla for about 1 minute. Use a spatula to flip the quesadilla; heat the other side.
7. Remove quesadilla from skillet and cut in half.
8. Top quesadilla with berries and powdered sugar. Drizzle with chocolate sauce.

**INGREDIENTS:**

Serves 4-6 (one quesadilla per person)

- 1 1/2 cups fresh strawberries, washed
- 8 oz light cream cheese
- 1/3 cup powdered sugar
- 1 tsp vanilla extract
- 4-6 small flour tortillas (1 tortilla per student)
- 1/3 cup chocolate syrup
- 1 can non-stick cooking spray (share with entire class)

**DAIRY**

**FRUITS**

**GRAINS**

**VEGGIES**

**PROTEIN**

**Did you know...**

You can eat strawberries in different ways: fresh, frozen, dried, jam or blended in drinks. Strawberries are great for your health and provide lots of vitamin C.
KIDS’ ACTIVITIES

Want more Culinary Camp fun? You can use add these interactive, educational activities to your Culinary Camp lesson or offer them on their own.

SHORT ACTIVITIES (under 15 min)

47 Egg, Bowl, Fork
49 Whole Plant
52 Draw On Your Head
53 Snack Grab!

MEDIUM ACTIVITIES (20-35 min)

54 What Am I?

LONG ACTIVITIES (35-45 min)

57 Color-By-Food
EGG, BOWL, FORK

This Culinary Camp version of “Rock, Paper, Scissors” is a fun team-building activity for kids of all ages.

KEY OBJECTIVES
• Team building
• Actively moving around the room

directions:

1. Pair everyone up to play each other — best 2 out of 3 rounds wins. Once someone is declared the winner, the other person becomes their “fan club” who follows them around, encourages them, chants their name, etc. This new team must then find another team to play a round of Egg, Bowl, Fork.
2. Each time a team wins (best 2 out of 3 rounds), it collects the other team’s players and they line up behind their champion.
3. By the end there will be two teams left with large fan clubs chanting their names. The winner of the “championship round” is dubbed the Egg, Bowl, Fork Master!

tip:

This activity is best played somewhere with lots of space. If the weather is nice, try playing this game outdoors! Heads up: it can get noisy!

DETAILS

15 min

Best for ages 5+

MATERIALS NEEDED (for 20 kids)
• None

LESSON PLAN IDEAS

Variation: split the room into two teams. Each team must decide as a group which item they want to play against the other team. Don’t forget to keep track of which team wins each round.
EGG (rock) beats Fork (scissors)
but loses to Bowl (paper)

To create Egg: Ball your hand to create the egg shape.

BOWL (paper) beats Egg (rock)
but loses to Fork (scissors)

To create Bowl: Place your palm face up and cup it to create a little bowl shape.

FORK (scissors) beats Bowl (paper)
but loses to Fork (scissors)

To create Fork: Turn your hand on its side and spread your fingers wide apart (you can use three fingers or all four, which can be easier for little ones) to create the tongs of the fork.
WHOLE PLANT

Did you know you can eat an ENTIRE plant? Teach kids about different plant parts and learn through nibbling!

KEY OBJECTIVES
• Learn about the different parts of a plant
• See the foods around you in a new light

LESSON PLAN IDEAS
This activity works quite well with the Veggie Robots recipe (page 25) since it uses many of the same ingredients.
Use this activity to help lead a short lesson on each section of a plant before asking students to try it themselves.

DETAILS

MATERIALS NEEDED (for 20 kids)
• Whole Plant Activity Sheet (following page)
• 1 bag of baby carrots
• 1 celery stalk
• 1 bag of lettuce, spinach or other leafy greens
• 1-2 heads of broccoli, chopped into florets
• 2 cans of peas, drained, or 1 bag of sunflower seeds
• 1 large bag of cherry tomatoes (enough for 2-3 per kid)
• Small bowls or containers

SOURCES
Kids’ Activity

WHOLE PLANT

directions:

1. Arrange tables in groups of four. At every table set out small bowls with handfuls of each ingredients so that each person has a few of each item.

