



Smoothie Lab

A Smoothie Exploration Workshop

Facilitation Guide



Table of Contents

Introduction	2
Facilitation Guidance	3
Workshop Timelines	4
Pre-Workshop	4
During Workshop	5
Post-Workshop	9
Workshop Resources	10
Check-In/ Out Questions & Opening Activity	11
Equipment and Ingredients Needed to Run Workshop	18
Recipes	23
References	27
Appendix	28
FAQ	29
Food Safety and Supervision Tips	30
Allergen Identification	32

Click on our *flork* icon to
come back to this page!



Introduction

This Smoothie Lab facilitation guide will lead facilitators through the process of planning and implementing a Food Skills workshop that teaches participants to prepare delicious smoothies from scratch.

Workshop Objectives

Exploration and experimentation of fruits and vegetables, grains and seeds, healthy fats, and other smoothie add-ins to create a nourishing snack or meal on the go.

Workshop Goals

- Learn new food skills, such as knife skills, and using a blender.
- Explore new foods and flavours through the prepping and tasting process.

Who Could Be Involved

Program Leader

The person taking charge of the project. A leader keeps the program on track while sharing responsibility with other team members.

Program Assistants

People asked to help run different program areas of the program, based on their skills and experience.

Intended Participants

Interested children and youth.

Community Partners

Local groups or organizations interested in supporting the program. Examples could include town councils, local businesses, food banks, or other non-profit organizations. Ask all program leaders and program assistants if they have connections to community partners who may want to support the work.



Facilitation Guidance

Facilitator Role Overview

Setting a Positive, Inclusive Tone

Warm Welcome

Encourage facilitators to greet participants by name, if possible, and introduce themselves.

Celebrating Curiosity and Diversity

Reinforce that there's no "right" way to enjoy food—everyone has different tastes and experiences. For example, facilitators might remind the group, "All taste buds are welcome here! Let's find out what each of us loves in a smoothie."

Encouraging Exploration

Emphasize that the workshop is a space to try new things without pressure. Facilitators can model open-mindedness by sharing personal food preferences or talking about new foods they've tried recently.

Using Inclusive Language

Avoid food judgments (no "good" or "bad" foods). Focus on the concept of "**nourishing foods**" that give us energy and nutrients.

Building Confidence

Remind facilitators to acknowledge each child's choices and creativity positively, even if they don't make the "typical" smoothie or try all the ingredients.

How We Want to Be Talking About Food

Emphasize positive, non-judgmental language (e.g., "fueling our bodies" instead of "good/bad foods")

What is Nourishing Food?

Nourishing foods give us the energy to play, learn, and grow!



Workshop Timelines

Pre-Workshop

During Workshop

Post Workshop

Pre-Workshop

Contact Nourish Nova Scotia for planning support as needed

- ☐ Set a date and time.
- ☐ Find a location (*E.g., community/school kitchen, school classroom or food lab*).

Note: Confirm if location has access to outlets for blenders, table space to set up stations, washing station for handwashing and dishes, and ideally fridge/freezer access or coolers for cold ingredient storage and food safety.

- ☐ Identify the number of participants.
- ☐ Identify dietary restrictions and allergens.
- ☐ Identify facilitators for the workshop.
- ☐ Gather workshop resources:
 - ☐ Facilitation guide
 - ☐ Check-In/Out Questions (*See page 11*)
 - ☐ Opening Activity (*See page 12*)
 - ☐ Equipment Checklist (*See page 18*)
 - ☐ Ingredients Suggestions (*See page 19*)
 - ☐ Sample Grocery List (*See page 21*)
 - ☐ Smoothie Recipes (*See page 23*)
- ☐ Shop for ingredients.



During Workshop

1 Prepare the Workshop Space

Arrive 30 minutes to 1 hour ahead of workshop start time.

☐ Sanitize all countertops.

☐ Set up space.

Move tables, chairs, and equipment, as required. Ensure outlets are easily accessed, set blenders and stations up near outlets.

☐ Lay out ingredients by category with info sheets. Keep cold ingredients in the fridge, freezer, or cooler until ready to be used.
(See page 16 for opening activity info sheets)

☐ Prepare the opening activity. (See page 12)

2 Workshop Introduction (10 min)

☐ Welcome participants, explain any space rules.

