

Cooking Starter Kit

These kits will be distributed to Nutrition Education class participants who lack basic cooking tools at home.

**Please place items in reusable grocery bags.*

Kitchen Utensils

measuring cups
measuring spoons
grater
veggie peeler
whisk
rubber spatula
metal spatula
can opener (Swing-A-Way brand preferred)

Spices

chili powder
cumin
garlic powder
paprika