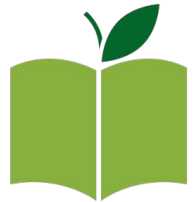


## Welcome!

While we wait to get started please share in the chat:

1. Your name
2. What school or organization you work with
3. If you currently do cooking activities with your youth
4. One thing you are hoping to learn about today



MASSACHUSETTS  
FARM TO SCHOOL

# Setting Up a Cooking Lab & Piloting a Kitchen Lending Library

4/6/2023



# MASS. FARM TO SCHOOL OVERVIEW

Mass. Farm to School strengthens local farms and fisheries and promotes healthy communities by increasing local food purchasing and education at schools.

Get involved through our:

- Professional learning opportunities
- Networking
- Policy/Advocacy
- Communications



# INTRODUCTION

- Anna Cynar
  - Formal Educator in MA for 11 years
  - Taught at Innovation Academy Charter School (IACS) for 6 years
  - Teach Biology (10th), DE Sustainable Food Systems (11th & 12th), Farm to School Internship (11th & 12th), and Turtle Conservation Internship (11th & 12th)
  - Farm to School Co-Coordinator and Science Department Coordinator
  - IACS is 5th - 12th grade in Tyngsboro, MA
  - 100 ± students in each grade



# AGENDA & GOALS

## Agenda

- Introduction to Programming
- Cooking Lab Setup & Routines
- Kitchen Lending Library

## Goals

- Provide tips and structures to support cooking based activities in your programming
- Share ideas of how to start an equipment lending program.



# Where does cooking based programming sit at IACS?

## Within Academic School Day

### *For Credit Courses*

- ❖ Sustainable Food System Class [D Block]  
(11th - 12th grade full year class; DE optional)
- ❖ Farm to School Internship [A Block]  
(11th - 12th grade)
- ❖ Senior Projects (12th grade)

### *Enrichment*

- ❖ Middle School Enrichment Block
- ❖ High School Choice Blocks
- ❖ Culinary Based Endersessions

## HS BELL SCHEDULE FOR 2022-2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10-9:28 (78)	<b>A</b>	<b>B</b>	<b>Flex Block Student Hour</b>	<b>C</b>	<b>D</b>
9:28-9:43	LONG PASS	LONG PASS	LONG PASS	LONG PASS	LONG PASS
9:43-11:01 (78)	<b>B</b>	<b>E</b>	<b>D</b>	<b>F</b>	<b>E</b>
11:06-12:24 (78)	<b>C</b>	<b>F</b>	<b>B</b>	<b>E</b>	<b>F</b>
12:29-12:53 (24)	9/10 Lunch 11/12 Advisory	9/10 Lunch 11/12 Advisory	9/10 Lunch 11/12 Advisory	9/10 Lunch 11/12 Advisory	9/10 Lunch 11/12 Advisory
12:58-1:22 (24)	11/12 Lunch 9/10 Advisory	11/12 Lunch 9/10 Advisory	11/12 Lunch 9/10 Advisory	11/12 Lunch 9/10 Advisory	11/12 Lunch 9/10 Advisory
1:27- 2:45 (78)	<b>D</b>	<b>A</b>	<b>C</b>	<b>A</b>	<b>Flex Block Choice Block</b>

# Where does food & garden education programming sit at IACS?

## B. Supporting Class Programming

### F2S Collaboration Examples

- ❖ Math 400
- ❖ Spanish Courses
- ❖ Spill the Tea

## C. After School Enrichment

- ❖ Beets & Eats Summer Enrichment Camps  
(5th - 12th)

