

**Want to Support Classroom Cooking with Nutritious and Local Foods?
Tired of your Food Service Bowls and Spatulas Disappearing?**

Create a Mobile Classroom Cooking Cart!

A sturdy, user-friendly cooking cart can be created for less than \$400 dollars; a great project for your PTO, a local garden club or business, or high key club to support.

To start, we chose an open-sided three-tier Rubbermaid utility cart (approx. \$180 plus shipping)—they have various open and enclosed models from which to choose.

Here's what we put on our cart:

A Blender, A Single Electric Burner, Colorful Nesting Mixing Bowls
Fry or Sauté Pan, Medium Saucepan with Lid
Baking Sheet, Loaf Pan, Mini Muffin Tin
Cutting Boards, Measuring Cups
Dishtowels, Hot pads, Timer, Disposable Gloves

A utensil tray with:

Paring and Medium Knives, Spatulas, Measuring Spoons
Slotted and Assorted Mixing Spoons, Tongs
Whisk, Vegetable Peeler, Can Opener, Pizza Cutter

A covered plastic container with re-stock able:

Flour, Salt, Baking Powder and Soda, Vegetable Oil

Plus, A washable tablecloth to cover cart when not in use and work-surfaces while cooking, and a loose-leaf binder with recipe ideas in plastic sleeves that can be added to by you, teachers and students.

Suggestions to encourage use by classes:

Present the cart at a staff meeting, so everyone knows it exists and how it can be used
Create a sign-out sheet where the cart is stored.

If someone wants to use the cart, take the whole cart to avoid misplaced items. Label appliances, pans, bowls with the name of your school and "cooking cart."

Here is an easy recipe we have in our cooking cart recipe book:

Black Bean Hummus Dip with Local Vegetables

Makes enough for a class of 20 to taste.

In a blender, mix:

2 15 oz. cans of black beans (drained)

2 scallions, 2 garlic cloves, 2 sprigs parsley

6 Tablespoons sesame tahini, 6 Tablespoons lemon juice, 1/2-teaspoon salt

Serve this nutritious and delicious snack with local raw vegetables such as carrot or celery sticks, broccoli florets, or slices of yellow squash or red peppers.

Developed by Casey Beebe, Seeds of Solidarity (www.seedsofsolidarity.org) in collaboration with Sherry Fiske, Orange Food Service Director. Featured in the Massachusetts Farm to School Cookbook.