Suggested space rules to touch on:

- Respect people's identities and pronouns
- Listen actively
- Show compassion and empathy
- Peer-to-peer support
- Respecting food safety rules and guidelines

☐ Explain the session: goals, objectives, and agenda. (See page 2)

☐ Complete check-in. (See page 11)

☐ Handwashing for all.

If possible, try to keep one sink dedicated to handwashing.
(See page 28 for a link to our handwashing activity)



3 Opening Activity (20 min)

Smoothie Raffle! (See page 12 for activity details)

☐ Set up activity.

Set up ingredients by category with information sheets. Remove cold ingredients from fridge, freezer, or cooler at this point and place them in correct category. Have ingredient tags cut up and ready. (See pages 14-17 for activity resources)

☐ Gather Participants and explain the goal of the activity.

"We're going to have some fun exploring and experimenting with ingredients from various categories, like fruits, vegetables, liquids, proteins, and sweeteners, by drawing tags! These draws will decide our ingredients for a test smoothie that we'll try all together!"

Note: The intent of this activity is to be open and curious to exploration. You may not end up with a "typical" smoothie, but it should evoke creativity in participants!

☐ Carry out activity & reflect.

Facilitation Tips

- Rotate around the room to answer questions and encourage creativity.
- Highlight the importance of food safety (e.g., clean hands, no double-dipping, safe knife use).



4 Smoothie Development (25 min)

- ☐ **Recipe Creation:** Have groups return to their stations to discuss their own smoothie recipe.
Note: Encourage groups to be adventurous and explore unfamiliar ingredients.
- ☐ **Ingredient Selection:** One-by-one, groups approach the ingredients table to pick their choices and bring them back to their station.
Note: Groups may need to share ingredients depending on available quantities.
- ☐ **Smoothie Creation:** Groups prep their ingredients as needed (e.g., wash, cut, peel) and blend their smoothies. Encourage participants to taste and adjust until they reach the desired taste and texture.
Note: Highlight the importance of food safety (e.g., clean hands and no double-dipping). (See page 30 for Food Safety and Supervision tips)
- ☐ **Recipe Card Customization:** Have participants write their recipes down on recipe cards, recording quantities and ingredients used.
- ☐ **Portioning Out Smoothies:** Have each group portion up their smoothie for everyone to taste (approximately 2 oz (60mL) per tester).
- ☐ **Taste Test:** Once all smoothies are completed and divided, allow the full group to taste test each smoothie. Have participants match the smoothie to the recipe card. Ask participants questions about their senses: taste, texture, smell, etc.
Note: Encourage and emphasize positive, non-judgmental language and not to “yuck someone’s yum”.



5 Group Discussion (15 min)

- ☐ Once the taste testing activity is complete, debrief about what they liked and what they didn't like, and allow for discussion.
- ☐ If time allows, participants can then choose to make a new smoothie to enjoy now or take home.

6 Clean up (10 min)

- ☐ Task groups with cleaning their own stations and contributing to the overall cleanup of space.
- ☐ Facilitators to gather and equipment and food:
 - ☐ Gather and clean blenders/sharp items.
 - ☐ Pack up and distribute extra smoothies for participants to take home, labelling them with the participant's name and the date.
 - ☐ Pack up and store extra ingredients.

7 Closing (5 min)

- ☐ At the end of the workshop, ask the group a checkout question (see page 11 for examples) and then gather feedback that includes:
 - Value of workshop,
 - Ingredient input,
 - Lessons learned,
 - Smoothie-related activity suggestions,
 - Acceptance of opening activity,
 - Suggestions for future workshops.



Post-Workshop

- ☐ Debrief with facilitators.
What went well, what could be improved, etc.
- ☐ Gather youth feedback, compile and document.

Check out our Facilitation Guide feedback survey! We would love to hear how using the guide worked for you so that we can continue to improve and expand our resources.

Facilitation Guide Feedback



Workshop Resources

The following pages include key resources to the planning and implementation of the workshop, including some suggested activities and questions, planning lists and recipe ideas. You may want to print some or all of these pages for the workshop.

Tips for Success

- Involve your community and community partners (e.g., youth groups or youth-serving organizations) at the start of your program planning. This will not only help you understand the needs of your intended participants, but they will be more likely to benefit from and enjoy the program.
- Contact Nourish Nova Scotia staff for planning support as needed. We're here to help!
- Consult participants to determine if there are certain ingredient choices they're curious about or already enjoy.
- Encourage groups to be adventurous and explore ingredients they're unfamiliar with & not "yuck someone's yum".



