

## SCHOOL ACTIVATIONS

Here are three activations to help your FUTP 60 team get started on the Fight Hunger Play. Each activation is weighted based on the time and the resources needed. You and your team may start with light and progress to heavy, choose one, or decide to try different activations at different points of the school year. Don't forget to report your Play on your FUTP 60 dashboard!

### HEAVY LIFT – COOKING WITH INTENT

Students will start a cooking club that focuses on teaching other students how to cook by purposefully using local, healthy ingredients to create economical and nutritious meals.

**Purpose:** This “heavy lift” activation will allow students to promote economical and healthy meal planning, prep, and cooking habits.

#### Facilitator Tips:

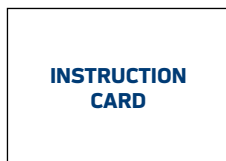
- Research
  - Where can local, healthy ingredients be obtained?
  - What is the budget for buying food?
- Discuss logistics
  - Where can the club take place?
  - What is the school rule for bringing in food?
  - Where can the food be stored?
- Have students create promotional materials for their club.
- Have students research different recipes that can be made in school (talk to the school nutritionist).
- Map out where the extra leftover food can go to help mitigate waste.

#### What You'll Need:

- Enclosed sample recipe cards
- Cooking tools and utensils
- Resealable bags for students to take home ingredients/meals

#### What's Included:

- Instruction Card
- 2 Sample Recipe Cards



x1



x2

## Cooking With Intent – Instruction Card

**Overview:** Students will start a cooking club in their school that focuses on teaching peers how to cook by purposefully using local, healthy ingredients to create economical & nutritious meals.

### Directions:

Creating a club is a great way to bring your school community together and create a legacy of change. Here are some suggestions to get you started:

- Work with your school nutrition staff.
- Choose a time and place to meet with other students.
- Bring in all the ingredients you need to make the recipes or ask for donations.
- During the club, discuss where the ingredients come from, and reflect on how and why these recipes and ingredients are good for your body and the community.

### What you'll need:

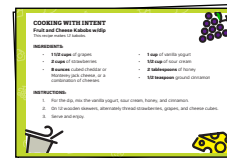
- Enclosed sample recipe cards
- Cooking tools and utensils
- Resealable bags for students to take home food/meals

### What's Included:

- This Instruction Card
- 2 Sample Recipe Cards



x1



x2

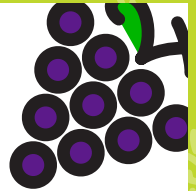


**COOKING WITH INTENT**  
INSTRUCTION CARD

## COOKING WITH INTENT

### Fruit and Cheese Kabobs w/dip

*This recipe makes 12 kabobs.*



#### INGREDIENTS:

- **1 1/2 cups** of grapes
- **2 cups** of strawberries
- **8 ounces** cubed cheddar or Monterey jack cheese, or a combination of cheeses
- **1 cup** of vanilla yogurt
- **1/2 cup** of sour cream
- **2 tablespoons** of honey
- **1/2 teaspoon** ground cinnamon

#### INSTRUCTIONS:

1. For the dip, mix the vanilla yogurt, sour cream, honey, and cinnamon.
2. On 12 wooden skewers, alternately thread strawberries, grapes, and cheese cubes.
3. Serve and enjoy.





**COOKING WITH INTENT**  
SAMPLE RECIPE CARD

# COOKING WITH INTENT

## Pizza Wraps

*This recipe makes 4 pizza wraps.*

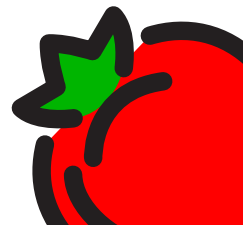
### INGREDIENTS:

- **4 flour tortillas** (8 inches) room temperature
- **1/2 cup** of chopped tomatoes
- **1/4 cup** of chopped onions and mushrooms
- **1/4 cup** chopped green peppers
- **1 cup** shredded part-skim mozzarella cheese
- **1 package** sliced pepperoni

### INSTRUCTIONS:

1. Arrange cheese on each tortilla
2. Arrange pepperoni off center on each tortilla.
3. Add tomatoes, onions, mushrooms, and green peppers.
4. Add a few more sprinkles of cheese.
5. Fold sides and bottom over filling and roll up.
6. Serve and enjoy.

*Feel free to add in your favorite vegetables and choice of protein.*





**COOKING WITH INTENT**  
SAMPLE RECIPE CARD