



Cooking Class Manual

FOR GAGE RESIDENCE
ADVISORS

FNH 473 CBEL INITIATIVE
SPRING 2018



Community Cooking Class Manual

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Intro & Overview

This facilitator's manual is designed for Resident Advisors to aid in planning a community kitchen workshop that aims to make healthy cooking fun and easy for residents. Learning to cook in residence will provide a safe environment where residents can explore or further develop their cooking abilities. Cooking is an essential skill that will enable one to make nutritious foods to nourish one's body. Making food from scratch is likely to be healthier and more economical. This manual includes 4 sample recipes, with ingredient, equipment used and other specifications such as food safety and storage tips. This manual also highlights other food skills info such as food safety knowledge, shopping tips, program planning tips and more.

Creating Community

Creating Community (for Resident Advisors)

- Quick “Get to know one another” games

Examples

1) Name and food association

List a food that you like that starts with the first letter of your first name

2) Famous People and Cities

Write a bunch of famous people and names of cities on the back of index cards. When someone enters the room, tape a card to their back. The goal is to ask questions to figure out what’s on your back.

3) Paired Strangers

Tell every resident to pair up with someone in the room they’ve never met before. Once pairs are formed, instruct them to discuss a topic.

4) Say Your Name Backward

Have each member of the group introduce themselves by saying their name backward. Everyone else has to try to figure out what their name is.

5) Would You Rather?

Divide the kitchen in half. Rattle off a bunch of questions — e.g., would you rather travel to Italy or Australia? — and have residents hop on either side of the line depending on their answer. It’s an easy way to figure out who has something in common with someone else.

6.) Movie Ball

Throw a ball around a circle. Whenever someone catches it, they have to say the name of a movie within five seconds. You can’t repeat any movies or you’re out of the circle.

- Background music to create an upbeat environment
- For other community building ideas check out previous program evaluations from eRez.
 - Search for advisor names in the search bar
 - Click on the “forms” tab under their name to select the program of interest

Ground Rules (for Participants)

- Respect for kitchen space and equipment
 - Ensure proper use of equipment (ask facilitator if you are unsure as to how to use any of the equipment used throughout the session)
 - Proper cleaning of equipment is required by every participant at the end of the cooking session
- Respect for individual food preferences is required, this is a no judgement zone as this is a safe space for learning and exploring cooking skills and food preferences

- Following proper food safety practices (See below)

Tips For Resident Advisors

- Run program with 2-3 RAs (strongly encouraged)
- Divide the tasks appropriately among RAs

RA #1: Advertisement. Promote your event at least 1 week in advance via posters, social media and personal invites (works best). Create an excel spreadsheet to sign up residents. Confirm attendance by emailing residents day of or night before. Print recipes for residents to follow along during the session and extra to take home with them. Print surveys forms for residents to complete at the end of the session (see table of contents).

RA#2 & 3: Write a grocery list for chosen recipe and shop for ingredients together as it will likely be too much for 1 person to carry back if access to a vehicle is not possible.

All RAs: Prep the kitchen in advance (about 1 hr. depending on the recipe). Create 4-5 stations for residents (2-3 people per station, no more than 16 residents due to spacing concerns). Provide all equipment necessary for each station to avoid too much movement about the kitchen as it will be crowded. Have an ingredient station (one specific area in the kitchen that residents can find all of the ingredients).

- Encourage residents to help with cleaning throughout the session (i.e. when food is in the oven) so that there is little clean up at the end.
- Encourage residents to bring own plates and utensils to cut down on dishes as well as avoid the use of paper plates and plastic utensils (help save the environment!).
- Ensure proper handwashing at the beginning of the session as food will be passed around and shared.
- Go over quick safety tips at the beginning of the session, especially in regards to knives and have a first aid kit on hand should any injuries occur (i.e. superficial cut from a knife).

Food Safety

Handling food safely is important to prevent food-borne illness and cross-contamination. Below are some simple tips and tricks for proper hygiene and food handling.

