Cornell University
Cooperative Extension
New York City

NYC Walkers For Wellness: Faith Based Organization Nutrition Education Training

Materials needed for the cooking demonstration:

- Paper plates
- Utensils
- Napkins
- Tablecloths
- Cups
- Sponge
- Surface cleaner
- Dish soap
- Paper towels
- Bleach
- Colander
- Cutting boards
- Knives
- Plastic aprons
- Gloves
- Vegetable peeler
- Vegetable brush
- Big pot
- Small pot
- Small sauté pan
- Large sauté pan
- Baking sheets
- Casserole dish
- Cooking spray
- Spatula
- Mixing spoon
- Slotted spoon
- Grater
- Serving bowls
- Mixing bowls
- Garbage bags
- Serving trays
- Serving tongs

Ingredients:

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