

## Tips and tricks for organizing a portable kitchen

### Essential items

**Large bin** –a sturdy, durable, clear bin with a locking lid is best so you can view everything inside. \$27 at Office Depot

<http://www.officedepot.com/a/products/787653/Really-Useful-Boxes-Plastic-Storage-Box/>

We also recommend having 2 smaller bins for other items – 1 larger sized to store your cooking and serving supplies in and 1 smaller one for your spices.



**Induction stove** – this model works very well. The risk of burns is minimized as it's only hot when a magnetic pan is on it. \$70 at Amazon

<http://www.amazon.com/1800-Watt-Portable-Induction-Cooktop-Countertop/dp/B00GMCAM2G/>

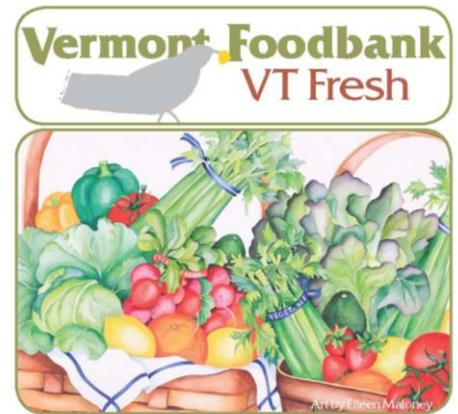
**Saute pan** - make sure to get one that works on your induction stove. Cast iron or stainless steel. \$50 at Amazon

<http://www.amazon.com/gp/product/B00HSB5CHA>

**Card Table** – not necessary if you're at a place with tables. The table linked here is great as it's sturdy, height adjustable, and easy to use. \$40 at Amazon

<http://www.amazon.com/gp/product/B003YJPC2A/>

**Essential kitchen items cost: \$187**



## Cooking Supplies

All of the supplies below can be purchased locally at any kitchen / department store. Store supplies in a small bin inside larger bin.

	Approximate Price
2 serving spoons – wooden is preferable	\$10
Spatula	\$7
Tongs	\$6
Paring knife	\$10
Chef's knife	\$25
1 large cutting board	\$15
1 small cutting board	\$10
Vegetable peeler	\$8
Grater	\$10
Measuring cups	\$5
Measuring spoons	\$5
Can opener	\$5
Hot mitts	\$10
Extension cord	\$5

## Serving Supplies

We offer individual servings – hand out individually or load up a tray with a few samples to pass around (you can use a tray or a small cutting board). Serve with mini forks or spoons, or toothpicks. Store spoons, forks, and toothpicks in a small bin to keep sanitary with cooking supplies.



Mini Forks – \$7.65 for 100 <https://www.bioandchic.com/mini-wooden-spork-4-inch-100-pcs-pack/>

Mini Wooden Spoons - \$20 for 1000 <http://www.webstaurantstore.com/eco-gecko-disposable-wooden-taster-spoon-heavy-weight-1000-box/175GWP401.html>

Tasting Cups - \$115 for 2500  
[https://www.ecoproductsstore.com/2\\_oz\\_sugarcane\\_portion\\_cup.html](https://www.ecoproductsstore.com/2_oz_sugarcane_portion_cup.html)

Mini Tasting Plates (4") - \$39/Case  
<https://www.webstaurantstore.com/eco-gecko-sustainable-4-square-palm-leaf-plate-case/17525340.html>

### **Display Supplies**

Get creative with your display! The goal is to make your table beautiful and appealing.



**Tablecloth** - flannel lined will last the longest; fit to card table. \$5.99  
<https://www.partycity.com/robins-egg-blue-flannel-backed-vinyl-tablecloth-610240.html#swatch>

**Baskets** of various shapes and sizes to fit the featured vegetable. You can use any baskets you have already, or buy new ones. Also get creative with veggie bins etc.

### **Fresh herbs or flowers**



## Ingredients

Load your kitchen with a few essential items that you will use often. We will sometimes leave the salt and pepper out for people to add to their sample. It's handy to store your oil, vinegars, and other "wet" ingredients in a mason jar.

We have found that it's easier to do the cooking ahead of time so that when we arrive at the site we just warm up the food. This way we can focus on the clients instead of cooking.

Featured vegetable
Oil – olive, coconut, canola work well
Butter
Salt
Pepper
Assorted spices – dried or fresh herbs, hot pepper flakes, garlic powder, cinnamon, bouillon cubes



## Cleaning Supplies

It's wonderful when you're at a place with a kitchen where you can clean up your supplies. If not consider having these items on hand.

