

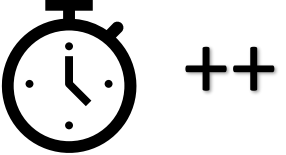
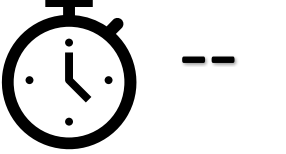
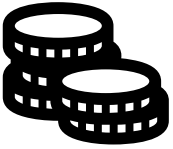





Tips To Tailor your Program

	<p>Vegetable/Fruit/Ingredient not available or expensive:</p> <ul style="list-style-type: none"> - Leave out that ingredient if feasible - Substitute with frozen or another similar vegetable or fruit - Postpone recipe
	<p>High Number of Participants:</p> <ul style="list-style-type: none"> - Add additional group/cooking station - If feasible could cut a recipe in half and have two stations with the recipe (e.g., DIY Pita, Cauliflower Curry, Pancakes, Quesadillas). Ensure you have enough skillets and/or space to support dividing recipes
	<p>Extra time at the end of a recipe:</p> <p>Have participants:</p> <ul style="list-style-type: none"> - Start clean-up and organizing dishes for washing (e.g., rinsing, setting up buckets etc.) - Start dishes - Assist other groups - Conversation cards, activities
	<p>Not enough time:</p> <ul style="list-style-type: none"> - Ensure all participants are engaged and have a responsibility - Set up and do minor prep before session (e.g., wash veggies/fruit) - Consider when to start clean-up
	<p>On a budget:</p> <ul style="list-style-type: none"> - Consider applying for grants or support - Can you substitute an ingredient or shop for best buy
	<p>Participants taking food home?</p> <ul style="list-style-type: none"> - Consider storage and food safety (food should be held at proper temps – cold food cold) - Is there a fridge to keep cold foods cold - Are there proper containers to transport

Let's Get Cookin'!