



COOKING MATTERS

THE SET-UP SHIFT IS RESPONSIBLE FOR GETTING ALL INGREDIENTS, & KITCHEN READY FOR CLASS. PLEASE ASK ADRIANA /NUTRITION INTER OF ANY ADDITIONAL TASKS THAT NEED TO BE COMPLETED

Tuesday Set-Up Shift—10:00 AM—12:30 PM

- In Store Shopping: Pete's Fresh Market---10:00-11:15 AM
 - ◆ Final Shopping List for bags and in class meal will be placed in this binder
 - ◆ You will be shopping with our Nutrition Inter.
 - ◆ We will have two separate shopping carts, one for the in class meal and one for the grocery bags.
 - ◆ As we gather the ingredients we will write down the price per unit, and weight or count quantity purchased
 - ◆ Make sure to provide our phone #at the register: 708-386-1324.
 - ◆ When you come back to the pantry make a copy of each separate receipt.
 - ◆ Fill out the appropriate forms, attach to receipt and file accordingly
 - ◆ Ask Nutrition Inter/Adriana for further instruction
- Set up class supplies: 11:30 AM–12:30 PM
 - ◆ Supplies are needed:
 - Pens
 - Name Tags
 - Clip Board for sign in sheet
 - According to lesson: Dry erase board, Crisco for in class activity, easel –Ask Nutrition Inter, Maria or Adriana
 - ◆ All paperwork set and ready for class
 - Sign in sheet
 - Handouts
 - Recipes for kitchen
 - Bag instructions

- Set up kitchen
 - ◆ Gather and set Utensils – Refer to today’s recipes
 - ◆ Set up Cutting Boards
 - ◆ Set up Spice Bags
- Snack
 - ◆ Prepare snack if directed –Refer to snack recipe for the day
 - ◆ If the snack can’t be prepared ahead of time have everything ready for next shift.