Keep Surfaces Clean (including your hands!):

- Have all kitchen surfaces, cutting boards and utensils sanitized before and after handling foods, with directly using of a kitchen sanitizer or a bleach solution (5 milliliters of bleach to 750 mL of water). Carefully rinse them with hot water.
- Use separate cutting boards for produce and raw meat.
- Avoid using dirty dish cloths or sponges to clean utensils and surfaces to prevent cross-contamination and the growth and spread of bacteria.
- Wash your hands before and after handling all food!
 - Use regular soap to wash your hands. An alcohol-based hand rub could also be used if soap and water are not available.
 - Wash with soap under warm water for at least 20 seconds.
 - It is important to wash your hands before and after preparing foods, especially handling raw meat, poultry, fish or seafood. Always wash your hands after touching pets, changing diapers and using the bathroom.



Washing Fresh Produce:

- Wash your fresh fruits and vegetables under water before use. For vegetables with firm skins, such as carrots and melons, use a vegetable brush.
 - Do not wash your fresh produce with soap.
 - Do not soak your produce in the sink, which could transfer the bacteria from the sink to your foods. Instead, wash under running water.

Keep Cold Foods Cold:

Always keep cold foods cold to avoid the food from reaching the "temperature danger zone"(between 4°C(40°F) to 60°C(140°F)), where bacteria can grow quickly and may cause food poisoning.

- Have the refrigerator set at 4°C (40°F) or lower and the freezer at -18°C (0°F) or lower to avoid the “temperature danger zone”.
- Store meat products separately from other foods in the refrigerator to keep them cold, especially for raw meat, poultry, fish and seafood. Refrigerate or freeze them as soon as possible or leave them no more than two hours at room temperature.

- Washed, cut and sliced fruits or vegetables can be stored in containers with a paper towel in the refrigerator, to absorb excess moisture so that they can stay fresh longer.
- Make sure to cook refrigerated raw meat, poultry, fish, and seafood within two to three days after purchase, or freeze it if you cannot or do not intend to cook it within this time.

A Note on Thawing:

The refrigerator method is the safest way to defrost food, especially for raw meat, poultry, fish and seafood. The other two ways to defrost meat are in cold water and in the microwave - *never at room temperature*. Thawed food should be cooked right away, especially for thawed meat from the microwave method, and never refreeze thawed food. Remember to always wash your hands, clean and sanitize the sink, utensils, surfaces and dishes used for thawing the food.

3 ways to defrost meat:

1. Defrosting in the refrigerator

- Put the meat in a clean container, and place it on the bottom or separate shelf in the refrigerator.
- Takes 24 hours for every 5 pounds (2.5 kg) of poultry to defrost; 24 hours should be enough to thaw completely for other kinds of meat.

2. Defrosting in the microwave

- Meat should be put in microwave-safe containers or on plates and covered with a lid (place lid loosely) or paper towel. Do not microwave meats that are in packages that aren't labeled as microwave-safe.
- When defrosting meats, use the defrost setting on the microwave.

3. Defrosting in water

- Wrap the meat inside leak-proof plastic to decrease risk of cross-contamination. Place meat under cold tap water in a sanitized sink, make sure meat is fully covered by water. Leave in water until meat is fully thawed, make sure to change water every 30 minutes.

Adapted from: <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/defrosting-safety.html>

Keep Hot Foods Hot:

Cook food in a proper way so that bacteria like E. coli, Salmonella and Listeria can be killed by heat under the right temperatures, and the food would be safe to eat.

- Use a clean thermometer to make sure that the food reaches its safe cooking temperature and it is cooked completely.

- Check and make sure that inside of meat also reaches its safe cooking temperature and the whole pieces are evenly cooked, especially for thick pieces of meat, poultry, fish or seafood.
 - The internal temperature of meat can be measured with the digital thermometer inserted all the way inside, without contacting with bones.
 - The internal temperature of hamburgers can be measured by inserting the digital thermometer through the side of the patty, and all the way to inside.
- Remove any bruise or damaged areas in fruits or vegetables before cooking them, because large number of harmful bacteria can grow in these areas.
- Always separate cooked foods with uncooked or raw foods. And also use separate utensils.
- Cook hot foods at or above 60°C (140°F) to avoid the temperature danger zone of food.

