

REQUIRED KITCHEN EQUIPMENT

You're the Chef cooking sessions require basic cooking utensils and equipment. This list provides the type of cooking equipment you will need to prepare the recipes. Please take a moment to check what equipment you have access to and what equipment you may need to purchase, borrow or bring from home.

Required equipmen	ıt:
-------------------	-----

- □ 1 Electric skillet (12 x 12 inches)
- ☐ 1 Electric blender
- □ 1 Can opener
- 4 Chopping boards
- ☐ 1 Colander
- □ 2 Graters
- □ 2 Large mixing bowls
- □ 2 Sets of measuring spoons
- □ 2 Sets of dry measuring cups
- □ 1 Liquid measuring cup (2-cup size)
- ☐ 1 Liquid measuring cup (4-cup size)
- ☐ 4 Chef knives
- 4 Paring knives
- 2 Rubber spatulas
- □ 1 Pancake flipper
- 1 Vegetable peeler
- □ 4 Wooden spoons
- □ 1 Soup ladle
- □ 2 Whisks
- ☐ 1 Kitchen timer
- ☐ 1 Electrical extension cord

PUBLIC HEALTH

1-877-464-9675 TTY 1-866-512-6228 york.ca/nutrition

- 1 Pair oven mitts
- 1 Sanitizer bottle

OPTIONAL EQUIPMENT:

- 1 Stove (Note: Recipes calling for the use of a skillet can be interchanged with stovetop or used in conjunction)
- ☐ 1 Large saucepan
- 1 Large frying pan
- 2 Muffin pans
- 2 Loaf pans
- 2 Cookie sheets
- 1 Plastic sink-sized tub

Tip: The more equipment each cooking station has, the smoother the program will run (i.e. less waiting for equipment)

October 2022

