

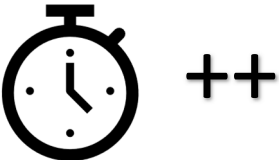
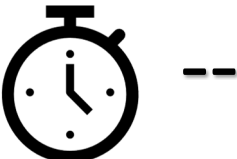
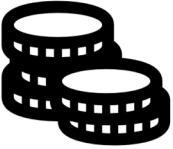





# Tips to Tailor your Program

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

*Let's Get Cookin'!*