A Note on Leftovers

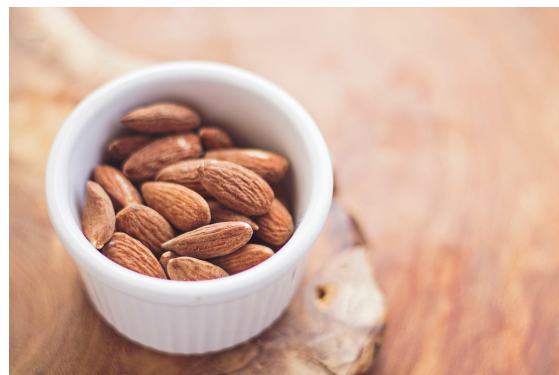
Storing leftovers properly keeps them fresh for longer time:

- Place the leftovers in the refrigerator or freezer as soon as possible or within two hours to avoid quickly growing of bacteria.
- Do not leave perishable foods more than 2 hours at room temperature or more than 1 hour above 32.2 °C (90 °F).
- Do not store too much foods and leave some free spaces in the refrigerator to keep the cool air circulating.
- Consume the refrigerated leftovers within two to four days.
- The temperature must reach 74°C (165°F) to reheat foods, and avoid reheating the same leftover more than once.

A Note on Food allergies:

Nine common food allergens in Canada:

- Peanuts
- Tree nuts
- Sesame seeds
- Milk
- Eggs
- Fish (including shellfish and crustaceans)
- Soy
- Wheat
- Sulphites
- Mustard



Health risks

Allergic reactions can occur immediately following intake of food (including cross contaminated foods). Be aware of the following symptoms that may occur after an allergic reaction:

- Difficulties swallowing, speaking or breathing
- Sudden drop in blood pressure, rapid increase in heart rate, and/or potentially loss of consciousness
- Flushed skin, hives, rash, or itchy skin
- Swelling of the face, throat, eyes, lips, or tongue
- Anxiety, dizziness, distress, pale skin, faintness, and/or weakness
- Diarrhea, cramps, and/or vomiting

In order to minimize your risk

- Clearly know the types of foods or other factors that may trigger a reaction and completely avoid them. When eating out or in a restaurant, always tell the host/server about your food allergy, and ask specific questions about the food to be served.
- Pay attention to the nutritional/ingredient labels and precautionary labels on food products to avoid any contact with even few amounts of your food allergens. Call food manufacturers if you have doubts or questions about a particular food. Be very careful about bulk foods that may not carry a label or that have cross-contamination.
- Always carry an epinephrine auto-injector with you and learn to use it. Use the epinephrine auto-injector as soon as the earliest sign of a reaction/symptom.
- Always wear a MedicAlert identifier, so that others will know about your allergies and reactions from the identifier if any accident occurs.
- If you are having a severe allergic reaction, go to the nearest Emergency Department from you, or call 911 for instructions or help as soon as possible.

Safe Meat Storing and Cooking Temperatures



Type of meat	Safe storage time in refrigerator at 4 °C (40 °F) or lower	Safe storage time in freezer 18 °C (0 °F) or lower	Safe internal cooking temperatures
Beef	2-4 days	10-12 months	medium rare: 63°C (145°F) medium: 71°C (160°F) well done: 77°C (170°F)
Pork	2-4 days	8-12 months	71°C (160°F)
Lamb	2-4 days	8-12 months	medium rare: 63°C (145°F) medium: 71°C (160°F) well done: 77°C (170°F)
Ground meat	1-2 days	2-3 months	beef/lamb/pork: 71°C (160°F) poultry: 74°C (165°F)
Chicken/Turkey	2-3 days	6 months (pieces) to 1 year (whole)	pieces: 74°C (165°F) whole: 82°C (180°F)
Ham	3-4 days (cooked) and 6-9 months (canned)	2-3 months (cooked) and do not freeze for canned	71°C (160°F)
Hot dogs	1 week (opened) to 2 weeks (un-opened)	1-2 months	74°C (165°F)
Raw sausage	1-2 days	1-2 months	74°C (165°F)
Lunch meat	3-5 days (opened) to 2 weeks (un-opened)	1-2 months	74°C (165°F)

Adapted from Health Canada: Safe storage temperature and safe internal cooking temperature of meat

Tips for Planning an Effective Cooking Workshop

Understand the layout of the kitchen, safety & resources available

- Group size: how many residents can comfortably and safely fit in the space
→ suggested group size: 2-3 resident per station (~ 12 residents total)
- Work space accommodations: some residents will need to sit to work, or need devices that might not fit in the kitchen easily
- Health and safety: understand safe food handling, hand washing, use of equipment, and make sure to have a first aid kit in reach
- Resources: equipment, spices, basic staple ingredients, budget for the community kitchen



