



BAKE FOR GOOD[®]

Kids learn bake share

SELF-DIRECTED
PLANNING GUIDE
FOR GROUP BAKING

BAKE FOR GOOD KIDS SELF DIRECTED

With your guidance, groups of 5 to 50 kids watch the Bake for Good Kids (BFGK) video presentation, and learn that math + science + reading + baking know-how = something delicious! Kids bake together with you and donate part of what they've made to a local organization.

Learn

Bring your small group of 5 to 50 kids together to watch the free online 30-minute **BFGK video**.



Bake

Kids work in pairs or teams and **bake together as a group**; you host the fun! Kids combine our flour and materials with new baking skills to make rolls from scratch. You provide: a few ingredients, the equipment, ovens, and guidance.

Share

Kids experience the satisfaction that comes from helping others and donate most of their baked goods to those in need in their community. They keep some to enjoy themselves!

HOW TO APPLY

Before you apply!

1. Review this Planning Guide thoroughly.
2. Watch the BFGK video and review the BFGK recipe booklet.
3. Make the bread recipe yourself.
4. Consider how learning, making dough, and baking will fit into your timetable.



Steps for Your Application

1. Submit your BFGK Self-Directed Application; we'll let you know we've got it.
2. Follow the steps in the email and then contact us.
3. We will discuss details and logistics.
4. You will be notified that your Self-Directed program has been confirmed!

Programs must be confirmed 30 days in advance!

DONATE & SHARE

Find a place to donate those beautiful rolls!

Ask local organizations if they accept home-baked goods.

- * Food pantries
- * Homeless shelters
- * Soup kitchens
- * Community dinners
- * Senior Centers
- * Churches
- * Synagogues
- * Salvation Army

Other Ideas:

Hold a bake sale. Donate the proceeds to a local organization. Give rolls to a relative, neighbor, or special friend.



Sharing Before, During, and After

Each student baker should donate a bag of rolls. If desired, use **BFGK Bread Donation Labels** for the beautiful baked goods.

Photo, photos, photos! Please take pictures of the baking and the results. Share your experience with others and with King Arthur Flour on social media.

Share your photos and baking adventures!
#bakeforgood



BFGK Online Resources

Materials to support your BFGK SD Group Baking experience

- **Free BFGK video:** You can preview the lesson. Watch together with your group and discuss.
- **Letter for Home:** You customize; send home a week before the presentation to keep grown-ups informed.
- **Posters:** Generate excitement before you bake!
- **Bread Donation Letter:** Customize and include with donation.
- **Bread Donation Labels:** Great-looking labels. Kids can sign their "work".
- **Press Release:** You customize and send to your local news.



BEFORE YOU BAKE

Preview the Video & Practice the Recipe

BFGK video: Designed specifically for kids, (as a companion to the **BFGK recipe booklet**.) kids learn the preparation, steps, and techniques for assembling bread dough. The video covers how to measure accurately, and how to shape a basic loaf, a braided loaf, scrumptious cinnamon rolls, and several types of dinner rolls; even how to toss a personal-sized pizza!



The 30 minute video has 4 Lessons:

1. Introduction
2. Getting Started
3. Mix and Knead
4. Divide, Shape, Bake, and Share

Preview the video to familiarize yourself with the content, and review the companion **BFGK recipe booklet**, too. We strongly recommend making the recipe yourself at least once. The kids make rolls; you may want to practice!

“ This program was a great way to show the kids another way they can give back to the community. Many of the kids who participated in the program are still baking and donating on a monthly basis. ”



Planning Ahead = Success

- **Space:** Decide where and when and how you will show the video to your group. How much room will you need for your group to bake? Kids work at tables in pairs or teams. You'll need access to sinks for warm water and cleanup. Several bowls of dough will need a safe place to rise.
- **Ovens!** Consider oven space - you may have several dozens of rolls ready to bake at the same time. If you are baking in a school/facility where breakfast or lunch are prepared, be sure ovens are available when it's time to bake
- **Extra Adults:** Definitely a must for younger kids, it's usually a good idea to have extra grown-ups around to assist on baking day. Great opportunity for volunteers to get involved.
- **Refrigerator?** If you are rising your dough overnight, you'll need enough refrigerator space.



SAMPLE SCHEDULES

One-Day

Day 1: ~4.5 - 5 hours

On hand and ready: video, ingredients, and equipment

- 30 minutes** Watch **BFGK video** Lessons 1 - 3 with kids, review booklet.
- 45 minutes** Bakers assemble dough, label and cover. Clean-up.
- 90 minutes** Dough rises in bowls. Watch video lesson 4: shaping techniques. Prepare work area for shaping. Depending on time of day, good time for a break/snack/lunch.
- 30 minutes** Deflate and divide dough (one recipe = 32 rolls) shape rolls, place on pans, cover.
- 30 minutes** Rolls rise. Clean up, make **bread donation labels**. Preheat ovens.
- 15 - 20 minutes** Bake 375°F.
- 30 - 40 minutes** Cool rolls completely.
- 15 - 30 minutes** Bag rolls for donation, attach labels. Take photos.

Important!
Plan for 4 - 5 hours total. You can bake in 1 day or over 2 days. Think carefully about how learning AND baking will fit into your schedule.



Two-Day

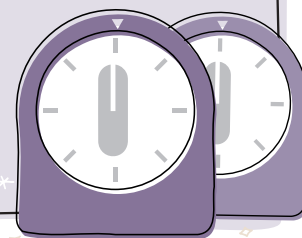
Day 1: 2 - 2.5 hours: Video, dough assembly, overnight rise

On hand and ready: video, ingredients, and equipment

- 40 - 60 minutes** Watch entire **BFGK video** with kids and discuss. Review booklet.
- 45 minutes** Bakers assemble dough, label and cover, clean-up.
- Overnight** Dough rises in refrigerator.

