Verdant Community Wellness Center Kitchen Equipment/Supplies List (WC 300)

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| Kitchen Equipment |  | Demo Technology |
| * 5 Burner Gas Range
* 2 Gas Ovens
* Microwave
* 22 Cubic Foot Refrigerator
* Dishwasher
* Cast Iron Griddle – fits over the gas stovetop
 |  | * Cameras to visualize the cooking surfaces

(Call for option to record the session)* TV Screens for viewing
* Hands Free Microphones
	+ Headset
	+ Lapel Mic
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| **Stainless cookware** |  | **Stainless utensils**  |
| * skillets (8 inch & 10 inch)
* saucepans (1.5, 3, 4, 4.5 quart)
* steamer Insert
* 8 quart stockpot
 |  | * spoons and spatulas
* silverware for 24
* tongs and ladles
* measuring cups and measuring spoons
* whisk
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| **Other cookware** |  | **Utensils for non-stick cookware** |
| * 12 inch nonstick skillet
* 14 inchnonstick wok
* Glass baking dishes (8 X8, 9X13, Loaf)
 |  | * spoons
* spatulas
* tongs
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| **Knives and Accessories** |  | **Kitchen Tools** |
| * Paring Knives (4)
* Chef, Boning and Utility Knives with blade covers
* Serrated Bread Knife
* Cutting Boards (small, medium and large)

**Kitchen Essentials*** pot holders and oven mitts
* aprons
* kitchen towels and drying mats
* aluminum foil and plastic wrap
* salt and pepper
* olive oil, canola oil and oil miste
 |  | * can opener
* mixing bowl sets (stainless and glass)
* colander and mesh strainer
* liquid measuring set (1 cup - 4 quarts)
* microplaner and box grater
* food thermometer
* salad spinner
* garlic press
* pizza wheel
* juicer
* funnel
* sample portion scoops - small and medium
* salad dressing mix and pour container
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| **Disposable / Paper Products** |  | **Hygiene and Cleaning Supplies** |
| * disposable food prep gloves
* plates (6 in and 8 inch)
* 8 oz hot/cold cups
* bowls and sample cups (3-4 oz)
* plastic spoons, forks and knives
* paper towels
* napkins
 |  | * hand washing soap
* dish and dishwasher detergent
* sponges, brush scrubber, etc.
* bleach to make solutions for
	+ spraying counters/surfaces
	+ rinse and dry for hand-washed items
* bleach wipes
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Instructors should review this list carefully and bring any other equipment or supplies that are needed for their classes. For questions or more information, contact: sue.waldin@verdanthealth.org 425-582-9412