



**PLANNING GUIDE
FOR 2020-2021**

LEARN • BAKE • SHARE





Read this guide carefully. It will provide helpful and important information about program options and details about baking kit and shipping supplies.



How it works

- ☐ Choose the program option that is best for your group, then apply online.
- ☐ An instructor will contact you to review your application.
- ☐ Once accepted, we send flour and materials to your school/organization. (see shipping info pg.3)
- ☐ You make up the baking kits and distribute them to your students. (see baking kit pg.3)
- ☐ Students participate in a Live Demo class or watch the Instructional Video
- ☐ Students bake at home or together in school.
- ☐ They share half of what they bake with someone in need or as an act of kindness
- ☐ You show us what you baked! Share pictures and stories.



Program Options

For all programs, we provide a Baking Kit (flour, yeast, and materials) for each student. Students bake together in school or at home and share with a foodbank, neighbor, or family member.

Live Remote Demonstration

Live Demos are designed for large school groups - such as the entire grade level at a school.

- **50+ students**, grades 4-7
- A BFG Instructor teaches a live, 45-minute remote demonstration via Zoom. This format is designed for your students to participate from home (remote) or from the classroom.
- This 45-minute class is a demonstration only, students do NOT bake along.
- Students bake at home and share with a foodbank, neighbor, or family member.

From the classroom: students watch the demo on a Smartboard or projected onto a screen. Teachers are on their computers to facilitate discussion in the chat. In addition to an instructor teaching in front of the camera, one or two additional King Arthur instructors will participate in the chat to answer questions. Students can ask questions and their teachers can write the questions in the chat. Likewise, the instructor will ask the students questions and the teacher can share their class answers in the chat. Students who are home sick or quarantining are welcome to join the class from home.

Remote/at home: students will join the Zoom as a participant and use the chat to ask and answer questions. You will receive the session invite about 2-4 days in advance and ask that you forward the invite to the appropriate teachers and students. Help students know what to expect - chat is for questions only, not to chat with their friends.

Self-Directed

The Self-Directed program is designed for smaller classes and groups to learn together. Perfect for individual classes, after-school clubs, scouts, and home school groups. Self-Directed also is a great option for FCS teachers who want to introduce bread baking to their curriculum.

- **5+ students**, grades 4-12
- Students watch the Bake for Good instructional video, then bake together or at home.
- Students bake at home or together, and share with a food bank, neighbor, or family member.

Optional: Group participates in a 20 min. Q&A with a Bake for Good Instructor to answer questions and review key concepts

FCS, CTE & Culinary Arts

This program is designed for FCS, CTE or Culinary teachers who are comfortable with bread making, and want to teach the lesson themselves.

- **All students** enrolled in your classes, grades 4-12
- You lead the lesson using the Bake for Good recipe (instructional video optional).
- Students bake at home or together, and share with a food bank, neighbor, or family member.

Please note, this option is only for FCS, CTE or Culinary Arts teachers. If you are a FoodCorps Service member or a general classroom teacher please apply for our Self-Directed option. This program is designed to be completely teacher led with minimal assistance from the Bake for Good team.

Details

Flour and Materials

Each student will receive a baking kit so they can bake the recipe at home.
Each recipe makes 2 loaves of bread.

The baking kit includes:

- 2 lb White Whole Wheat Flour (or similar, while supplies last)
- 2 lb All Purpose Flour (or similar, while supplies last)
- Recipe Booklet
- 1 packet yeast
- Dough scraper
- Bread bag
- Twist tie
- Canvas Tote



Flour

Will be shipped via truck or via Fed Ex to your school building and may be delivered on a pallet. Please let your front office, facilities manager, and or custodial staff know you are expecting this shipment.



Other supplies

(booklet, yeast, dough scraper, etc.) will be shipped via Fed Ex. You assemble the bread kits and get them to your students *before* the baking lesson.

*If you are remote, be sure that your school will be able to accept these deliveries and you have a way to get the baking kits to your students. We cannot ship large orders to your home.



Video and Remote Learning

Please note, we will NOT be recording these classes and ask that you do not as well.

We will be using Zoom to reach your group for the Live Remote Demo or Q and A with an Instructor. We will host the meeting and send you an invite to participate. If your students are participating from home, you share that invite with them.



Sharing

Building community through baking is one of our core values at King Arthur Baking Company. The BFG bread recipe makes 2 loaves or 32 rolls. In normal times, we ask that group shares a loaf or half of their rolls with a food bank or other organization that works to address food insecurity. At this time, many food banks are not accepting homemade donations however, we can still share. Ask your students to find a family member, neighbor, or friend who might be going through a difficult time and to share with them as an act of kindness.