# STARTING A COOKING CLASSROOM

## Starting a Cooking Classroom [Draft Document]



# COOKING SETUP: TUBS & COLOR CODED TOOLS

## Purple Group Cooking Kit

<ul style="list-style-type: none"><li><input type="checkbox"/> 1 tablecloth</li><li><input type="checkbox"/> 3 kitchen towels</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> 1 set of measuring spoons (<math>\frac{1}{8}</math> tsp, <math>\frac{1}{4}</math> tsp, <math>\frac{1}{2}</math> tsp, 1 tsp, <math>\frac{1}{2}</math> Tbsp, 1 Tbsp)</li><li><input type="checkbox"/> 1 set of measuring cups (<math>\frac{1}{4}</math> cup, <math>\frac{1}{2}</math> cup, <math>\frac{3}{4}</math> cup, <math>\frac{3}{4}</math> cup, 1 cup)</li><li><input type="checkbox"/> 1 liquid measuring cup</li><li><input type="checkbox"/> 1 rolling pin</li><li><input type="checkbox"/> 2 mixing bowls</li><li><input type="checkbox"/> 1 baking sheet and 1 round baking pan</li><li><input type="checkbox"/> 4 cooking aprons</li></ul>
<ul style="list-style-type: none"><li><input type="checkbox"/> 1 peeler</li><li><input type="checkbox"/> 2 paring knives</li><li><input type="checkbox"/> 2 chef knives</li><li><input type="checkbox"/> 3 cutting gloves</li><li><input type="checkbox"/> 2 cutting boards</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> 1 whisk</li><li><input type="checkbox"/> 1 spatula</li><li><input type="checkbox"/> 1 wooden spoon</li><li><input type="checkbox"/> 2 tongs (one small &amp; one large)</li><li><input type="checkbox"/> 1 plastic flipper</li><li><input type="checkbox"/> 1 pair of kitchen scissors</li><li><input type="checkbox"/> 1 cheese grater</li></ul>
<ul style="list-style-type: none"><li><input type="checkbox"/> 1 stovetop</li><li><input type="checkbox"/> 1 cooking pot and lid</li><li><input type="checkbox"/> 1 cooking pan</li><li><input type="checkbox"/> 1 pair of oven mitts</li><li><input type="checkbox"/> 1 colander</li></ul>	





# SETUP: MORE PERMANENT SPACE

## Cooking Room



# KNIVES & KNIFE SAFETY



# COOKING SETUP



## Get Cooking Ready

- Move your bags and chairs away from your table
- Wipe down your table with cleaning spray and paper towels
- Wash your hands with soap and water
- Put down your tablecloth
- Get a knife cutting glove & knife
- Put on an apron (optional)



*Projected on screen at beginning of class*

# STARTING A COOKING LENDING LIBRARY

- Cooking Up Community Staff Professional Learning (2 sessions).
- Participating staff receive [kitchen lending library card](#).
- Staff fill out [request form](#) for equipment.  
F2S coordinator is available to [coach and support](#) in activity or project implementation.
- F2S team gather and deliver equipment.
- Staff return equipment; Clean in dishwasher, etc. and equipment is checked back in.

## Cooking UP Community Training-

### Goals

- Learn strategies to create a safe and enjoyable cooking environment for you and your group.
- Maintain a food-safe cooking space.
- Become familiar with the tools and equipment you can borrow and the loaning process.
- Generate ways to utilize cooking and food-based events in your programming.
- Help Farm to School (F2S) understand your hopes and needs around food-based programming and generate ways that we can support you in your goals.



## **Kitchen Lending Library Hopes and Dreams**

What subjects and/or programs (advisory, sports, club, choice block, Endersession, WIN Block, after school care, etc.) do you envision using the equipment with?

Are there particular topics, learning goals, etc. that you would like to connect cooking with? This could be anything from team building to certain literacy skills!

Please include anything else that might be helpful to know about your kitchen lending library hopes and dreams.

# EQUIPMENT REQUEST FORM

## [Google Form for Teachers](#)

### Cooking Library Loan

See the IACS loanable kitchen supplies below!

*\* Required*

1. Your Name: \*

---

2. What class or group do you plan to cook with? \*

---

3. What date and time would you like your equipment? Make sure to check our Google Calendar, \_\_\_\_.

*Example: January 7, 2019*

---

4. What room do you want your equipment dropped off to? \*

---

5. Include a brief description of how you plan to use the equipment. \*

---

6. How many people do you plan to cook with? \*

---

7. Do you need a gift card to purchase ingredients? \*

*Mark only one oval.*

Yes

No

8. Would you like us to get the ingredients for you? \*

*Mark only one oval.*

Yes (Make sure to include the recipe and how many batches you need.)

