



Community Kitchen Participant Manual

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We've put together some useful resources for you to use during your community kitchen session and at home too. There's information on food safety, how long food will last, how to re-hydrate dried beans, food substitutions and handy conversion tables.

Take a look and happy cooking!

Helpful Charts

Safe Food Handling Practices Checklist



4 safe food handling practices checklist



Clean Do you ...

- have soap and paper towels or clean hand towels at each sink at home?
- wash your hands with warm water and soap for 20 seconds before and after handling food, using the bathroom, playing with your pets, etc.?
- use a clean produce scrub brush and cool running water to wash your fruits and vegetables?
- wash your cutting boards, dishes, utensils and countertops with hot soapy water before and after preparing each food item?
- clean your reusable grocery bags and bins often?



Separate Do you ...

- place raw meat, poultry and seafood in separate plastic bags in your grocery cart, then place them in separate bags or bins when you take them home?
- store raw meat, poultry and seafood in containers on the lowest shelf of your refrigerator to prevent raw juices from dripping onto other food?
- use one cutting board for your raw meat, poultry and seafood and another for your ready-to-eat food?
- change or wash the plate you used for raw meat before you put cooked meat on it?



Cook Do you ...

- use a food thermometer to check that your food is cooked to safe temperatures?
- read and follow the manufacturer's directions for your food thermometer?
- know that your food is safely cooked/reheated when it reaches an internal temperature high enough to kill harmful bacteria that cause foodborne illness?
- have an "Internal Cooking Temperatures" chart to tell when your food is safely cooked? (available at www.befoodsafe.ca/en-temperature.asp)



Chill Do you ...

- keep your fridge set at 4°C (40°F) and your freezer at -18°C (0°F) and check them by using an appliance thermometer?
- thaw your food in the fridge, or under cold running water, or in the microwave, then use it right away?
- marinate your food in the fridge?
- chill your leftover food quickly, place it in shallow covered containers, in the fridge, within 2 hours of cooking?



For more information, visit the Canadian Partnership for Consumer Food Safety Education

www.canfightbac.org

www.befoodsafe.ca

Helpful Charts cont...

Did You Wash Your Hands?

Did You Wash Your Hands?

- 1 Wet hands and apply soap
- 2 Rub hands briskly 15-20 seconds
- 3 Rinse well
- 4 Pat hands dry with paper towel
- 5 Turn off water with paper towel and discard

**Protect Yourself
Protect Your Family**

North Bay Parry Sound District
Health Unit
Bureau de santé
du district de North Bay-Parry Sound

Safe Cooking Temperatures

Safe Cooking Temperatures		Cold Holding 4°C
Product	Celsius	Fahrenheit
Ground Meat and Meat Mixtures		
Turkey, chicken,	74°C	165°F
Veal, beef, lamb, pork	71°C	160°F
Beef and Veal	70°C - 74°C	158°F - 165°F
Pork	71°C	160°F
Poultry		
Whole poultry	82°C	180°F
Poultry parts	74°C	165°F
Duck, goose, pheasant	74°C	165°F
Ham	71°C	160°F
Seafoods		
Fish, shellfish and other seafoods	70°C	158°F
Hot Holding (cooked foods)	60°C	140°F

For More Information:
474-1400 • 1-800-563-2808

Measuring Liquid and Dry Ingredients Correctly



Measuring Liquid and Dry Ingredients Correctly

LIQUID MEASURING CUP

- Use a liquid measuring cups for fluids, such as water, milk, or oil.
- Fill the cup to the appropriate line; place the cup on a flat surface, then view it at eye level as you pour the liquid.
- Note: Water surface curves downward, so view the bottom of the curve for accurate measurement, not the edge against the measuring cup.



DRY MEASURING CUP

- Use a dry measuring cup for larger amounts of powders, such as sugar, salt, and baking powder.
- Spoon or scoop the powder lightly into the measuring cup. Run a knife or spatula across the top to level the surface.
- Scrape off excess.