Check-In/Out Questions & Opening Activity

Question Suggestions

Check-In

- If you could create a smoothie with any flavour, what would it taste like?
- What's your favourite fruit or vegetable, and have you ever tried it in a smoothie?
- If you were a fruit or veggie, which one would you be and why?
- Have you made a smoothie before? If so, what's your favourite ingredient? If not, what are you excited to try?
- Do you like experimenting with new foods? How do you feel about trying something new today?

Check-Out

- What was your favourite ingredient you tried today, and why?
- Was there anything you didn't think you'd like but enjoyed?
- What surprised you the most about making smoothies?
- If you could name the smoothie you made today, what would you call it?



Opening Activity

Smoothie Raffle!

Objective: To explore different smoothie ingredients and encourage creativity, teamwork, and sensory exploration while learning about the nutritional value and roles of different ingredients.

Overview: Each participant randomly selects ingredients from various categories, like fruits, vegetables, liquids, proteins, and sweeteners, by drawing tags from labelled cups. Together, they create a unique smoothie blend by combining the chosen ingredients, blending them, and tasting the final product.

Materials Needed

- **Ingredient Categories:** Prepare ingredients and label them by category (e.g., Fruits, Vegetables, Liquids, Proteins, Sweeteners, Add-ins). (See page 16 for category labels)
- **Ingredient Tags:** Write the name of each ingredient on slips of paper and separate them into cups or bowls based on their categories. (See page 14 for ingredient tags)

1 Introduce the Activity

- ☐ Gather participants and explain that the goal is to create a "test smoothie" by randomly selecting ingredients from each category. Explain how participants will one-at-a time, pull a tag from each category cup to choose their ingredients.
- ☐ Share the different categories available: Fresh and Frozen Fruits and Vegetables, Liquids, Proteins, Sweeteners, and Add-ins.



2 Ingredient Selection

- ☐ Start with the first category (e.g., Fresh Fruits). Pass around the cup or bowl for participants to draw one ingredient tag. Repeat for each category until all categories are covered and every participant has pulled a tag.
- ☐ As participants draw, hold up the ingredient, show it to the group, and briefly explain its taste or role in the smoothie.

3 Add Ingredients to Blender

- ☐ Have participants take turns measuring and adding their selected ingredients to the blender. (See page 19 for suggested ingredient quantities per smoothie)

4 Taste Test and Discussion

- ☐ Pour smoothie into tester cups and distribute it to participants for tasting.
- ☐ Encourage participants to describe their sensory experience by asking:

Ways to Explore



Look



Feel



Taste



Smell

- "What do you notice about the taste?"
- "What's the texture like: smooth, thick, or grainy?"
- "Can you identify any ingredients in the flavour?"
- "Do you like this flavour combination? Why or why not?"







- ☐ Encourage participants to brainstorm ideas for modifying the smoothie (e.g., adding sweetness, making it thicker, including other ingredients)









Opening Activity Tags

Print out and cut up for youth to use in the opening activity.







Fruits

 Berries	 Banana	 Pineapple
 Peaches	 Oranges	 Mango







Vegetables

 Kale	 Avocado	 Carrots
 Spinach	 Cauliflower	 Beets







Spices and herbs

 Cinnamon	 Ginger	 Cocoa powder
 Turmeric	 Parsley	 Basil







Protein

 Yogurt	 Cottage cheese	 Tofu
 White beans	 Greek yogurt	







Nuts and Seeds

 Hemp hearts	 Chia seeds	 Wow butter
 Ground flax	 Sunflower seeds	 Peanut Butter







Sweeteners



















 Maple syrup	 Sugar	 Honey
 Pitted dates		

Liquids

 Fruit juice	 Coconut water	 Oat milk
 Almond milk	 Cow's Milk	 Iced tea

Others

 Kefir	 Spirulina	 Matcha powder
 Beet powder	 Chia powder	 Ice

Opening Activity Info Sheets

Print out and cut up to lay out ingredients by category.

Frozen fruits and Vegetables

The washing and cutting are already done for you! Both fresh and frozen vegetables are great for adding flavour, texture, and colour to our smoothies.