Day 2: 2.5 hours: Shape and Bake

- 90+ minutes** Remove dough from the refrigerator before shaping so it can come to room temp. Prepare equipment needed for shaping.
- 15 minutes** Watch BFGK video Lesson 4 for shaping techniques.
- 30 minutes** Deflate and divide dough (one recipe = 32 rolls) shape rolls, place on pans, cover.
- 30 minutes** Rolls rise. Clean up, make **bread donation labels**. Preheat ovens.
- 15 - 20 minutes** Bake 375°F.
- 30 - 40 minutes** Cool rolls completely.
- 15 minutes** Bag rolls for donation, attach labels. Take photos.



INGREDIENTS & EQUIPMENT

You Provide:

- * Salt
- * Sugar
- * Cooking Oil
- * Water
- * Utensils & Measuring Tools
- * Bowls
- * Baking Pans
- * Ovens & Refrigerator



Kids work in pairs or teams. Decide how many kids will work together to make one recipe (32 rolls). Calculate the amount of ingredients to purchase, and the equipment you'll need for the total number of recipes your group is making.



Each baker receives: BFGK recipe booklet, a dough scraper, bread donation bag, and twist tie. The amount of flour and yeast we send you is based on the number of recipes you are making. Each recipe makes 32 rolls.

We Send:

- * All-Purpose Flour
- * White Whole Wheat Flour
- * Bread donation bags
- * Twist ties
- * Dough scrapers
- * Yeast



Each BFGK recipe makes 32 rolls

Ingredients

	1 BFGK recipe	4 BFGK recipes	6 BFGK recipes	10 BFGK recipes	25 BFGK recipes
Warm water	2 cups	1 gallon	1.5 gallons	2.5 gallons	6.25 gallons
Sugar	1/4 cup	1 cup	1.5 cups	2.5 cups	6.25 cups
Oil	1/4 cup	1 cup	1.5 cups	3 cups	6.25 cups
Salt	1 tablespoon	1/4 cup	1/2 cup	3/4 cup	3 cups
King Arthur White Whole Wheat Flour	3 cups	12 cups	18 cups	30 cups	75 cups
Yeast packet	1	4	6	10	25
King Arthur Unbleached All-Purpose Flour	3 cups	11 to 12 cups	17 to 18 cups	34 to 36 cups	about 75 cups

Equipment

	1 BFGK recipe	4 BFGK recipes	6 BFGK recipes	10 BFGK recipes	25 BFGK recipes
Mixing bowl	1	4	6	10	25
Extra-large bowl for flour	1	1	2	3	5
Mixing spoon	1	4	6	10	25
1- or 2-cup Liquid Measure	1	4	6	10	25
1-cup Dry Measure	1	4	6	10	25
1/4-cup Dry Measure	1	4	6	10	25
Measuring spoon (1 tablespoon)	1	4	6	10	25
Scissors	1	1	2	4	8
Saran wrap, Magic Marker	as needed	as needed	as needed	as needed	as needed
Clean Towel	1	4	6	10	25
Baking Pans	varies	varies	varies	varies	varies
Dough scraper	1	4 to 8	6 to 12	10 to 20	25 to 50

SAMPLE SET-UPS



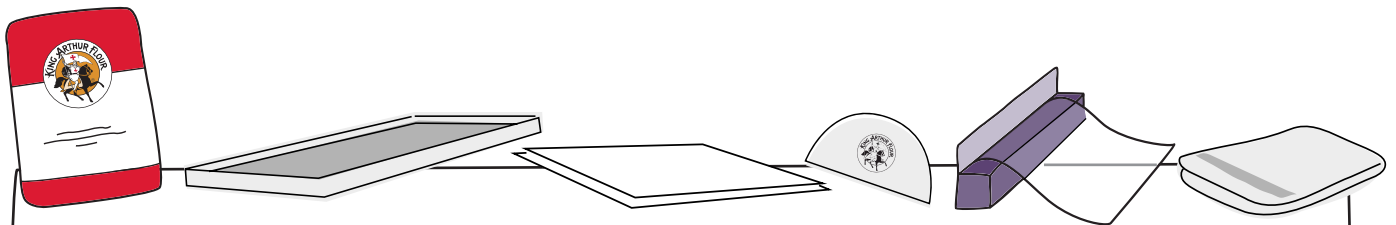
BFGK Bread Baking (1 recipe)

- 1 mixing bowl
- 1 mixing spoon
- 1-cup dry measuring cup
- 1/4-cup dry measuring cup
- 2-cup liquid measuring cup
- 1 Tablespoon measure
- 1 Red Star yeast packet
- 1 King Arthur Flour dough scraper
- 1 BFGK recipe booklet
- 1 paper towel
- 1 clean dish towel
- Clean table surface

Mixing the Dough (4 recipes)

- About 4 pounds King Arthur Unbleached All-Purpose Flour, poured into a very large, open container
- About 4 pounds King Arthur White Whole Wheat Flour, poured into a very large, open container
- 64 ounces (1 gallon) warm water
- 1 cup granulated sugar, poured into a large bowl (1/4 cup per bowl of dough)
- 1 cup vegetable oil (1/4 cup per bowl of dough)
- 1/4 cup salt (1 tablespoon per bowl of dough)
- 1 pair of scissors
- Plastic wrap
- Permanent marker (for labeling students names)
- Cleaning supplies for later

Note:
Bakers share flour and ingredients at one table. We recommend each table has an adult present to help things go smoothly.



Shaping Set-up

- King Arthur Unbleached All-Purpose Flour, for sprinkling
- Baking sheets
- Parchment paper
- King Arthur Flour Dough Scraper
- Plastic Wrap
- Clean towel