

# 200,000 REASONS

to fight childhood hunger

## Cooking Matters Kitchen Shower

Teaching nutritional skills to those that experience hunger has a positive impact on their lives. The **Cooking Matters** class is a 6-week long program that teaches participants how to prepare nutritionally balanced meals on a budget. To conduct the class, the teacher must have the proper kitchen tools and, in order for the participants to use their new skills, they too must have the right tools. Holding a **Cooking Matters Kitchen Shower** is a fun activity that will help to equip the teachers and the students.

**Setup a Gift Registry:** Create a gift registry at a local store such as Bed, Bath & Beyond or Target.

<b>Bakeware:</b>	<b>Paper &amp; Disposable Goods:</b>
Baking Pan - 9" square	Aluminum Foil
Baking Pan - 9"x13"	Paper Towels
Baking Sheet	Plastic Wrap
Muffin Pan - 12 cup	Zip-lock Plastic Bags
<b>Cookware:</b>	<b>Storage Containers:</b>
Aluminum Stock Pot with lid	Plastic Containers: 12 oz.
Fry Pan - 10"	Plastic Containers: 36 oz.
Fry Pan - 12"	<b>Utensils: Spatulas</b>
Sauce Pans with lids	Scraper Spatula, Rubber: Large
<b>Cutting Boards:</b>	Scraper Spatula, Rubber: Small
Cutting Board	Spatula/Turner
Cutting Mat, Flexible	<b>Utensils: Spoons</b>
<b>Knives:</b>	Spoon, Slotted
Chef/Utility Knife	Spoon, Solid
Paring Knife	Spoon, Wooden
<b>Measuring Utensils:</b>	<b>Utensils: Other</b>
Measuring Cup: 4 Cup	Box Grater
Measuring Cup: 2 Cup	Can Opener
Measuring Cup Set: 1/4, 1/2, 1 Cup	Ladle
Measuring Spoon Set	Serving Fork
<b>Mixing Bowls &amp; Colanders:</b>	Thermometer, Baking
Colander/Strainers	Timer, 60 Minute
Mixing Bowl: 3 QT - Microwave Safe	Tongs
Mixing Bowl: 4 QT - Microwave Safe	Vegetable Peeler
Mixing Bowl: 8 QT - Microwave Safe	Whisk

**Send Out Shower Invitations:** Invite your friends, women's group, church, neighbors.

**Have Some Snacks:** Serve finger foods and punch, or ask the guests to bring an appetizer or dessert to share. You supply the beverage, plates, napkins and utensils.

## 200KReasons Cooking Matters Shower

**Have Some Fun:** Play some shower games. Have some fun prizes for the winners. Some game suggestions are:

➤ **Chef's Apron** - Test your guests' memory. Have someone wear an apron with several kitchen items attached such as a ladle, toothpick, dish towel, trivet, sponge, spatula and measuring spoon onto an apron, or lay out the items on the registration table. Once the shower officially begins have her take the apron off, or cover up the items on the table. Later on during the shower, ask guests to write down as many of the items they can remember. This game will be sure to get everyone thinking hard. The person(s) who remembers the most is the winner.



➤ **Cooking Class** - Hire a chef (or invite someone you know who is a good cook) and teach a cooking class that features a nutritionally balanced meal that is easy, quick, and costs very little to make. Everyone is a winner! Send the recipe home with them.

➤ **Famous Food Word Scramble:** Create a word scramble using the names of famous foods, dishes, chefs and restaurants. Type and print on sheets. Give each guest a sheet and give them five minutes to unscramble as many words as possible. The person with the most correct wins.

➤ **House Tool Trivia** - Have each guest bring a household object that is not easily identified, such as a caviar spoon, tea infuser spoon, citrus juicer, crab cracker, etc. Distribute paper and pencil and ask players to try and guess what each object does. The player with the most correct answers is the winner.

➤ **Utensil Bingo:** Make up a blank "Bingo Card". Before the shower items are revealed, ask the guests to write what they believe will be given at the shower in the boxes. They could even write the same thing in multiple slots (e.g., write Slotted Spoon in 3 spots). Once everyone has their "Bingo Card" filled in, present the gifts. As each gift is called out, those who have it on their "Bingo Card" can mark it. The first one to "Bingo" is the winner.

<b>Cooking Matters Kitchen Shower</b>				
<b>B-I-N-G-O</b>				
		FREE SPACE		

➤ **What Am I Making** - Lay out the utensils needed for a recipe, and have everyone write down what they think you are making. Some ideas re utensils for baking a cake, making candy, preparing vegetables, etc. Whoever guesses correctly is the winner.

➤ **What's Cooking Challenge** - See who the real chefs are amongst your guests. Find recipes for 10 to 12 classic, common dishes. Start to read the ingredients one by one. Guests are supposed to guess what the recipe is, the first person to correctly guess "what's cooking" earns a point. The person with the most points at the end of the game is the winner.

**Deliver Your Items:** Contact **200KReasons** to have your items delivered at [200KReasons@arumc.org](mailto:200KReasons@arumc.org)

For more information, email [200KReasons@arumc.org](mailto:200KReasons@arumc.org)  
or visit our website [www.200KReasons.arumc.org](http://www.200KReasons.arumc.org).