Fresh fruits and Vegetables

Take advantage of local fruits and veg in season! Including fresh fruits and vegetables in your smoothie is a great way to use up food that's in your fridge. They also add some fun flavours, colour, and texture to your smoothie.

Proteins

Adding proteins like yoghurt, cottage cheese, or even beans will make your smoothies thicker and help you feel full and satisfied longer!

Spices and Herbs

Spices and herbs can enhance the flavour, aroma and colour of food and beverages, and can be a fun add-in to your smoothie!

Nuts and Seeds

Nuts and seeds are good sources of healthy fats and will not only add a fun texture to your smoothie but help to make you feel full and satisfied longer!

Liquids

Liquids are a great addition to a smoothie to help you reach your desired consistency. They'll help you stay hydrated longer and can add flavour to your smoothie.

Add-Ins

Smoothie add-ins can contribute to the fun colour and delicious texture of a smoothie!

Equipment and Ingredients Needed to Run Workshop

Equipment Checklist

- ☐ **Blender or Food Processor**
Quantity: 1 per work station
- ☐ **Measuring cups and spoons**
Quantity: 1 set per work station
- ☐ **Bowls | Small to medium**
Quantity: 1 per work station
- ☐ **Cutting Board**
Quantity: 1-4 per work station
- ☐ **Knives | Regular or child friendly**
Quantity: Enough for all participants
- ☐ **Can opener**
Quantity: 1-2
- ☐ **Utensils (Knives, spoons, spatulas) | Compostable or reusable**
Quantity: 1 set per work station
- ☐ **Vegetable peeler**
Quantity: 1 per work station
- ☐ **Take-out containers**
Quantity: Enough to pack up leftover ingredients
- ☐ **Taster cups**
Quantity: multiple for all participants to taste different smoothies
Note: Encourage the use of re-usable cups to reduce waste.
- ☐ **Drinking cups**
Quantity: Enough for all participants to take a smoothie home
Note: Encourage the use of re-usable cups over disposable to reduce waste
- ☐ **Scissors**
Quantity: 1
- ☐ **Napkins/ Paper Towel**
Quantity: 1 package
- ☐ **Cleaning supplies: sponge, soap, cloth**
Quantity: Enough for all participants
- ☐ **Extension cords (if necessary)** – check your space beforehand to ensure that your blender cords will reach outlets
Quantity: As needed
- ☐ **First aid kit – purchase or identify where one is located on site.**
Quantity: 1 kit per session

Tip: Before gathering equipment and materials, check the workspace to see what equipment or supplies are already available; some spaces may have items such as cutting boards, knives, peelers, etc.

Ingredient Suggestions

Frozen fruit varieties

Choose at least 2 frozen fruit varieties (roughly ½ cup portion per smoothie)
Examples include frozen berries, frozen bananas, frozen peaches, frozen pineapple, frozen mango, etc.

Frozen vegetable varieties

Choose at least 2 options (roughly ½ cup portion per smoothie)
Examples include avocado, kale, cauliflower, beets, zucchini, etc.
Note: Avoid frozen spinach

Fresh fruit and vegetables

Choose at least 1 option per smoothie (but choose any number of options for participants to choose from)
Examples include lemons, baby spinach, avocado, cauliflower, carrots, kale, beets, zucchini, apple, peach, banana, mango, oranges, berries, ginger, kiwi
Note: Prioritize seasonal fresh produce

Spices and herbs

Choose at least 2 options (roughly 1 tsp to ½ tbsp per smoothie)
Examples include cinnamon, turmeric, ginger, cocoa powder, cacao nibs, parsley (fresh), basil (fresh)

Before You Shop

- Consult participants and find out if there are ingredients they are curious about or already enjoy.
- Make note of any ingredients participants identified as an allergen or dietary restriction.