When to Bake

We have found the best schedule is to teach the lesson during the week and then bake over the weekend. Start to finish, this recipe takes about 3.5 hours to bake, which can be hard to fit in after school. Students return their bread to school on Monday, or submit their assignment showing they baked.

- Holidays are a busy family time. With travel and other plans, it may be hard to find the time to bake, or the project may be forgotten. We recommend you don't schedule your baking to take place over a holiday or long school break.
- On Friday afternoons and half days, students are focused on the weekend or their afternoon off - as they should be. We avoid scheduling Live Remote Demo programs at these times.



Did your students bake?

Bake for Good is a fun and engaging program. It is also a science and math lesson, and a community service project. Having selected your school to receive flour and materials, we want to know if your students baked. Here are ideas for your students to share their experience:

- Students can share a photo of their baked goods and/or who they shared with.
- Students can write a short reflection on whom they shared their bread with and why they choose that person.



Need help or want to learn more?

We have many resources to support you. On our webpage you will find links to video clips and blogs. These review the recipe, show you how to make different shapes, remind you how to measure flour, demonstrate kneading, and more. Our favorite resource is our Bakers Hotline! We have trained bakers on hand to answer any of your questions. 855-371-2253



Ingredients

	1 Recipe	4 Recipes	6 Recipes	10 Recipes	25 Recipes
Warm water	2 cups	1 gallon	1.5 gallons	2.5 gallons	6.25 gallons
Sugar	¼ cup	1 cup	1 ½ cup	2 ½ cups	6 ¼ cups
Oil	¼ cup	1 cup	1 ½ cup	2 ½ cups	6 ¼ cups
Salt	1 tablespoon	¼ cup	½ cup	¾ cup	3 cups
King Arthur White Whole Wheat Flour	3 cups	12 cups	18 cups	30 cups	75 cups
Yeast packet(s)	1	4	6	10	25
King Arthur All Purpose Flour	3 cups	11-12 cups	17-18 cups	34-36 cups	About 75 cups

There are approximately 7 cups of flour in each 2lb bag

Equipment

	1 Recipe	4 Recipes	6 Recipes	10 Recipes	25 Recipes
Mixing bowls	1	4	6	10	25
XL 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
¼ cup dry measure	1	4	6	10	25
Tablespoon	1	4	6	10	25
Scissors	1	1	2	4	25
Plastic wrap/bowl cover	1	4	6	10	8
Clean towel	1	4	6	10	25
Dough scraper (provided)	1-3	4-8	6-18	10-30	25-75

Each recipe makes 2 loaves of bread or 32 rolls

Single Day Baking Timeline

4.5 - 5 hours

On hand and ready: video, ingredients, and equipment

30 minutes Watch BFG video & review booklet.

45 minutes Bakers assemble dough, label and cover. Clean-up.

90 minutes Dough rises in bowls. Watch additional shaping techniques. Prepare work area for shaping.

30 minutes Deflate and divide dough (one recipe = 2 loaves or 32 rolls) shape, place on pans, cover. Preheat ovens.

30 minutes Rolls or loaves rise. Clean up, make bread donation labels.

15 - 20 minutes Bake 375°F.

30 - 40 minutes Cool bread completely.

15 - 30 minutes Bag bread for donation, attach labels.

Two Day Baking Timeline

Day 1: 1.5 - 2 hours

On hand and ready: video, ingredients, and equipment

35-50 minutes Watch entire BFG video & review booklet.

45 minutes Bakers assemble dough, label and cover, clean-up.

Overnight Dough rises in refrigerator.

Day 2: 1-1.5 hours

On hand and ready: video, ingredients, and equipment

60+ minutes before class Remove dough from the refrigerator so it can come to room temperature before shaping.

15 minutes Watch BFG shaping video.

30 minutes Deflate and divide dough (one recipe = 2 loaves or 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.

Three Day Baking Timeline

Day 1: 35 - 50 minutes

On hand and ready: video

35-50 minutes Watch entire BFG video, review booklet and discuss.

Day 2: 35-50 minutes

On hand and ready: ingredients and equipment

45 minutes Bakers assemble dough, label and cover, clean-up.

Overnight Dough rises in refrigerator.

Day 3: 40-50 minutes

On hand and ready: video, ingredients, and equipment

90+ minutes before class Remove dough from the refrigerator before shaping so it can come to room temp.

- Preheat ovens -

15 minutes Deflate and divide dough (one recipe = 2 loaves or 32 rolls) shape rolls/loaves, place on pans, cover.

10-30 minutes Rolls rise. Clean up, make bread donation labels.

15 - 20 minutes Bake 375°F.

After Class

30 - 40 minutes Cool rolls completely and bag for donation.