No

9. Please include anything else that would be helpful to know to support your activity.

---

# DRAFT MANUAL

## Farm to School Collaboration Planning Document

Last Years resources: [A Block Math 400 Class \(Spring 2021\)](#) ,

Plant Sale = May 15th 2-4  
Complimentary small garden items  
Food concessions

Teacher:	Delsey Sherrill
Class/Program:	Math 400
Time It Meets:	D Block
Location:	145
Number of Students:	20
Project Timeframe:	April - May (leaning towards early May) Need to check predicted last frost dates (Food System class will determine). Most likely a Monday (D Block is last period)
Project Description:	<p>Students in Math 400 will:</p> <ul style="list-style-type: none"><li>❖ Build garden elements (possible ideas for students to decide on: farm cart, cold frames, raised bed, planter containers, trellis, compost bin) to help others grow food increasing food access and health of our communities.</li><li>❖ Market and advertise for the event overall</li><li>❖ Make and serve food concessions at the event (ex. Baked goods, foods that feature plants from the sale, flavored drinks, etc.)</li></ul> <p>Two Teams:</p> <ul style="list-style-type: none"><li>❖ Food/Concessions</li><li>❖ Building</li></ul> <p>This project will complement the efforts of students in the Sustainable Food Class who will grow seedlings as a fundraiser for a non-profit of their choice to build a most just and sustainable food system. As another component of this student centered event (need name; Student Fest, IACS Fest, IACS Arts and Eats, IACS Art, Beets, and Eats? Plantapalooza ) students can come up with] the past IACS Student Craft Fair will be merged with the event. Students in grades 5 -12 will have the opportunity to participate in marketing and business</p>

DOWNLOAD THE MANUAL:  
[Cooking Lending Library](#)

Sample Planning Doc for  
Math 400 Class



# COOKING UP COMMUNITY

## Cooking up Community Tools



### Rainbow Fraction Measuring Spoons

☆☆☆☆☆

These colorful, food-safe, dishwasher-safe measuring spoons provide a hands-on way for students to learn measurement



### Rainbow Fraction Measuring Cups

☆☆☆☆☆

Unique, visual approach to teaching volume and fractions. Measurement and fractions are commonly cited as 2 of the hardest



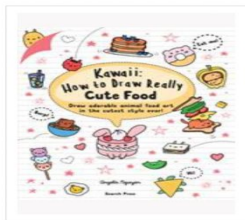
### Rainbow Fraction Liquid Measuring Cups

☆☆☆☆☆

These colorful, food-safe, dishwasher-safe, liquid measuring cups provide a hands-on way for students to learn measurement

[View More](#) ↗

## Cooking up Community Books



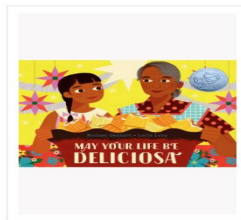
**Kawaii : how to draw really cute food**

☆☆☆☆☆



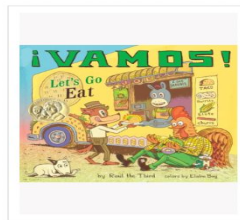
**If you lived during the Plimoth Thanksgiving**

☆☆☆☆☆



**May your life be deliciosa**  
Genhart, Michael,

☆☆☆☆☆



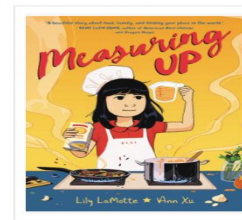
**¡Vamos! Let's go eat!**  
Raúl the Third,

☆☆☆☆☆



**Bee love (can be hard)**  
Page, Alan,

☆☆☆☆☆



**Measuring up**  
LaMotte, Lily,

☆☆☆☆☆

[View More](#) ↗

# FUNDING

**DONORS  
CHOOSE**



WHOLE  
KIDS  
FOUNDATION

**PILOT LIGHT**  
THE FOOD EDUCATION CENTER

Summer DESE Grant

# RESOURCES FROM TODAY'S WEBINAR

[Cooking Room Signs](#)

[Equipment Mapping & Inventory](#)

[1e. Knife Safety & Cooking Routines](#)

[Farm to School Collaboration Planning Document](#)

[Cooking In Community Training Notes](#)

[IACS Cooking Lending Library Guide \(DRAFT\)](#)

[Cooking Library Cards](#)

[IACS Library Site](#)

# ADDITIONAL RESOURCES & LEARNING OPPORTUNITIES

- Food Literacy Act ([S.310](#); [H.601](#)): An Act to promote food literacy  
[Reach out about the Food Literacy Bill](#)
- [Pilot Light](#)
- [Edible Schoolyard](#)
- [2022 MA Farm & Sea to School Conference\\_Innovation Academy Charter School Farm to School Ambassadors](#)
- [2022 MA Farm & Sea to School Conference\\_Making Sustainable Food Sys. Ed. Part of the Core Curriculum](#)

# STAY IN TOUCH!



Visit us online:

[www.massfarmtoschool.org](http://www.massfarmtoschool.org)

**Anna Cynar**

acynar@innovationcharter.org

Ticket To Leave:

Please share in the chat one idea, strategy, or new thinking you want to remember or try.