



**PLANNING GUIDE**  
**Fall 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 baking supplies and resources for students. Students bake at home, or in groups at school, and share with a foodbank or as an act of kindness.

### 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 the classroom, or home (remote) if necessary.
- This class is a demonstration only, students do NOT bake along.
- Students bake at home and share with a foodbank, or as an act of kindness.

**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.

**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 days in advance and ask that you forward the invite to the appropriate teachers and students. Please let your students know what to expect and review virtual learning etiquette with your students. The chat is for questions about the bread lesson only, not a time to chat with friends.

### Self-Directed

The Self-Directed program is designed for smaller classes and groups to learn and bake together. Perfect for individual classes, after-school clubs, scouts, and home school groups.

- **10+ students**, grades 4-12
- Students watch the Bake for Good instructional video together.
- Students then bake in pairs, and share half of what they bake with a food bank, or as an act of kindness.

*Want more Bake for Good?* 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 in class, and share half of what they bake with a food bank, or as an act of kindness.

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 or Live Remote 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
- 2 lb All Purpose Flour
- Recipe Booklet
- 1 packet yeast
- Dough scraper
- Bread bag
- Twist tie
- Canvas Tote



Note to Libraries, Scouts, and other non-school groups. To stretch our resources and reach as many young bakers as possible, participants in non-school groups will receive a Mini Kit. This includes yeast, recipe booklet, bread bag, twist tie, dough scraper and 2 coupons towards flour. There are two types of flour in our bread recipe, All-Purpose and White Whole Wheat (or Traditional Whole Wheat). The Mini Kits come pre-assembled and will be shipped via Fed Ex.



## Flour

Will be shipped via truck or via FedEx 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.

## 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 & 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 a few dozen rolls. We ask bakers to share one loaf or half of their rolls with a food bank or as an act of kindness. Check with a food bank in advance to see if they will accept homemade donations. If not, ask your students to find a family member, neighbor, or friend who might be going through a difficult time and share with them as an act of kindness.



### When to Bake

- For students baking at home, the best schedule is to have the lesson during the week and then bake over the weekend. Start to finish this recipe takes about 3.5 hours, 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 with whom they shared their bread.
- Students can write a short reflection about sharing their bread as an act of kindness.



### Resources on [KingArthurBaking.com/BakeforGood](https://www.KingArthurBaking.com/BakeforGood)

- Video clips on making cinnamon rolls, pizza, and knotted rolls
- Printable recipe booklet in English & Spanish
- Blogs on bread baking
- Letter for home, bread labels with ingredients and more



## 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

(we recommend this timeline when possible)

### 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

(for FCS/Culinary teachers with short class periods)

## 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.