Consider the environment you'd like to create

- Welcoming, safe, calm, non-competitive
- Safe storage for residents' coats and belongings
- Name tags for everyone to make
- Facilitate icebreakers to help residents mix and learn each other's names
- Choose recipes that are low-fat, low sugar, low salt, and affordable to reproduce at home
- Consider plant-based meals – they are more inclusive, and everyone needs to eat more fruit and vegetables
- Staff and volunteers should be compassionate, kind, welcoming, patient

Outreach

- Posters in the community (Gage commonsblock)
- Promote events on social media to create excitement
- Connect with residents directly via personal invites, community meetings
- Advertise what type of food you will be serving (common allergens, if any) when you promote the event
- Include how attendees will benefit from attending the workshops
 - Learn basic cooking skills to allow you to cook the foods that you enjoy
 - Learn how to cook fish, meat, legumes, and plant based meals
 - Learn how to use spices and how to flavour foods with less salt
 - Learn how to cook your guilty pleasure in a healthier manner
 - Learn and practice some food preparation and food safety skills
 - Make a friend!

During the Program Session

- Do a demo at the start of the session. Demonstrate any technical skills to residents such as chopping vegetables, or meats.
- Plan for a few recipes each session; be prepared to drop one or two if you don't have enough people or time to finish them all; have quick options if you need more food for an unexpected turn-out
- Encourage residents to work in pairs or small groups
- Have a chill-out space if residents need to take breaks
- Eat together, family style, and enjoy conversations; have a few open questions in mind to stimulate conversation
- Encourage everyone to take turns with cleaning dishes
- Ask residents to bring their own Tupperware containers to take home leftovers, if there are any
- Provide recipes for residents to take home – encourage modifications!
- Give positive feedback on each recipe, compliment residents on their efforts and encourage them to talk to one another directly about their process and results
- HAVE FUN!

Troubleshoot

- Be flexible, things may not work out exactly as you planned, but they will work out
- Consider serving everyone an equal first portion. Consider having staff and/or volunteers portion out leftovers to make sure that everyone gets an equal share.
- Encourage a calm, non-competitive environment. It important to establish a sense of security regarding taking risks, meeting new people, trying new activities and foods, and most of all, sharing food with unfamiliar or new people.

Adapted from <http://thepod.cfccanada.ca/blog/tips-making-community-kitchen-programs-open-and-inclusive>

Things to know about the Gage kitchen

Gage kitchen layout

Island workstation in the middle: Have drawers and cupboards underneath

Counter space workstation surrounding the island: Have drawers below the workstation and cupboards above and below the workstation

Island:

-Cutlery and napkins are stores in the drawers

-Non-perishable ingredients are stored in the cupboards

NOTE: Check available ingredients before shopping

□ spices, sauces, rice, crackers, flour, oils, sugar

Work station surrounding the island:

-Baking utensils and cooking utensils are stored in drawers

-Mixing bowls, and large appliances (blenders, food processor, waffle machine) are stored in the cupboards above the workstation

-Pots and pans are stored in the cupboards below the workstation

Baking pans and trays are stores in the drawers underneath the 2 ovens

Other things to note

- The kitchen will be cold when you enter, but it will become warm once you start cooking (do not touch the thermostat)
- Preheat the oven during setup if needed as the oven can take a while to preheat
- The floor can be quite slippery, (especially when there are spills) encourage residents to wear non-slip shoes

Inventory

- Blender (2)
- Dinner plates (25)
- Side plates (25)
- Glasses (25)
- Cutlery set (25 each)
- 6 knife sets/blocks
- 3 wooden spoons
- 5 big serving spoon
- 5 big serving spoon with holes
- 5 ladles
- 4 strainers
- 5 large aluminum mixing bowls
- 6 medium aluminum mixing bowls
- 2 can openers
- 6 large cutting boards
- 6 smaller cutting boards
- 5 box graters
- 5 Potato mashers
- 4 rubber spatulas
- 2 large roasting pans
- 3 wire whisks
- 2 kettles
- 6 sets of measuring cups
- 6 sets of Measuring spoons
- 6 sets Pots and pans
- 2 Toasters
- 2 coffee makers
- Waffle maker
- Popcorn machine
- Rolling pin
- 4 griddles
- Blender
- 2 kettles
- Rice cooker
- Fondue pot

