



Before you Begin

Setting Up the Room

- Prior to each cooking session clean and sanitize all tables and surfaces where food preparation will occur.
- Dishes and equipment should also be clean and sanitized and ready to use.
- Set up two stations (one for each recipe) as per the equipment list. If the group is larger you may want to have multiple stations preparing the two recipes for the session.
- Required ingredients as well as a copy of the recipe should be placed at each station.
- Some recipes use common ingredients (e.g., flour) these ingredients can be set-up on a “common ingredient table” in the middle of the room.
- Note, if there is no handwashing sink in close proximity to the room set up a portable hand wash station as illustrated below.
- Split the participants into smaller groups of approximately five, and each group can make one recipe.

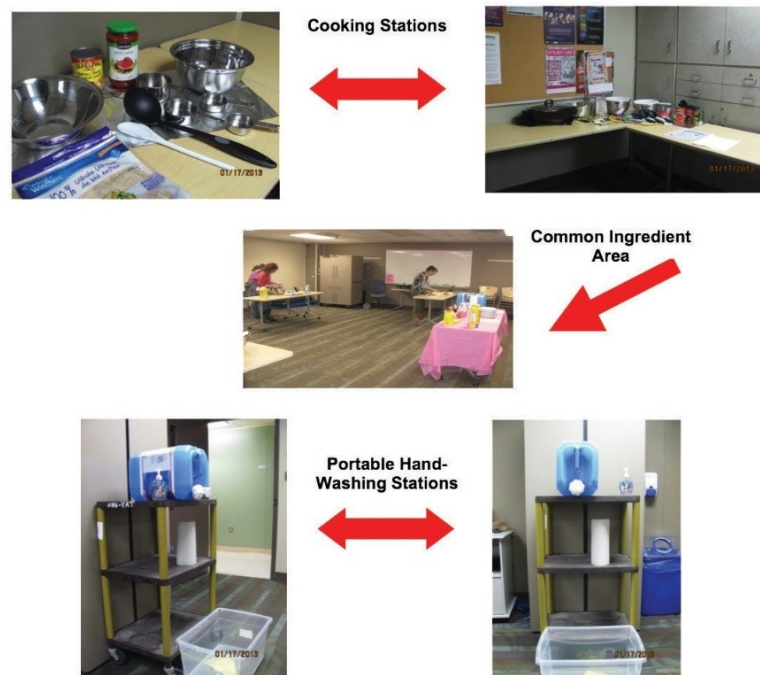


Figure 1: Example of a Cooking Room Set-Up