2. Pass out a Whole Plant Activity Sheets to each person. Use the Plant Parts lesson (see right) to discuss each plant part one by one. Ask the group to write down one or two words to help them remember the terms in the designated areas.

3. Set a timer for five minutes. Take turns guessing which ingredients go in their correct spots on the worksheet.

4. Once time is up, as a group, discuss the correct answers.

5. Chow time! Allow everyone to eat the “whole plant” all together! Bon appétit!

ANSWER KEY

- Carrots = Roots
- Celery = Stalk
- Lettuce/Spinach = Leaves
- Broccoli = Flower
- Peas or Sunflower Seeds = Seeds
- Tomatoes = Fruits

tip:

Have large groups or younger kids work in groups so everyone feels supported.

lesson: plant parts

• ROOTS
  A plant’s roots are hidden underground to anchor the plant in the dirt. They absorb water and minerals from the surrounding soil to feed the plant.

• STEM
  The stem is what makes the plant stand tall. It carries the water and minerals from the roots to the leaves to help it grow.

• LEAVES
  The leaves are usually green, and they convert the sunlight into food in a process called photosynthesis.

• FLOWER
  The flower is often the most colorful part of the plant. It comes in different shapes, sizes and colors, and produces the fruits and seeds.

• SEEDS
  This little case holds a baby plant inside! Bury it in the ground, add water, and a new plant will grow.

• FRUIT
  The fruit holds the seeds. They’re usually tasty, often sweet, and brightly colored.
Whole Plant Activity Sheet

ROOTS

STALK

LEAVES

FLOWER

FRUITS

SEEDS
**DRAW ON YOUR HEAD**

Practice your listening and direction-taking skills through this interactive, goofy drawing game. No artistic skills needed!

**KEY OBJECTIVES**
- Kinesthetic drawing
- Practice listening to directions

**directions:**

1. Ask each person to place the paper plate flat on his or her head. Get ready to draw on it with your marker.

2. Read the following directions out loud, allowing time after each step for each person to draw. Keep the plate on your head the whole time—no peeking!
   - Draw some grass on the ground.
   - Draw a big table with four legs.
   - Draw a glass of water on top of the table.
   - Next to the water, draw the meal that you ate that day.
   - Draw the sun in the sky.
   - Draw two birds flying under the sun.

3. After everyone is done drawing, ask each person to share their drawings with each other.

**tip:**

Get creative! Make up your own scene for everyone to draw. Hang up the drawings around the room and have a “gallery walk”!

**DETAILS**

- **10 min**
- **Best for ages 6+**

**MATERIALS NEEDED** (for 20 kids)
- Paper plates, one per person
- Markers, one per person

**LESSON PLAN IDEAS**

Want to make it more competitive? Award a point for each item:
- Is the table touching the grass? (10 points)
- Do all four table legs connect to the tabletop? (5 points)
- Is the glass of water sitting on the table? (10 points)
- Is the sun in the sky and not touching the grass? (5 points)
- Are the birds under the sun and not touching it? (10 points)
SNACK GRAB!

This yummy, hands-on game uses the element of surprise to encourage kids to experiment and try new foods in a comfortable setting.

KEY OBJECTIVES
• Trying new foods

**directions:**
1. Place the bowl of fruits and vegetables inside the paper bag so participants can’t see what’s inside.
2. Sit in a circle with the bag of items in the center.
3. Start the music and pass around the spoon.
4. When the music stops, whoever is holding the spoon uses it to pull out a fruit or vegetable. The person must say one thing they observe or like about the item before taking a bite.
5. Once they try a bite, they can now sit outside of the circle to watch as the game continues. The game ends once everyone has taken a turn and tried a “mystery” food from the bag.

