

AFTER SCHOOL COOKING CLUBS

BMRSD






Imagine The Possibilities

**SUPER BOWL
BREAKFAST CHALLENGE**

By: Hartnett Middle School After
School Cooking Club

*Incorporating Oatmeal In
Every Way*



A day of After School Cooking Club featuring oatmeal



Our Current Fuel Up to Play 60 Grant has been instrumental in Funding the Food Supplies for Our Eight Week After School Cooking Club.

Working with Lead Cook Rachel Oliveira, a group of 15 students spent one full session on preparing and sampling recipes using Oatmeal that could be featured in our Breakfast.

Students prepared and enthusiastically endorsed:

Banana Oatmeal Muffins

Oatmeal Monkey Bread

Apple Turnovers w/Oatmeal Crust



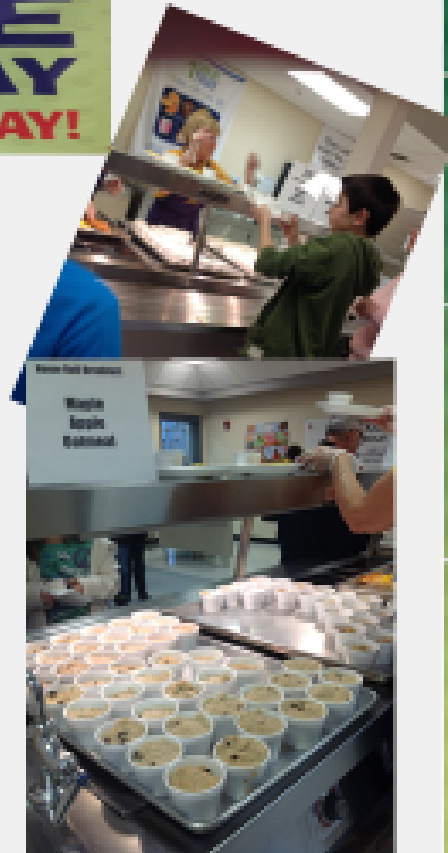
Taste Testing Oatmeal at our Honor Roll Breakfast



Over 600 parents and students feasted on a menu highlighting Oatmeal. Our Culinary Intern was on hand to answer questions and share interesting facts about this very healthy grain.

The students were educated on why oatmeal is healthy and how it can keep them energized during the school day. **They were given three samples to try, an apple maple oatmeal, brown sugar oatmeal and a fruit and yogurt parfait that had granola made from the oats and honey.**

The students were enthusiastic to try the samples and preferred the **apple maple oatmeal**.



Cooking Club at Gillette Stadium





Hartnett at the Super Bowl



Why Run a Club:

Getting kids involved in the kitchen is a great way to encourage healthy eating. Students learn about the importance of a healthy and balanced diet, how to plan and prepare meals, find out what food is in season, read and understand food labels, learn about food hygiene and food safety skills and above all discover that cooking is fun!



The Logistics:

- **Run as an afterschool club**
 - **How many kids**
 - **How are they selected**
 - **Allergy concerns**
 - **Children with learning disabilities**
 - **How groups work together**
 - **How long will sessions run/how many weeks**



The Logistics:

- **How is it funded**
- **Parental Consent**
- **Choosing Recipes**
- **Shopping**
- **Equipment set-up**
- **Actual Cooking Experience**
- **Clean-Up**



Success to date:

- **In Fourth Year**
- **Always fully subscribed**
- **Favorite Recipes added to menu**
- **SNA Manager of the Year Award**
- **Presented at DESE Breakfast Summit**



Looking Forward:

- Fuel Up to Play 60 Smoothie Contest - Bike