Sample Recipes

**Please review Food Safety section prior to cooking/baking/preparing food items

***Time does not include kitchen set up or clean up

- **Easy Vegetarian Chili**
 - Difficulty level: Very Easy
 - Time: 30 mins.
- **Oven “Fried” Fish with Oven Baked Fries and Tartar Sauce**
 - Difficulty level: Medium
 - Time: 50 mins.
- **Stir-fry beef and broccoli**
 - Difficulty level: Easy
 - Time: 40 mins.
- **Easy Homemade Wheat Bread**
 - Difficulty level: Very easy
 - Time: 150 mins.

Easy Vegetarian Chili

Serves 4-6

Prep time: 5-10 mins

Cook time: 20 mins

Food safety considerations:

1. Store in an airtight container in the fridge for up to 1 week
2. Leftover vegetable broth should be stored in the fridge



Ingredients:

- | | |
|----------|---|
| 1 15 oz. | Can black beans, drained |
| 1 15 oz. | Can kidney beans, drained |
| 1 15 oz. | Can diced tomatoes (do not drain) |
| ½ | Onion, diced |
| 3 cloves | Garlic, minced |
| 1 | Bell pepper, diced (any color) |
| 2 tbsp. | Olive oil |
| ¼ cup | Vegetable broth |
| 2 tbsp. | Chili powder |
| ½ tsp. | Salt (or to taste) |
| ½ tsp. | Pepper (or to taste) |
| Dash | Cayenne pepper |
| ½ tsp | Red pepper flakes (for extra spice) *optional |
| ½ cup | Textured vegetable protein plus ½ cup water (for extra protein) *optional |

Equipment Needed:

- Cutting board
- Knives
- Measuring spoons
- Cup measures
- Large pot
- Cooking spoon
- Ladle for serving
- Bowls and utensils for eating

Instructions:

1. In a medium or large soup pot, sauté the onion, bell pepper and garlic in the olive oil for 3 to 5 minutes, until the onions are soft, stirring occasionally
2. Next, add in the whole can of tomatoes, the vegetable broth, and the chili powder and stir
3. Reduce heat to medium low and add beans.
4. Stir occasionally and cook for at least 20 minutes.

Variations:

1. To make it spicier, add ½ tsp red pepper flakes while sautéing the onion
2. To add extra vegetarian protein, add ½ cup textured vegetable protein plus ½ cup water 10 mins before done cooking, simmer for 10 more mins

Serving tips:

1. Package into individual portions and store in the refrigerator for a quick and easy meal prep
2. Serving this chili over rice is a great way increase the number of servings that one recipe will make

Nutrition Tips:

- Beans are an excellent source of fiber and protein
- Choosing canned foods with low/no salt is an easy way to reduce the amount of sodium in your diet

Nutrition Information (per serving):

Calories: 330 calories

Total fat: 6.0 g

Saturated fat: 0.9 g

Carbohydrates: 55.0 g

Sodium: 260 mg

Fiber: 15.5 g

Sugar: 5.9 g

Protein: 18.7 g

Recipe adapted from www.thespruce.com

Oven “Fried” Fish with Oven Baked Fries and Tartar Sauce

Serves: 4

Prep time: 20 mins.

Cook time: 40 mins. (40 mins. for “fries”, 10 mins. for fish)

Food safety considerations:

1. When choosing fish at the grocery store ensure that fish does not have a “fishy” smell, this likely means the fish has gone bad.
2. Do not store uncooked fish in fridge for more than 24 hours.
3. Never thaw then refreeze fish.

