

Equipment and Supply List

Listed below is a complete list of equipment, supplies and nonperishable foods you will need to complete all the FoodMASTER Intermediate activities. Needs are based on classrooms with 24 students and assumes four students per group. You may need to adjust for more or less students.

Equipment and Supply Purchasing

Equipment and supplies may be purchased well in advance to eliminate multiple trips to the store. Before shopping for new equipment and supplies, check your classroom stock and school supply room. In the lists below, **bold** items are equipment and supplies that are considered “out of the ordinary” for a classroom setting and teachers will need to obtain these items. For budgeting purposes, if you purchase all of the **bold** items at reasonable prices, it would cost you approximately \$500.00; however most items can be reused year after year.

Tips for obtaining equipment, supplies and food

- Try applying for small grants
- Ask for donations from your local retailers
- Shop around for sale items
- Check out garage sales or thrift stores for items in good shape (Be sure to thoroughly scrub and sanitize these items before use.)
- Watch for surplus items from school systems
- Include basic items on your classroom supply list
- Ask parents for donations
- Share equipment with family and consumer science classrooms
- Ask administration for support

When purchasing items, it is important to balance price verse quality. It is not necessary to purchase “top of the line” equipment and supplies, but it is important to make sure that the equipment quality is good enough to hold up from year to year to meet your activity needs. We will make some recommendations about items below to help guide your choices and make your purchasing process a little easier.

Equipment

Toaster oven or oven (double rack)

1 double burner hot plate

1-2 hand mixers

1 UV light (with Glo-germ gel)

With good planning, the activities can usually be managed with two low quality single rack toaster ovens. However, having a good toaster oven will make the activities even more enjoyable. We recommend one double rack toaster oven. Some teachers even put a larger oven on their classroom “wish list”. Other teachers use larger ovens already available in their schools. We recommend a medium quality double burner hot plate. Less expensive basic small hand mixers are usually the easiest for students to handle. Most likely, you will have to purchase a UV light and Glo-Germ™ gel on-line so plan ahead. Use search terms like Glo-Germ™ gel and UV light to shop for the best price.

Another option for the UV light and Glo-Germ™ gel is to contact your local USDA Extension Agent and ask if they have the equipment. Your agent may allow you to borrow the equipment or may even come to your classroom to help deliver the food safety lesson. In addition, teachers with limited access to refrigerator space may add a small refrigerator to their “wish list.”

Cookware

- 1 large pot (stock pot)**
- 2 medium-large pots with lids**
- 2 frying pans**
- 6 cookie sheets (toaster oven size)**

Ideally, clear pots with lids will be purchased. However, clear pots are often expensive and difficult to find. Purchasing a cooking set is the most cost effective option and will get you all of the pots and pans you need. Look for a set that includes at least a large stock pot with lid, 2 sauce pans with lids and 2 frying pans. We recommend purchasing a stainless steel set that has clear lids, so your students will be able to look inside the pots. (You will need a stainless steel stock pot to make cheese.) Your toaster oven will come with at least one cookie sheet. If you have difficulty finding additional cookie sheets to fit your toaster oven, try letting students put their items on disposable foil sheets. You can cut, bend or fold the sheets to fit the size of your oven. Alternatively, students can place items on foil and then transfer items to the one cookie sheet as it becomes available.

Bowls

- 7 small mixing bowls**
- 6 medium bowls**
- 2 large mixing bowls**

Any type/quality of mixing bowl will do, but plastic is probably safer and the most cost effective.

Kitchen Measuring Equipment

- 7 sets of dry measuring cups**
- 6 sets of measuring spoons**
- 6 liquid measuring cups**
- 2 small glass liquid measuring cups (with ounce increments marked)**
- 6 food scales**
- 1 clock or 2 timers
- 6 bimetallic stemmed thermometers**

We recommend plastic measuring sets for safety and cost efficiency. For the purposes of these activities, it is not necessary to have six high quality scales. We suggest purchasing one digital scale and five smaller inexpensive kitchen scales.

Equipment and Supply List (continued)

Utensils

- 1-2 spatulas**
- 6 stirring spoons**
- 2 slotted spoons**
- 1 pair of tongs**
- 1 ice cream scoop**
- 1 can opener**
- 1 egg separator**
- 1 paring knife**
- 1 fork**
- 12 small spoons (or 24 spoons)**
- 7 table knives (or 24 knives)**
- 24 forks optional**
- 1 apple slicer/corer (optional)**

Any type/quality of utensils will do. Look for blunt table knives that are not sharp at all and spoons that will be easy for kids' hands to handle. You may consider purchasing a set of 24 forks, spoons and knives. In the long run, this will cut down on costs and storage space needs associated with disposable items. However, using disposable forks, spoons and knives will decrease cleanup time. Remember, you must keep the paring knife and can opener safely stored for adult use only.

