



Healing Hunger. Strengthening Our Future.

## Cooking Matters Starter Kit

These kits will be distributed to Cooking Matters class participants who lack basic cooking tools at home. These items may be placed in a reusable grocery bag.

### Basic Kitchen Utensils:

Measuring Cups

Measuring Spoons

Grater

Veggie Peeler

Whisk

Rubber Spatula (for scraping a bowl)

Spatula (for flipping items in a frying pan)

Can Opener (Swing-A-Way brand preferred)

### Miscellaneous Spices:

Chili Powder

Cumin

Garlic Powder

Paprika