MEASURING SPOONS AND DRY INGREDIENTS

- Use measuring spoons for small amounts of powders, spices, and other dry ingredients.
- Fill and level the amount with the straight edge of a spatula or knife.
- Many containers for baking powder and other dry ingredients come with built-in edge for leveling.



MEASURING SPOONS AND LIQUIDS

- Measure a liquid in a measuring spoon by filling it full—to the edges.



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Where to Store Different Foods

Type of Food	Where to store it:
Margarine, carrots, milk	Refrigerator
Onions, potatoes	Cool, dark place (but separate from each other as onions give off a gas that spoils potatoes)
Leftovers	Refrigerator or freezer

Chart adapted from the Basic Shelf Cookbook and the Canadian Partnership for Consumer Food Safety Education

How Long Different Foods with Last

Type of Food	How long it will last?
Grains	
White rice	++ (many) years
Brown rice	6-12 months
Barley	6-12 months
Pasta	2 years
Bread crumbs	3 months
Fruit and Veg	
Carrots	++ weeks in the fridge
Onions	2 months in a dark, dry place (Or 3 weeks at room temperature)
Potatoes	2 months in a dark, dry place (Or 1 week at room temperature)
Canned fruit/veg, soup, tomato paste	Check the expiry or best before date
Meat and Alternatives	
Canned beans	Check the expiry or best before date
Dried beans	1 year
Peanut butter	2 months if opened (if unopened, check expiry date)
Canned light tuna	Check the expiry or best before date
Poultry (fresh)	2-3 days – refrigerator 6 months - freezer
Red Meat (fresh)	2-4 days – refrigerator 8-12 months - freezer
Fish (fresh)	3-4 days – refrigerator 12-24 hours for shellfish in the refrigerator 2-4 months freezer
Eggs (fresh in shell)	3-4 weeks – refrigerator (Do not freeze)

Type of Food	How long it will last?
Milk and Alternatives	
Fluid milk	Check the Best Before Date
Skim milk powder	1 month if opened (if unopened, 1 year)
Yogurt	Check best before date. Can freeze up to 1-2 months
Fats/Oils	
Vegetable oil	1 year
Margarine	8 months in the fridge if opened (if unopened, 1 year in the fridge)
Baking	
All purpose flour	1 year
Whole wheat flour	3 months
Sugar	++ years
Baking soda/powder	1 year
Cornstarch	1 ½ years
Raisins	1 year
Rolled oats	6-10 months
Vanilla extract	++ years
Spices	
Salt/pepper	++ years
Beef/Chicken bouillon	Check the expiry date
Dried herbs and spices	6 months (loses flavour over time)
Soy sauce	10-12 months if opened (if unopened, 2 years)
Worcestershire sauce	2 years
Ketchup	If opened, 3 months on the shelf, 6 months in the fridge (if unopened, 1 year)
Leftovers	
Baked cakes, cookies	4 months in freezer
Bread, buns	1 month in freezer
Cooked casseroles	2-3 days in fridge 3 months in freezer
Cooked meat	3-4 days in fridge 2-3 months in freezer
Cooked poultry	3-4 days in fridge 1-3 months in freezer
Soups, broth	2-3 days in fridge 4 months in freezer

Chart adapted from the Basic Shelf Cookbook and the Canadian Partnership for Consumer Food Safety Education

Helpful Food Measures and Conversions

	$\frac{1}{4}$ tsp = 1 mL
	$\frac{1}{2}$ tsp = 2 mL
	1 tsp = 5 mL
Short Forms and Measurements:	1 tbsp = 15 mL = 3 tsp
tbsp = Tablespoon	$\frac{1}{4}$ cup = 50 mL = 4 tbsp
tsp = teaspoon	$\frac{1}{3}$ cup = 75 mL = 5 tbsp
lb = pound	$\frac{1}{2}$ cup = 125 mL = 8 tbsp
mL = milliliters	$\frac{2}{3}$ cup = 150 mL
	$\frac{3}{4}$ cup = 175 mL
	1 cup = 250 mL = 16 tbsp
	1 litre = 1000 mL = 4 cups