Serving Size Suggestions

- Suggested tester smoothie serving size: 2 oz
- Suggested individual smoothie serving size: 8 oz (1 cup)
- A full 64 oz blender makes approximately 8 cups



Nuts and Seeds

Choose at least 2-3 options (roughly 1 tbsp per smoothie)

Examples include hemp hearts, chia seeds, ground flax, sunflower seeds, almond butter*, sunflower butter, peanut butter*, wow butter

Note: Avoid nut butters if there are any nut allergies or sensitivities

Protein

Choose at least 2 options (roughly ½ cup – 1 cup per smoothie)

Examples include Greek yogurt or yogurt, cottage cheese, cooked white beans, silken tofu

Sweeteners

Choose at least 2 options (roughly 1 tsp to 1 tbsp per smoothie, or 1-2 dates)

Examples include maple syrup, honey, pitted dates

Liquids

Choose at least 2 options (roughly 1 cup per smoothie)

Examples include fruit juice, coconut water, coconut milk, oat milk, almond milk*, cashew milk*, soy milk, cow's milk, iced tea

Note: Avoid nut milks if there are any nut allergies or sensitivities

Add-ins

Optional, but fun! (roughly 1 tsp – 1 tbsp per smoothie)

Examples include Kefir, spirulina, matcha powder, beet powder, ice

Note: We strongly recommend purchasing a bag of ice for this workshop to make smoothies colder and thicker.



Sample Grocery List

Item	Amount to serve 12	Amount to serve 24	Category
Frozen Fruit mixed berries, tropical mix, strawberries, blueberries, bananas	3 (500 or 600g) bags	5 (500 or 600g) bags	Frozen
Frozen Vegetables avocado, cauliflower, or zucchini	2 (500 or 600g) bags	4 (500 or 600g) bags	Frozen
Fresh Fruit/Vegetables* lemons, baby spinach, avocado, cauliflower, carrots, kale, beets, zucchini, apple, peach, banana, oranges, berries, ginger**, kiwi	4 bananas 4 apples 1 small container of spinach	8 bananas 8 apples 1 large container of spinach	Produce
Spices and Herbs parsley, ginger**, basil	1 knob of ginger	1 large knob of ginger	Produce
Spices and Herbs cinnamon, turmeric, cocoa powder	1 (150g) bag of cinnamon	1 (150g) bag of cinnamon	Grocery
Protein Greek yogurt or yogurt, cottage cheese, white beans, silken tofu	2 (750g) containers of yogurt 1 can of white beans 1 (500g) container cottage cheese	4 (750g) containers of yogurt 2 cans of white beans 2 (500g) container cottage cheese	Dairy/Grocery

*Consider what's in season

**Ginger can be purchased ground, in the spice section, or fresh, in the produce section. We suggest using fresh ginger root if possible.



Item	Amount to serve 12	Amount to serve 24	Category
Sweeteners Maple syrup, honey, pitted dates	1 (500g) bag pitted dates 1 (500mL) container maple syrup	1 (500g) bag pitted dates 1 (500mL) container maple syrup	Grocery
Liquids Fruit juice, coconut water, coconut milk, oat milk, almond milk, cashew milk, soy milk, cow's milk, iced tea	1 (2.5 L) jug orange juice 1 (1L) carton milk 1 (1L) coconut water	2 (2.5 L) orange juice 1 (2L) carton milk 1 (1L) coconut water 1 (1.89L) container almond milk	Grocery/Dairy
Ice	1 bag	2 bags	By Cash Registers
Other add ins* Kefir, spirulina, matcha, powder beet powder, chia powder, chia pudding	1 container spirulina powder	1 container spirulina powder	Some of these can be found at general grocery stores and some at specialty stores like Local Source Market

*Optional, as these items tend to be more expensive



Recipes

Use these recipes as they are or as inspiration for your own creations!

Green Monster Smoothie

*This recipe was developed by Nourish Nova Scotia staff

Servings: 2 Cups
Prep time: 5 min



Nut
Free



Egg
Free



Gluten
Free



Soy
Free



Vegetarian

Ingredients

- ☐ 2 Cups (60 g) fresh spinach, washed
- ☐ ½ Cup (125 mL) plain Greek yogurt or dairy free alternative
- ☐ 1 Banana
- ☐ 1 Cup (250 mL) frozen fruit
- ☐ ½ Cup (125 mL) water, milk, or milk alternative

Directions

- 1** Place all ingredients in a blender and blend on high speed for 1-2 minutes.
- 2** Pour into a glass and enjoy!
- 3** If your smoothie is too thick, add a little extra water or milk.

Try this!

Make it a smoothie bowl! Fill your favourite dish with the Green Monster and top with a serving of **Cranberry Granola** or an add-in like unsweetened shredded coconut, nuts or seeds.