**tip:**
Avoid using your hands to directly touch other foods that someone else might eat. Encourage kids to try a new food! If someone doesn’t like their fruit or vegetable, they can put it back and try again, or someone else can volunteer to eat it.

**DETAILS**

- **15-20 min**
- **Best for ages 5+**

**MATERIALS NEEDED (for 20 kids)**
- Large serving spoon or ladle (salad tongs can also work)
- Large cloth or paper bag
- A variety of fruits and vegetables, enough for one per person
- Bowl
- Music

**LESSON PLAN IDEAS**
This is a great activity to pair with a light recipe like Trail Mix (page 15) or Fruit Salad and Yogurt Dip (page 17).
WHAT AM I?

Which food are you? Ask your teammates thoughtful questions to figure out which food you could be.

KEY OBJECTIVES
- Food recognition
- Critical thinking

directions:
1. Print out the “What Am I?” Activity Sheet and cut along the dotted lines. Each person will get a piece of paper, but they can’t look what’s on it.
2. Have each person find a partner. Without showing the other person what’s on the paper, use a piece of rolled tape to stick the word to their partner’s forehead.
3. Once everyone has a food stuck to their forehead, they must walk around and ask “yes” or “no” questions to try and guess what food is on their head. They can only ask one question. If they guess incorrectly, they have to find someone new. If they guess correctly, they can grab a new food.
4. The game is over when time runs out. If you’re keeping score, the person with the most points (words guessed) is declared the winner.

MATERIALS NEEDED (for 20 kids)
• Strips of paper, one piece per person, plus extra
• Masking Tape
• Markers
• “What Am I?” (printable Activity Sheet)

LESSON PLAN IDEAS
As a warmup, call out a food and have kids describe it. Think about all the characteristics of a food, like color, texture, shape, taste, smell, and food group.

tip:
Adults can play this one too! Invite staff to join in the fun to play on their own, or join up with a kid to help ask questions.
### What Am I? Activity Sheet

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<td>BANANA</td>
<td>TOMATO</td>
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<td>FRENCH FRIES</td>
<td>CHILI</td>
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<td>CHICKEN</td>
<td>SWEET POTATO</td>
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<tr>
<td>SPAGHETTI</td>
<td>HOT DOG</td>
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<tr>
<td>CHICKEN FINGERS</td>
<td>COOKIE</td>
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<tr>
<td>EGGS</td>
<td>MILK</td>
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<td>RICE</td>
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<td>What Am I? Activity Sheet</td>
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<td>BROCCOLI</td>
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<td>CARROT</td>
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<td>PEANUT BUTTER</td>
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<td>PEANUT BUTTER &amp; JELLY</td>
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<td>BAGEL</td>
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<td>MACARONI &amp; CHEESE</td>
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<td>LEMON</td>
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<td>PEANUT BUTTER</td>
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<td>CHIPS</td>
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<td>CAULIFLOWER</td>
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<td>ICE CREAM</td>
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<td>CHEESE</td>
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</table>
COLOR-BY-FOOD

Learn about the five food groups through this fun coloring activity with a twist.

KEY OBJECTIVES
• Learn the five food groups
• Practice coloring skills

directions:
1. Write the five different food groups (fruit, vegetable, protein, grain, dairy) in a row as headings on a dry erase or chalk board.
2. Let each student choose a coloring page.
3. Once everyone is finished coloring their page, bring the group back together around the “Food Group Board.”
4. Ask each person to stand up and share their coloring page with the group; then ask: which food group do you think it belongs in (fruit, vegetable, protein, grain, dairy)? If they are unsure or shy, they can ask the group for help.
5. Tape the coloring page under the corresponding food group, then move on to the next person. At the end of the activity, you’ll have all the food items sorted!

tip:
Feeling artistic? Ditch the coloring pages! Older kids can grab a blank page and draw their own foods.

