

B. Ideas for a coordinator's starter kit



To help you run your project, we recommend you obtain the following equipment:

Activity	Equipment	Approx. cost*
Making smoothies	<ul style="list-style-type: none"> ■ A blender. ■ Jugs for storing pureed fruit and the final smoothie drink. It is especially useful to puree the fruits in advance when making large quantities, but not bananas as their puree goes brown quickly. ■ Plastic beakers for serving the drink. ■ A can opener. When buying canned fruit, remember to use fruit in fruit juice rather than syrup. If, however you do buy fruit in syrup you will also need a bowl and strainer so that you can wash and strain the fruit segments to remove as much of the syrup as possible. 	£25
Tasting sessions	<ul style="list-style-type: none"> ■ Cutting boards (x2). ■ Knife. ■ Apple corer and slicer. ■ Bowls to contain fruit before tasting. ■ Small individual plastic containers - one for each child (x40). ■ Fruit and vegetable posters. 	£11
General hygiene	<ul style="list-style-type: none"> ■ Dish cloths. ■ Washing up liquid. ■ Paper towels/serviettes. 	£3
Displays	<ul style="list-style-type: none"> ■ Banner. ■ Fruit and vegetable posters. ■ Children's drawings and examples of work. ■ Publicity cuttings. ■ Photographs. 	£40

*prices base on products purchased in discount stores during 2001 / 2002

This list is by no means exhaustive. You may find that you become involved in other activities. If, for example, you decide to run cooking classes for parents you will probably need to purchase pots, bowls and plates, baking trays, sieves, graters, spoons, chopping boards, mixing bowls, sharp knives, aprons and t-towels (total cost approximately £30). If you decide to initiate playground markets you will need plastic boxes and baskets to transport and display the produce (approximately £5).