Strawberry Banana Smoothie

*This recipe was developed by HRCE

Servings: 2 Cups

Prep time: 5 min



Nut
Free



Egg
Free



Gluten
Free



Soy
Free



Vegetarian

Ingredients

- ☐ 2 Banana, sliced
- ☐ 1 Cup (250 mL) frozen strawberries, thawed slightly
- ☐ ½ Cup (125 mL) plain Greek yogurt or dairy free alternative
- ☐ 4 Tbsp (40 mL) Milk or orange juice

Directions

- 1** Place all ingredients in a blender and blend on high speed for 1-2 minutes.
- 2** Pour into a glass and enjoy!
- 3** If your smoothie is too thick, thin it with a little extra water or milk.

Try this!

No blender? No problem! This recipe can be made in a zip-lock bag. Add ingredients to bag and squeeze to mash with your hands.

Tropical Sunshine Smoothie

*This recipe was adapted from Alberta Pulse Growers

Servings: 2 Cups
Prep time: 5 min



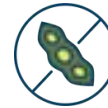
Nut
Free



Egg
Free



Gluten
Free



Soy
Free



Vegetarian

Ingredients

- ☐ 2 cups (500 mL) pineapple juice
- ☐ 1 can (400 mL) coconut milk
- ☐ 1/2 cup (125 mL) ripe banana
- ☐ 1 1/2 cups (375 mL) crushed ice
- ☐ 1/2 cup (125 mL) Greek yogurt
- ☐ 2 Tbsp (30 mL) honey
- ☐ 1 Tbsp (15 mL) fresh lime juice
- ☐ 1 cup (250 mL) cooked or canned white beans, drained & rinsed well

Directions

- 1** Place all ingredients in a blender and blend on high speed for 1-2 minutes.
- 2** Pour into a glass and enjoy!
- 3** If your smoothie is too thick, thin it with a little extra water or milk.

Try this!

This is a great recipe to try if participants are curious but hesitant about putting beans in their smoothie! Make sure to have plenty of ice on hand for this recipe, as it taste even more delicious and refreshing when cold!

Smoothie Pops

*This recipe was developed by Nourish Nova Scotia staff

Servings: 4-6

Prep time: 5 min



Nut
Free



Egg
Free



Gluten
Free



Soy
Free



Vegetarian

Ingredients

- ☐ 2 Cup (500 ml) frozen fruit of choice
- ☐ ½ Cup (120 mL) Plain yogurt
- ☐ ½ Cup (120 mL) Orange juice
- ☐ 1 tsp (6 mL) Pure vanilla extract
- ☐ 6 Popsicle sticks
- ☐ 6 Popsicle molds or paper cups

Try this!

Have any left over smoothies or ingredients at the end of your workshop? Turn them into popsicle pops!

Directions

- 1** Combine all ingredients in a blender or food processor, until super smooth.
- 2** Pour into popsicle molds or paper cups, and insert spoons or popsicle sticks.
- 3** Put popsicles in the freezer for at least two hours. Once frozen, store popsicles in an airtight container or freezer bag and keep frozen for up to 3 months.

References

Canadian Food Inspection Agency. (n.d.). Safe food handling tips: Fresh fruits and vegetables. Government of Canada. <https://inspection.canada.ca>

Create Kids Club. (2021). Knife safety for kids. Create Kids Club. Retrieved from <https://www.createkidsclub.com/knife-safety-for-kids/>

Ottawa Public Health. (n.d.). Knife safety tips. Ottawa Public Health. https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/knife_safety_en.pdf

Facilitation Guide Last Updated: April 2025



Appendix

Other Resources on our Website

- Cinnamon Hand Washing Activity

Glossary of Terms

Food Literacy

The knowledge, skills and attitudes necessary to choose, grow, prepare and enjoy food to support one's health, community & the environment.

Nourish Nova Scotia

Nourish is a non-profit supporting healthy food environments for children and youth.



FAQ

Common Questions

How far in advance should I prepare for the workshop?

Ideally, start planning 1-2 weeks in advance to ensure you have time to source ingredients and review the facilitation guide.

How much time should I allocate for the workshop?

Plan for about 1.5 to 2 hours. This allows time for introductions, the activity, and check-out discussions.

How should I decide on the ingredients to use?

Consider seasonal and local options where possible. Ask participants about allergies or dietary restrictions beforehand and include a variety of ingredients to accommodate preferences.

What should I do if someone has a food allergy?