DETAILS
35-40 min
Best for grades K-5

MATERIALS NEEDED (for 20 kids)
• Markers
• Tape
• “Color-by-Food” coloring pages (download)
• Crayons or Colored Pencils
• “Food Group” Board (printable worksheet)

LESSON PLAN IDEAS
Before you start coloring, talk about the five different food groups. Name each food group below and have kids yell out different types of food that go in that category. When you’re finished, pass out the coloring sheets.
• Dairy
• Protein
• Grains
• Fruits
• Vegetables
Color-By-Food Example

Fruit
- Grapes
- Watermelon
- Strawberry

Vegetable
- Broccoli
- Garlic

Protein
- Chicken
- Eggs

Grain
- Pasta
- Pancake

Dairy
- Ice Cream
- Cheese
WRAP UP

The key ingredients in this toolkit are support, love and collaboration.
INVESTING IN ACTION
After multiple evaluations and feedback sessions, we’ve taken what we’ve learned from this successful pilot and turned it into a helpful guide that anyone can use to launch their own Culinary Camp.

BACKGROUND
The Culinary Camp curriculum was developed to increase kids’ access to healthy foods in economically disadvantaged neighborhoods, and promote healthy eating habits. The program was inspired and vetted directly from students, parents, and program staff who utilize or work with USDA-funded meal programs.

OUTCOMES
• Saw increased program attendance at Millvale over 3 days.
• 89% of kids said they would participate in Culinary Camp again.

PILOT
Culinary Camp was first piloted in 2016 as part of an effort between Freestore Foodbank, Design Impact, and Sprout Insight to identify kids’ barriers to summer meal participation, and develop program models to fill the summer feeding gap. In Cincinnati, only 9% of kids who were eligible for free and reduced-priced lunch ate at Summer Food Service Program sites.

After preliminary research was conducted by Sprout Insight, Freestore Foodbank and Design Impact developed and tested Culinary Camp at two sites, detailed below.

Culinary Camp was offered at two test sites in two different formats:
• Millvale Recreation Center
  Part of open summer programming for three consecutive days in a row. Set up in a long hallway, open to the public. Served an average of 21 kids per day.
• UpSpring Summer 360
  Incorporated into summer camp programming for children who have or are currently experiencing homelessness. Served an average of 40 kids per day.

We have 4 kids, ages 4-12, that I saw for the first time this week. I mentioned Culinary Camp to them and they came everyday. They were so excited; on the last day, they came running.

JIM BOYLE
Service Area Coordinator, Cincinnati Recreation Commission
THANK YOU

FREESTORE FOODBANK
The Freestore Foodbank is the largest emergency food and services provider to children and families in tristate area and is part of the Feeding America National Network. Last year, FSFB distributed 24 million meals in the community through 400 community partners in 20 counties throughout Northern Kentucky, Ohio and SE Indiana. The Freestore Foodbank’s mission is to provide food and services, create stability, and further self-reliance for people in crisis. freestorefoodbank.org

DESIGN IMPACT
Design Impact is a nonprofit social innovation firm made up of designers, community development practitioners, social entrepreneurs and educators. We bring design and innovation to the nonprofit world to tackle social issues, equip leaders, and inspire communities. d-impact.org

FEEDING AMERICA
Culinary Camp was developed through a grant provided by Feeding America and ConAgra Foods Foundation. freestorefoodbank.org.

LISA ANDREWS, MEd, RD, LD
All recipes were developed by Lisa Andrews, Registered Dietitian since 1990 and the owner of Sound Bites Nutrition, LLC. She works with individuals and groups on eating for better health. She holds a Bachelors and Masters degree in Nutrition and worked as a clinical dietitian for the VA Medical Center for over 23 years. She served as a community dietitian for the Nutrition Council of Cincinnati and has taught nutrition courses at the University of Cincinnati and Northern Kentucky University since 1998. soundbitesnutrition.com

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