Oven “Fried” Fish

Ingredients:

4 180g Inexpensive white fish
fillets (eg. tilapia, sole, cod)
1 Large egg white
½ cup Buttermilk
½ cup All-purpose flour
½ cup Fine dry bread crumbs
2 tsp Paprika
½ tsp Cayenne pepper
1 tsp Salt
1 tbsp. Vegetable oil

Equipment Needed:

- Oven
- Baking pan/rack
- Bowl (M)
- Spoon
- Plate

Instructions:

1. Position rack on top shelf of oven. Preheat oven to 500F. Line a rimmed baking sheet with foil and set a wire rack on top. Brush rack with vegetable oil.
2. Pat fish dry with paper towels. Slice fillets in half lengthwise to form long pieces.
3. Whisk egg whites with buttermilk in a bowl.
4. In another dish, stir flour with bread crumbs, paprika, cayenne pepper and salt, until mixture is uniform.
5. Working with one piece of fish at a time, lightly coat with buttermilk mixture. Turn to evenly coat. Shake off excess liquid and coat fish with flour. Shake of excess coating then place on rack. Discard any remaining buttermilk or flour mixture.
6. Lightly, spray fish with vegetable oil or, using a brush, lightly dab 15 ml vegetable oil as evenly as possible over coating. Do not skip this step as it is essential for crispy fish. Bake until coating is crisp and golden. 10-15 minutes (Check doneness early!) Serve with Light Tartar Sauce (recipe below).

Oven-Baked “Fries”

Ingredients:

4 Large Yukon Gold potatoes
1 tbsp. Canola oil (or light flavoured oil)

- Oven
- Baking pan
- Knife
- Flipper

Equipment Needed:

Instructions:

1. Preheat oven to 450 F.
2. Scrub potatoes in cool water. Dry with paper/cloth towel.
3. Slice into wedges (Cut potatoes lengthwise in half and then cut lengthwise slices from each half).
4. Place potato wedges into a bowl and add the oil. Toss until well-coated.
5. Placed oil potato wedges on a large baking sheet. Do not crowd. Place in oven.
6. Bake for about 30 minutes, turning occasionally. Start checking doneness at 20 minutes and 5 minutes intervals thereafter.

*Serves 4

Greek yogurt “Tartar Sauce”

Ingredients:

1/3 cup 0% fat plain Greek yogurt
1/3 cup Light mayo
1 tbsp. Lemon juice
1 tsp. Dried dill
1 tsp. Capers (optional)
Dash Salt

*Serves 4

Instructions:

1. Add all ingredients to a bowl, stir and serve.

Nutrition Information (per serving; includes Fried fish, Oven-Baked Fries and Tartar sauce):

Calories: 478 kcal
Total fat: 14 g
Saturated fat: 2 g
Carbohydrates: 46 g
Fiber: 3 g
Sugar: 4 g
Protein: 44 g
Sodium: 422 mg

Stir-fry beef and broccoli

Serves: 4

Prep time: 15 mins

Cook time: 25 mins

Food safety considerations:

1. Wash hands with soap before and after handling the meat following proper hand washing procedure.
2. Use separate cutting boards for meat and vegetables, clean all cooking utensils after they touch raw meat, and use different utensils to serve foods after preparing.
3. Never refreeze the thaw meat.



Ingredients:

3 tbsp.	Cornstarch, divided
1/2 cup	Water, plus
1/2 tbsp. water,	divided
1 lb	Boneless round steak or 1 lb charcoal chuck steak, cut into thin 2-inch strips
2 tbsp.	Vegetable oil, divided
4 cups	Broccoli florets
1 small	Onion, diced
1/3 cup	Reduced sodium soy sauce
2 tbsp.	Brown sugar
1 tsp.	Ground ginger
640 g	Egg noodles to serve for 4

Equipment Needed:

- Measuring spoons
- Heatproof bowl or plate for quickly microwave thawing the beef if needed
- Bowls
- Wok or large frying pan/skillet
- Knives, for slicing
- Cutting boards
- Utensils

Instructions:

1. In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water and garlic powder until smooth
2. Add beef and toss
3. In a large skillet or wok over medium high heat, stir-fry beef in 1 tablespoon oil until beef reaches desired doneness; remove and keep warm.
4. Stir-fry broccoli and onion in remaining oil for 4-5 minutes
5. Return beef to pan.
6. Combine soy sauce, brown sugar, ginger and remaining cornstarch and water until smooth; add to the pan
7. Cook and stir for 2 minutes
8. Serve over egg noodles.

