

Bake for Good Small Group and Individual Class Planning Guide

This guide is divided into three sections:

Section 1: For small groups of less than 30 kids, such as scouts, 4-H, and after-school clubs, and who may be new to baking together.

Section 2: For FCS and culinary teachers who plan to bake with multiple classes over the course of the school year and are having supplies shipped to their school.

Section 3: Ingredient Charts and Planning Timelines for Everyone.

Section 1: For Small Groups

Flour and Materials

Flour and materials are based on the number of kids and the number of batches of bread your group will be making. For example, if you have an after-school club of 12, and they are working in teams of 3, your group will be making 4 batches of bread.

Each kid will receive:

- Recipe booklet
- Dough scraper
- Bread bag and twist tie

Each group will receive the following supplies based on how many batches of bread you are baking.

- White Whole Wheat Flour
- All-Purpose Flour
- Yeast

Shipping

Flour and materials will be shipped via FedEx. When the order leaves the King Arthur warehouse in Vermont, you will receive a shipping confirmation with tracking information. When your boxes arrive, open them to be sure you have all the materials you need.

Attention Libraries and Scouts: To stretch our resources and reach as many young bakers as possible, participants in non-school groups may receive a Mini Kit. This includes yeast, a recipe booklet, a bread bag and twist tie, a dough scraper and two coupons towards King Arthur flour. The recipe calls for two kinds of flour, All-Purpose and White Whole Wheat (or traditional Whole Wheat) and can be found in your local grocery store. The Mini Kits come pre-assembled and will be shipped via FedEx. Each participant will receive their own Mini Kit.



Baking with a Group

Baking together presents unique challenges and great rewards. If you are new to baking with a group, planning ahead will result in a more positive experience for all involved. We hope these tips will help you. Please do not hesitate to contact the BFG team with any questions.

Logistics to Consider

- **Space:** Decide where, when, and how you will screen 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.
- **Refrigerator?** If you are rising your dough overnight, you'll need enough refrigerator space.
- **Ovens!** Consider oven space ---you may have several loaves or 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. A conventional home oven can only fit one baking sheet at a time. (Too many sheets and your bread will not bake evenly or well.) You will be able to fit more loaves in the oven if you use loaf pans. 1 recipe will make two 4-inch x 8-inch loaves, or three 3-inch x 7-inch loaves. You can bake four loaf pans in an oven oven at the same time. Be sure the loaf pans are evenly spaced in the oven so the heat can circulate around the pans.
- **Extra Adults:** It's a good idea to have extra grown-ups around to assist on baking day, especially with younger kids. They will have questions and may need a hand. This is a great opportunity for volunteers to get involved.
- **Size of teams:** Decide if your kids will be working individually or in teams, we recommend teams of 2 to 3 at most.
- **Other ingredients:** The number of teams you have will become the number of batches of bread you are making. Determine your ingredient and equipment totals based on the number of teams who will be baking. Please see the chart attached to help you make your shopping list.
- **Time:** Everything will take longer with a group. Make sure you have time to set up before the kids arrive, time for them to make the recipe at their pace, and to clean up afterwards.

Prepare Yourself

- Watch the instructional video and make the recipe yourself beforehand. Any assistants should also bake the recipe before the lesson. Even though your kids will learn from the video, they will look to you for help on baking day.
- If possible, practice the recipe where and how your group will be baking. For example, follow the same timeline your kids/students will be using (see our timeline suggestions below). This will help you see where you may need to adjust the recipe or timeline to ensure your group is successful.



Section 2: FCS and Culinary Classes

Teachers can apply for your full year of students all at one time. If needed, we can break the shipments of flour into two, spaced out over the school year. If there are multiple instructors in one school, you can submit one application for your whole school.

Flour and Materials

Flour and materials are based on the number of students and the number of batches of bread your classes will be making. For example, if you have a class of 30 working in teams of 3, your group will be making 10 batches of bread.

Each student will receive:

- Recipe Booklet
- Dough scraper
- Bread bag and twist tie

Each group will receive the following supplies based on how many batches of bread you are baking.