Other

- 3 plates**
- 6 pitchers to hold water**
- 6 plastic trays (cafeteria style)
- 1 cutting board**
- 1-2 wire cooling racks or foil sheets**
- 1 strainer or colander**
- 12 glass jars with lids (1/2 pint size or larger)**
- 2 dishcloths**
- 2 dishtowels**
- 1 set of oven mitts**
- 2 pot holders**
- 1 bottle Glo Germ™ gel (see note under Equipment)**
- 1 deck of cards (representing 2-3 ounces of meat)
- 1-2, 18-gallon storage containers with tight lids (to store food and supplies)**
- 1 large cooler to transport food safely (optional)**

Any quality of equipment here will do as well. If desired, 6 mixing bowls can be used in place of the 6 pitchers; however, you will still need one pitcher. Jars with lids can be difficult to find if it is not canning season, so plan ahead. Egg separators can sometime be hard to find as well. If you will be purchasing perishable food items and traveling a distance to school, you may consider purchasing a cooler to keep foods safe. A cooler filled with ice can also keep foods safe in the classroom.

Classroom Supplies

24 hand lenses
6-24 measuring tapes (or string & rulers)
6-12 rulers
24 pencils
6 packages of colored pencils
1 permanent marker
6 yellow markers
6 red markers
6 green markers (optional)
1-2 rolls of masking tape
6 eye droppers (optional)

Hopefully, as a teacher, you will have many of these supplies already on hand. Try finding hand lenses at discount stores, teacher catalogues or on-line to get a good price.

Disposable Items

18 gallon-size re-sealable zipper storage bags
1 roll of foil
2 rolls of paper towels
72 napkins
42 small foam cups (or 24 heat stable non-disposable cups)
48 cups (8-ounce)
170 small cups (Dixie cup style)
80 disposable spoons (or 24 non-disposable spoons)
48 disposable forks (or 24 non-disposable forks)
350 disposable plates (or 24 non-disposable plates plus 10 paper plates)
1 half-pint milk carton (emptied and washed out)
1 bar of soap
1 bottle kitchen sanitizer
1 cheese cloth (optional)

Disposable supplies will need to be replaced year after year. Purchase these items in bulk at a discount retailer or try asking parents to donate some of these items to the classroom.

Food Purchasing

When purchasing food items, shop ahead for sales, clip coupons or try discount food stores for better prices. To keep food purchasing as simple as possible, we recommend that you purchase all of your nonperishable food items before beginning FoodMASTER. Keep these items stored in tight containers in a cool dry storage area. To minimize the possibility of contamination, do not let students obtain their ingredients directly from the storage supplies. We suggest that you or another adult obtain all the ingredients needed for each lesson and set them out in bowls. Students may then gather supplies and measure from these bowls. We also recommend replacing nonperishable items on a regular basis. Be sure to check expiration dates and label items as to purchase dates. For budgeting purposes, if you were to purchase all the nonperishable food items at reasonable prices, it would cost you approximately \$100.00. Budget another \$100.00 for the perishable food items, which will need to be purchased before selected labs.

Equipment and Supply List (continued)

Nonperishable Food Supplies

Baking Products

- 1 pound sugar
- 3 pounds brown sugar
- 2 pounds flour
- 1 small container unsweetened cocoa powder
- 4 packages semisweet chocolate chips
- 18 packets of active dry yeast

Spices / Flavoring

- 1 ounce imitation or regular vanilla extract
- 1 container baking powder
- 1 container baking soda
- 1 container salt
- 1-2-ounce container dry mustard
- 2-ounce container paprika
- 2-ounce container ground pepper
- 1.75-ounce container oregano
- 1.5-ounce container cream of tartar
- Optional: basil, garlic, parsley and onion flakes

Canned Goods

- 15-ounce can of pineapples (un-drained)
- 16-ounce can of diced new potatoes
- 16-ounce can of carrots
- 16-ounce can of corn
- 16-ounce can of green beans
- 26-ounce jar of pasta sauce
- 48-ounce can of tomato juice
- 2 salmon pouches (6-7-ounces each)

Condiments

- 1 small bottle of ketchup (optional)
- 1 bottle of mustard (optional)
- 1 bottle light mayonnaise (optional)
- 16-ounce jar chunky salsa
- 16-ounce bottle of ranch salad dressing
- 16-ounce bottle of light ranch salad dressing
- 16-ounce bottle of fat-free ranch salad dressing

Other

- 24 prunes
- 1 small bottle lemon juice
- 32-ounce bottle of vinegar
- 1 bottle cooking spray
- 1 small bottle canola cooking oil (24 ounces)

Cereals and Snacks

- 5 cups quick oats
- Box Wheat Chex® (or generic)
- Box Cheerios® (or generic)
- Box Frosted Shredded Wheat® (or generic)
- Box Frosted Flakes® (or generic)
- Box Froot Loops® (or generic)
- 50 whole grain crackers
- 48 crackers
- 2, 12-ounce bags mini pretzels (24 ounces)

Pastas and Grains

- 1 package instant whole grain brown rice (not boil in a bag or a rice mix)
- 16-ounce box regular pasta
- 16-ounce box whole wheat pasta (rotelle, farfalle or spaghetti)