Variations:

- Replace broccoli with your choice of vegetables (for example, bok-choy or spinach)
- You can choose either egg noodles or steamed rice to serve with
- Vegetarian can replace the beef with tofu

Storage/Serving tips:

- Storage: safe storage time for beef in the refrigerator is 3-4 days, or 4-12 months in the freezer depending on the item
- Beef needs to be defrosted when it is removed from the freezer before cooking

Nutrition Tips:

- Try using low sodium soy sauce when possible

Nutrition Information (per serving with 1 cup (160g) of egg noodles)

Calories: 371.1 kcal

Total fat: 10.4 g

Saturated fat: 1.6 g

Cholesterol: 46.4 mg

Carbohydrates: 60 g

Sodium: 739.4 mg

Fiber: 2.5 g

Sugar: 8.4g

Protein: 10.5 g

Recipe adapted from www.geniuskitchen.com

Easy Homemade Wheat Bread

Serves: 10

Prep time: 10 mins

Cook time: 1 hr 50 mins.

**Could let residents leave during the dough rising process, then come back and resume afterwards*

Ingredients:

2 cups	Whole wheat flour
1 1/4 cups	Unbleached all-purpose flour
1/2 tsp	Salt
3/4 tbsp.	Instant yeast
1 1/2 cups	Warm water
1/4 cup	Millet
1/4 cup	Rolled oats



Equipment Needed:

- Oven
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Wooden spoon
- Metal pan
- Knife
- Baking tray
- Oven mitts
- Cooling rack

Instructions:

1. Combine warm water (about 110 degrees F/43 C) with yeast in a large mixing bowl and let set for 5 minutes to get foamy.
2. Add salt and flours and stir with a wooden spoon
3. Lift the dough out of the bowl and lightly grease the bowl with oil
4. Cover with plastic wrap and let rise in the refrigerator for two hours or in a warm place for one hour
5. Once doubled in size, lightly sprinkle the dough with flour & transfer to a generously floured work surface
6. Knead a few times adding flour as needed, then add oats and millet
7. Knead until grains are incorporated and the dough is no longer sticky
8. Place on lightly greased baking sheet.

9. Sift a light coating of flour over the top to help keep the dough moist & let rest for 45-60 minutes.
10. Preheat oven to 450 degrees F (232 C)
11. Place a metal pan on the lowest oven rack & prepare 1 cup of hot water
12. When ready to bake, slash the bread 2 or 3 times with a knife making a cut about ½ inch deep.
13. Place bread in oven and carefully pour hot water into the shallow pan on the rack beneath. Close oven door quickly.
14. Bake the bread for 25 to 35 minutes or until golden brown and crusty
15. Remove the bread from the oven and cool on a rack.

****Once fully cooled, store leftovers in a plastic bag at room temperature*

Variations:

- Millet and rolled oats can be substitute with other grains or seeds (ex. Sunflower seeds, uncooked quinoa, flaxseeds) or omit
- Can use all whole wheat flour
- Maple syrup or honey can be added as sweeteners (~ 1-2 Tbsp.)
- Can toast small pieces to make croutons for soups

Storage/Serving tips:

- Bread can be pre-sliced, wrapped and frozen for up to 3 months (best consumed within 1 month)
- Bread can be wrapped and refrigerated for up to 2 weeks
- Wrap bread well or store in an airtight bag to prevent moisture loss

Nutrition Information

Calories: 177 kcal

Total fat: 0.8 g

Saturated fat: 0.2g

Carbohydrates: 36 g

Sodium: 118 mg

Fiber: 2 g

Sugar: 0g

Protein: 5 g

Recipe adapted from www.minimalistbaker.com

Sample Recipe Plan:

TITLE OF RECIPE

Food safety considerations (if any):

- 1.
- 2.
- 3.

Ingredients:

Prep time:
Cooking time:
Equipment:

Instructions:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Servings:
Serving size:

Variations:

- 1.
- 2.
- 3.

10 Tips on how to choose additional recipes

Choose recipes that...