- White Whole Wheat Flour
- All-Purpose Flour
- Yeast

White Whole Wheat Flour, All-Purpose Flour, and yeast will be sent with amounts based on the number of batches you are making.

Shipping

Flour will be shipped via freight and arrive on a pallet. Please let your front office, facilities manager, and/or custodial staff know you are expecting this shipment. We ask the shipping company to call the school the day ahead to alert you to delivery.

Other supplies (booklet, yeast, dough scraper, etc.) will be shipped via FedEx. When this order leaves the King Arthur warehouse in Vermont, you will receive a shipping confirmation with tracking information. When your boxes arrive, open them to be sure you have all the materials you need.



Section 3: Ingredient Chart and Suggested Timelines

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	$\frac{1}{4}$ cup	1 cup	1 $\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups	6 $\frac{1}{4}$ cups
Oil	$\frac{1}{4}$ cup	1 cup	1 $\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups	6 $\frac{1}{4}$ cups
Salt	1 tablespoon	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ 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 2 lb. 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
$\frac{1}{4}$ 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



Timelines

Single Day Timeline: We recommend this timeline when possible.

4.5 to 5 hours

On hand and ready: video, ingredients, and equipment

- **30 minutes:** Watch BFG video and review booklet.
- **45 minutes:** Bakers mix dough, label, and cover. Clean-up.
- **90 minutes:** Dough rises in bowls. Watch additional video clips on shaping techniques. Prepare work area for shaping.
- **30 minutes:** Deflate and divide dough (one batch makes 2 loaves or 32 rolls). Shape, place in pans, and cover. Preheat the oven(s).
- **30 minutes:** Let loaves rise on pans. Preheat oven to 375°F Clean up, make bread donation labels.
- **15 to 30 minutes:** Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet.
- **30 to 40 minutes:** Cool bread completely on wire rack.
- **15 to 30 minutes:** Bag bread for sharing, attach labels.

You can complete your actual dough making and bread baking in 3.5 to 4 hours by watching the video and having instruction on one day, and then making and baking the bread the following day.

Two Day Baking Timeline (this is for two consecutive days)

Day 1: 1.5 to 2 hours

On hand and ready: video, ingredients, and equipment

- **35 to 50 minutes:** Watch entire BFG video and review booklet.
- **45 minutes:** Bakers mix dough, label, and cover. Clean-up.
- **Overnight:** Dough rises in refrigerator.

Day 2: 1 to 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 clips.
- **30 minutes:** Deflate and divide dough (one batch makes 2 loaves or 32 rolls). Shape, place in pans, and cover.
- **30 minutes:** Let loaves rise on pans. Preheat oven to 375°F Clean up, make bread sharing labels.



- **15 to 25 minutes:** Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet.
- **30 to 40 minutes:** Cool on wire rack.
- **15 minutes:** Bag bread for donation, attach labels.

Important! This schedule is based on your group meeting two consecutive days, with no longer than a 24-hour refrigerator rise. If you *cannot* meet 2 days in a row, please note that 48 hours is the maximum the dough can rise in the fridge, *if you make two small adjustments to the recipe.*

1. Decrease the sugar from $\frac{1}{4}$ cup to 2 tablespoons
2. Use cold (not warm) water

Three Day Baking Timeline for FCS/ Culinary teachers with shorter class periods

Day 1: 35 to 50 minutes

On hand and ready: video

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

Day 2: 35 to 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 to 50 minutes

On hand and ready: video, ingredients, and equipment

- **1.5 to 4 hours before class:** Remove dough from the refrigerator before shaping so it can come to room temperature. If the dough has been in the refrigerator a long time, it may need longer to come to room temperature.
 - **Preheat ovens to 375°F.**
- **15 minutes:** Deflate and divide dough (one batch makes 2 loaves or 32 rolls). Shape place in/on pans, cover.
- **10 to 30 minutes:** Let loaves rise on pans. Preheat oven to 375°F Clean up, make bread donation labels.
- **15 - 20 minutes:** Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet.
- **30 to 40 minutes:** Cool completely and bag for sharing.