Sponge / dish rag
Dish soap
Hand sanitizer
Washable hand towel
Paper towels
Trash bag or small trash container
Sanitizer wipes for table top

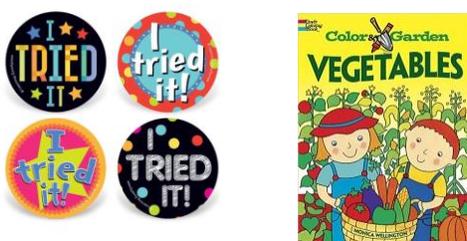
## Administrative Supplies

Copies of recipe (insert link to VT Fresh recipes?)
Quick tips
Evaluation materials if needed
Nutrition education handouts

All of our admin supplies are stored in the bin in a plastic folder to keep from getting damaged. \$10 at Amazon <http://www.amazon.com/Stationary-Station-Document-premium-Envelope/dp/B014HRJLBA>



It's also fun to have some fun kid activities to get them excited to try veggies. "I Tried It" stickers are very popular, as are copies from a vegetable coloring book.



Stickers-\$8.95 a roll <https://getvisualz.com/collections/nutrition/products/i-tried-it-stickers>

Vegetable Coloring Book- \$5 <https://www.amazon.com/gp/product/0486479595>

## Other Optional Items

**Set of glass bowls** – good for transporting cooked food to demo- \$17  
<http://www.amazon.com/Pyrex-Smart-Essentials-8-Piece-Mixing/dp/B000FBUMLQ/>

**Toaster Oven** - \$30 <http://www.amazon.com/BLACK-DECKER-TO1303SB-4-Slice-Toaster/dp/B00FN3MV88>

**Stock Pot** - \$40 at Amazon. Make sure it's magnetic and will work with your stove.

**Electric Griddle** - \$30 at Amazon

**Crock Pot** - \$35 [https://www.amazon.com/Crock-Pot-SCV700SS-Stainless-7-Quart-Manual/dp/B003OAJGJO/ref=sr\\_1\\_1\\_sspa?dchild=1&keywords=crockpot&qid=1607355557&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExMjhPSjBaVkNSWlcmZW5jcnlwdGVkSWQ9QTAyODMxNTIxTzY0VVIUQzBMVETeJmVuY3J5cHRIZEFkSWQ9QTA1Nzk5NDIyRlIzTzJISIE3QzZBJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlzZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ](https://www.amazon.com/Crock-Pot-SCV700SS-Stainless-7-Quart-Manual/dp/B003OAJGJO/ref=sr_1_1_sspa?dchild=1&keywords=crockpot&qid=1607355557&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExMjhPSjBaVkNSWlcmZW5jcnlwdGVkSWQ9QTAyODMxNTIxTzY0VVIUQzBMVETeJmVuY3J5cHRIZEFkSWQ9QTA1Nzk5NDIyRlIzTzJISIE3QzZBJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlzZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ)

**Food Processor** - \$50 [https://www.amazon.com/Hamilton-Beach-70725A-FBA-70725-Processor/dp/B00KHLN7K2/ref=sr\\_1\\_5?crid=18VGCDGIYKL7F&dchild=1&keywords=food+processor&qid=1607355525&srefix=food+pr%2Caps%2C184&sr=8-5](https://www.amazon.com/Hamilton-Beach-70725A-FBA-70725-Processor/dp/B00KHLN7K2/ref=sr_1_5?crid=18VGCDGIYKL7F&dchild=1&keywords=food+processor&qid=1607355525&srefix=food+pr%2Caps%2C184&sr=8-5)

**Immersion Blender** - \$30 [https://www.amazon.com/Mueller-Austria-Ultra-Stick-Multi-Purpose-Attachment/dp/B075X1KPLZ/ref=sr\\_1\\_1?crid=1UE2KAU3Q5XOB&dchild=1&keywords=immersion+blender&qid=1607355490&srefix=immers%2Cstripbooks%2C187&sr=8-1](https://www.amazon.com/Mueller-Austria-Ultra-Stick-Multi-Purpose-Attachment/dp/B075X1KPLZ/ref=sr_1_1?crid=1UE2KAU3Q5XOB&dchild=1&keywords=immersion+blender&qid=1607355490&srefix=immers%2Cstripbooks%2C187&sr=8-1)