1. Are budget friendly
2. Are easy to replicate in the student's population & have a quick cooking time
3. Includes ingredients that can be easily sourced by the target audience
4. Do not have too many ingredients
5. Are popular among the target audience
6. Are high in fruits and or vegetables
7. Are low in fats, sugar and salt
8. Promotes use of herbs and spices for flavour
9. Can be altered to a vegetarian dish if necessary
10. Introduces underused ingredients that are health promoting (ex. lentils)

10 Tips on how to shop on a budget (to be shared with residents)



1. Shop on a full stomach to avoid purchasing food items that you otherwise might not buy (ex. Sugary snacks, chips, etc.)
2. Make a shopping list and only buy what is on the list
3. Check the expiry date to make sure that you can consume the food in time
4. Shop in budget friendly stores (ex. No frills instead of whole foods)
5. Buy staple ingredients in bulk (ex. Flour, rice, spices)
6. Buy no name brand - they are cheaper because they save money on advertising
7. Buy in season produce
8. Buy frozen fruits and vegetables (choose the ones with no additional ingredients added)
9. Buy fewer “ready to use ingredients” (ex. Buy a head of lettuce instead of chopped lettuce, buy a block of cheese versus shredded cheese)
10. Stock up non-perishable products when they are on sale (within reason)

***** Note: average cost per person should be no more than \$10/person. Aim for \$5-7/person**

Example of a proposal to Gage Residence Association (GRA) for additional funding

Let's make sushi

RA(s) proposing: Katie

Anticipated Date: January 21st 2018

Expected attendance: 20 people

Why run such an event?

To teach residents how to make sushi. To facilitate cultural exchange. To promote inter-residence interactions.

How will the event run?

-I will shop for the ingredients

-I will provide guidance to residents on how to make sushi rolls

Financing Section

Option 1: Salmon rolls, fake crab rolls, smoked tofu rolls

Sushi rice: \$20

Protein: \$70

Veggies (avocados, cucumber): \$20

Others (Nori sheets, rice vinegar, soy sauce, ginger): \$15

Equipment: sushi mat/ sushi Bazooka: \$25

Total cost = \$150 (\$6.25/person - food cost only)

Asking \$150 from the GRA

Option 2: Salmon rolls, smoked tofu rolls

Sushi rice: \$15

Protein: \$65

Veggies (avocados, cucumber): \$15

Others (Nori sheets, rice vinegar, soy sauce, ginger): \$15

Equipment: sushi mat/sushi Bazooka: \$25

Total cost = \$135 (\$5.50/person - food cost only)

Asking \$135 from the GRA

Option 3: Salmon rolls, smoked tofu rolls (less of both)

Sushi rice: \$15

Protein: \$55

Veggies (avocados, cucumber): \$10

Others (Nori sheets, rice vinegar, soy sauce, ginger): 15

Equipment: sushi mat/sushi Bazooka: \$25

Total cost = \$120 (\$4.75/person - food cost only)

Asking \$120 from the GRA

Prior to Cooking workshop (please print)

Ensure that ...

- kitchen is booked for the full duration of the workshop (+30 minutes before and after)
- email residents the day before to confirm attendance
- all ingredients are purchased in appropriate quantities & stored properly
- all equipment needed is available
- icebreaker is planned
- recipes are printed
- all residents have washed their hands
- long hair is tied up
- residents know about the survey and why their input is important
- an overview of how the session is given
- an overview of potential safety concerns is given (recipe specific)

After cooking workshop (please print)

Ensure that ...

- all questions from participants are answered
- all equipment is washed and placed back in their respective locations
- no equipment is missing (check inventory)
- non-perishable leftover ingredients are placed in the island cupboards
- counters are wiped
- all counters are sanitized
- floor is swept
- ovens and stoves are turned off
- all surveys are collected
- lights are turn off

Surveys (to be evaluated by RAs):

Post workshop questionnaire:

1. Before attending this community kitchen I felt like I would have been able to prepare today's meal:
 - a) All by myself
 - b) With a little help
 - c) With a lot of help
 - d) Not at all

2. After attending this community kitchen I feel like I would be able to prepare today's meal:
 - a) All by myself
 - b) With a little help
 - c) With a lot of help
 - d) Not at all

3. I made a new friend as a result of attending this community kitchen
 - a) Agree
 - b) Disagree

4. Set a goal for how many meals you'd like to prepare at home per week (includes breakfast/lunch/dinner/snacks).

5. Please provide your email if you feel comfortable being contacted as a follow up and see how often you prepare meals for yourself at home. (optional)

6. Do you have any suggestions for improving community kitchen nights such as this in the future? (optional)

Online version of the questionnaire can be found at:

https://www.surveymonkey.com/collect/?sm=FvchYW_2BRFGojJBEn0Isvi1ArZJyyhJpvO_2FBJ0yjgAO53mOrnbuAJKUIjvfgSXSp6

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