Raw Food	Measure after cooking or chopping etc
1 large carrot	1 cup chopped carrot
1 large celery stalk	1 cup chopped celery
1 medium onion	1 cup chopped onions
1 pound potatoes	3 cups sliced potatoes
1 pound fresh mushrooms	5 cups sliced
1-2 fresh bananas	1 cup mashed banana
1 pound raw ground beef	2 $\frac{1}{3}$ cups browned ground beef
1 can of tomato paste (6oz)	$\frac{3}{4}$ cup tomato paste
1 tbsp of any fresh herb	1 tsp of any dried herb
1 tbsp mustard	1 tsp dry mustard
1 cup (or $\frac{1}{2}$ pound) dried beans	2 - 2 $\frac{1}{2}$ cups cooked beans
1 can of beans	1 $\frac{1}{2}$ cups of beans after draining
1 cup dry barley	3 $\frac{1}{2}$ cups cooked
1 cup white rice	3 cups cooked white rice
1 cup brown rice	3 - 4 cups cooked brown rice
1 pound of all purpose flour	3 $\frac{1}{2}$ cups flour, not sifted
1 pound of whole wheat flour	3 $\frac{1}{2}$ cups whole wheat flour, not sifted
1 pound pasta	4 cups dry, uncooked pasta

Source: "The Big Cook" and "Many Hands"

Ingredient Substitutes

Replace this ingredient...	With this...
1 cup of butter	$\frac{2}{3}$ cup of oil <i>OR</i> 1 cup margarine
1 teaspoon dry mustard	1 tablespoon prepared mustard
1 small onion	1 teaspoon onion powder
Bread crumbs	Crushed cereal or cracker crumbs
1 tbsp corn starch	2 tbsp flour
1 clove of garlic	$\frac{1}{4}$ tsp garlic powder or $\frac{1}{2}$ tsp minced garlic
2 cups tomato sauce	$\frac{3}{4}$ cup tomato paste + 1 cup water
1 cup buttermilk	Little bit less than 1 cup of regular milk, add 1tbsp of vinegar or lemon juice and let stand for 5 minutes before using
1 cup white sugar	$\frac{2}{3}$ - $\frac{3}{4}$ cup maple syrup When baking, decrease oven temp by 25° as maple syrup caramelizes and browns more quickly than sugar. Decrease the liquid (water, milk, etc) in the recipe by 3 tbsp for every 1 cup of maple syrup used.

Healthier Substitutions

Replace this ingredient...	With this...
Half the 'fat' (oil, butter etc) in a recipe	Applesauce or plain 1% yogurt
1 cup cream	1 cup evaporated 2% milk
Mayonnaise	Plain 1% yogurt

Eat Right, Drink Water

- Use lower fat cooking methods like grilling, boiling, stewing and baking.
- Enjoy traditional foods like wild meat, fish, local berries and wild rice.
- Drink water instead of sugary drinks.
- Choose a variety of foods:
 - ✓ Try to eat at least 1 dark green and 1 orange vegetable each day.
 - ✓ Have vegetables and fruit instead of juice.
 - ✓ Choose whole grains often like whole wheat bannock, bran cereal or wild rice.
 - ✓ Try beans and lentils as an alternative to meat.
 - ✓ Choose lean meats, poultry and fish prepared with no fat and no salt.
 - ✓ Choose skim, 1% or 2% milk or fortified milk alternatives like soy milk, rice milk or almond milk.

How to Re-Hydrate Dried Beans

- For each 1 cup of dried beans, add 4 cups (1000ml) of water to pot. Soak overnight or for 8-12 hours. Drain.
- For each 1 cup of dried beans, add 4 cups (1000ml) of water. Place in pot and heat beans to boiling. Then turn down heat to low and simmer for 2-3 minutes. Cover and let stand one hour. Drain.
- You can store dried beans in an air tight container for up to 1 year. If they're cooked, they last 5-7 days in the fridge or 6 months in the freezer.