

# 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: Food on the Farm activities. Needs are based on a classroom with 24 students and assumes 4 students per group. You may need to adjust for more or less students.

**NOTE:** “Fun with Food” worksheets are designed for students to complete outside of the classroom at home or to be completed in the classroom as a science-based extension to the primary mathematics lesson. For your convenience, amounts listed in instructions of the worksheets are reflective of amounts needed for 1 student and/or student group for completion the activity. Amounts listed in the below lists, however, are reflective of what is needed if the activities were to be completed in class.

## 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.

### 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**

**Microwave or Oven**

**Toaster Oven or Oven**

**1 double burner**

With good planning, the activities can be managed with one low-quality, single-rack toaster oven. However, having a good toaster oven will make the activities even more enjoyable. A microwave could also be substituted for a 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. In addition, teachers with limited access to refrigerator space may add a small refrigerator to their “wish list.”

### **Cookware**

**1 medium pot or deep pan**

**2 large pots with lids**

**Baking sheet for toaster oven**

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. We recommend purchasing a stainless steel set that has clear lids, so your students will be able to look inside the pots. Your toaster oven will come with one baking sheet. If you have difficulty finding a baking sheet to fit your toaster oven, try letting students put their items on disposable foil sheets. You can cut, bend or fold sheets to fit the size of your oven. Alternatively, students can place items on foil then transfer items to the baking sheet as it becomes available.

### **Bowls**

**6 small bowls**

**6 medium bowls**

**6 deep bowls**

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

### **Kitchen Measuring Equipment**

**6 sets of dry measuring cups**

**6 sets of dry measuring spoons**

**6 thermometers**

**Manual or electronic scale**

We recommend plastic measuring sets for safety and cost efficiency. You may consider purchasing one thermometer per student.

### **Utensils**

**24 knives**

**24 spoons**

**6 spatulas**

**6 whisks**

**Paring knife**

**Can opener**

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.

# Equipment and Supply List (continued)

## Other

**6 reusable plastic plates**

**6 vegetable peelers**

**6-8 glass jars with lids**

**12 clear plastic containers with lids**

**6-10 marbles**

**1 cooler**

**12 scoops neutral soil**

Water

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. 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 rulers

24 calculators

1 US map

Hopefully, as a teacher, you will have many of these supplies already on hand.

## Disposable items

**6 Cardboard or Styrofoam Egg Cartons**

**Box of Toothpicks**

**Spoons**

**Knives**

**Plates**

Disposable items will need to be replaced year after year. Purchase these items in bulk at a discount retailer or try asking parent 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 process. 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.

## **Nonperishable Food Supplies**

### **Baking Products**

- 6 tablespoons sugar**
- 3 cups light brown sugar**
- 3 quarts of white vinegar**

### **Spices/Flavoring**

- 6 tablespoons salt**
- 3 teaspoons seasoned salt**
- 3 cups baking soda**
- 3 teaspoons cinnamon**

### **Other**

- 1 cup, 2 tablespoons olive oil**
- 6 cups popcorn kernels (from a jar)**
- 6 potatoes with sprouts**
- 6 large cucumbers**
- 6 packages of spinach seeds**
- 1 large package frozen chicken nuggets**
- 1 large package frozen chicken tenders**
- 1 quart low-fat or skim milk**
- 1 cup yogurt (active culture)**