



Orientation: Session 1

Shopping and Equipment List

Choose 2 of the 3 recipes you plan to prepare for the orientation session and shop accordingly. Don't forget to check your staples and other ingredients you already have on hand!

Pepper Nachos (makes 24 sample size servings)

Shopping List

- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 2 avocados
- 125 mL (½ cup) plain Greek yogurt**
- 2 tomatoes
- 125 mL (½ cup) cheddar cheese**
- 2.5 mL (1/2 tsp) cumin or chili powder (optional)
- Small plates for sampling*

Equipment List

- 4 Cutting boards
- 1 Cheese Grater
- 4 Knives
- 2 Spoons
- Large plate for serving

Green Smoothie (makes 12 sample size servings)

Shopping List

- 250 mL (1 cup) fresh spinach or kale
- 2 medium bananas, very ripe
- 250 mL (1 cup) frozen light-coloured fruit (mango, peaches, pineapple)**
- 250 mL (1 cup) white milk or unsweetened fortified soy beverage
- 250 mL (1 cup) plain yogurt**
- Cups for tasting*

Equipment List

- 1 Blender

Let's Get Cookin'!

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- 1 Dry Measuring Cup
- 1 Liquid Measuring Cup
- 1 Spoon
- 1 Strainer

Delectable Bugs (makes 24 sample servings)

Shopping List

- 1 apple
- 1 orange
- 1 small bunch of grapes
- 1 cucumber
- 10-15 cherry tomatoes
- 227g strawberry cream cheese**
- 227g hummus**
- 1 bunch celery bunch
- 20-30 raisins*
- Small plates for sampling*

Equipment List

- 4 Cutting boards
- 4 Knives
- 2 Spoons
- 1 Strainer
- Large plate for serving

***Check staples supply.**

****Check fridge/freezer for extra supply.**

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