Gather allergy information ahead of time and avoid cross-contamination by using separate utensils and equipment for allergen-free options. Clearly label ingredients, and consider providing only allergen-free substitutions, should there be an allergy in the group.

What's the best way to store leftover ingredients?

Seal leftover produce in airtight containers or freezer bags. Store fresh items in the fridge and frozen items in the freezer as soon as the workshop is finished. Check out our [Smoothie Pops recipe on page 26](#) to make popsicles from leftover ingredients!



Food Safety and Supervision Tips

Guidelines for safely handling ingredients and equipment

Handwashing: Begin with an instruction to wash hands properly with soap and water before touching any food.

- See page 28 for a link to our cinnamon handwashing activity.

Ingredient Safety: Offer guidance on safe handling practices:

- **Rinse Fruits and Vegetables:** Always wash produce thoroughly to remove any dirt.
- **Safe Storage:** If needed, remind facilitators to store ingredients like dairy and fresh produce in a cooler or fridge until ready for use.

Blender Safety

- Emphasize that only facilitators or older children (with close supervision) should operate the blender to avoid injury.
- Always keep the lid securely on the blender before turning it on and never open it until the blades have fully stopped.

General Knife Safety

- **Grip and Control:** Show children how to hold the knife by gripping the handle firmly with their dominant hand and keeping fingers of the other hand curled in a “claw” shape to stabilize the food.
- **Cutting Surface:** Always use a non-slip cutting board, and place a damp cloth or grip pad underneath to prevent slipping.
- **First Aid Awareness:** Know where the first aid kit is stored in case of minor cuts, and explain to kids what to do if they accidentally cut themselves (e.g., rinsing with water and calling an adult immediately).



Age Appropriate Knife Safety

Younger Children (Ages 8-10)

- Use child-safe or plastic knives for softer foods like bananas, strawberries, or cucumbers. These knives are less sharp but can cut through soft items effectively.
- Teach them basic techniques, like holding the food steady with one hand while cutting slowly and carefully with the other.
- Always have adult supervision for this age group when they're using any cutting tool, even child-safe knives.

Older Children (Ages 11-14)

- Introduce small, beginner-friendly kitchen knives with a rounded tip and a non-slip handle.
- Teach basic techniques such as the "claw grip" (curling fingers under while holding the food) to keep fingers safely away from the blade.
- Start with softer fruits and vegetables and progress to firmer ones as they gain confidence, always with supervision.

Teens (Ages 15-17)

- Teens with experience may be ready to use a standard chef's knife, but should still be supervised when cutting larger or tougher foods.
- Teach proper knife maintenance, like wiping the blade dry after washing and storing it safely.
- Review basic techniques such as the "claw grip" (curling fingers under while holding the food) to keep fingers safely away from the blade.



Allergen Identification

To ensure a safe and enjoyable experience for all participants, please consider the following allergens when preparing and serving smoothies. We recommend reviewing ingredient labels, communicating with participants about allergies, and offering alternatives as needed.

Common Allergens in Smoothies

Dairy

Found in:

Milk, cheese, sour cream, yogurt

Substitutions:

Dairy-free yogurt or plant-based cream

Nuts

Found in:

Peanuts, tree nuts (e.g., almonds, cashews, walnuts)

Substitutions:

If using nuts in any smoothies (e.g. peanut butter smoothie) offer nut-free versions or use seeds like sunflower or pumpkin seeds instead.

Note on Nut Usage: Due to the high risk of peanut allergies, it's recommended to avoid using peanuts and peanut butter in workshops, especially when working with children and youth. Even trace amounts of peanuts can cause severe allergic reactions in some individuals.



Gluten

Found in:

Non-gluten-free oats

Substitutions:

Provide gluten-free oats or omit any seeds or grains that could have traces amounts of gluten in them.

Sesame

Found in:

Tahini (made from sesame seeds), sesame oil, sesame seeds

Substitutions:

Use sunflower seed butter or other seed butter as a substitute for tahini.

Best Practices for Allergen Safety

- ☐ **Label Ingredients:** Clearly label all workshop ingredients and provide an ingredient list for participants.
- ☐ **Ask in Advance:** Check for participant allergies or dietary restrictions in advance.
- ☐ **Avoid Cross-Contamination:** Use separate utensils and cutting boards for allergen-safe preparation.
- ☐ **Offer Customization:** Encourage participants to skip ingredients they cannot eat and experiment with alternatives.

