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](mailto:sue.waldin@verdanthealth.org) 425-582-9412