



Before you Begin

The Recipes

- Two or more different recipes will be prepared during each session.
- If you are working with a larger group, multiple stations of the two recipes can be set up. This will allow for all participants to have a hands-on experience.
- Recipes tend to increase in complexity as you progress through the cooking sessions. It takes time to learn basic cooking skills and confidence to use the new skills.

Requirements

- No stove required. Access to electrical outlets and appropriate extension cords required.
- Proximity to water and refrigerator and freezer required.
- Selected to develop basic cooking skills.
- Use basic cooking equipment.
- Use basic ingredients that can be purchased for a reasonable price.
- Can be prepared in less than one hour.
- Use whole grain products.
- Do not include foods like: meat; fish; seafood etc. to decrease the food safety risk. Uses plant-based sources of protein (e.g. beans, legumes) which are economical and less of a food safety risk.
- Recommend pasteurized eggs to decrease food safety risk, however, if whole eggs are used ensure they clean and free of visible cracked. Do not use ungraded or Grade C eggs.
- Do not include peanuts or nuts but we can't guarantee an allergen-free environment.



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Grocery Shopping Tips

- Prior to each session you will need to buy the groceries as per the shopping list.
- Always check the best before date when selecting ingredients.
- Ensure perishable foods or any cold food items are promptly refrigerated after shopping to minimize any food safety risks.

Vegetables and Fruit

- Choose local produce when possible. Use [Foodland Ontario's availability guide](#) to find out when Ontario vegetables and fruit are in season.
- Choose frozen vegetables and fruit without added sugar and salt. Ensure bags are well-sealed and frozen solid.
- Choose canned vegetables that have no added salt and canned fruits packed in water or juice rather than syrup. Inspect cans for damage, like bulges, dents and rust. Also check best before dates on cans.
- Choose fruit juice that is labelled “100% pure juice”. Anything labeled as “drink”, “beverage”, “punch” or “cocktail” usually contains very little fruit juice.
- Choose dried fruit packages that are well sealed. Fruit should feel soft as an indicator of freshness. Be sure to check best before dates.

Grain Products

- Choose 100% whole-wheat bread, tortillas, etc. The first ingredient on the package should indicate “whole wheat” or “100% whole grain flour”.
- Choose brown or parboiled rice more often as they are higher in fibre.
- All grains should be stored in a cool dry place in a tightly sealed container.

Milk and Alternatives

- Choose skim, 1%, or 2% milk most often.
- Choose cheese packages that are well-sealed. Check the best before date.

Protein

- Canned products like canned lentils, chickpeas, and beans are often preserved with salt. Always drain and then thoroughly rinse in a colander before use. Also



look for no salt or low salt alternatives.

- Any eggs used for the program must be graded. It is recommended they are purchased from a grocery store to ensure non-graded, farm-fresh eggs aren't accidentally used. Pasteurized liquid eggs is also an appropriate option, however if does not allow opportunity to teach students about safely handling, crack and use whole eggs.

Oils and Fats

- Choose vegetable oils like olive, canola or safflower oil, as these are rich in healthy fats. All vegetable oils are naturally cholesterol-free.