



FAMILY & CONSUMER SCIENCE/SMALL GROUP PLANNING

Planning Guide

> LEARN. BAKE. SHARE <

THIS GUIDE IS DIVIDED INTO FOUR SECTIONS

Section 1



For small groups of students outside of the traditional classroom such as homeschool groups and afterschool programs.

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



Ingredients, Tools, and Timelines

Section 4



Sharing, Shaping, and Tips



SECTION 1

SMALL GROUP

Flour and Materials

Non-School and small groups will receive baking kits that include coupons towards the purchase of flour in your local store.

THE MINI KIT INCLUDES:

- > 1 packet of yeast
- > 1 dough scraper
- > 1 recipe booklet
- > 1 bread bag for sharing
- > 2 coupons for King Arthur Flour

This recipe calls for two kinds of flour, All-Purpose and Golden Wheat Whole Wheat Flour (traditional whole wheat will work as well).

SHIPPING:

We order your supplies the week after we send your email confirmation. Materials will be shipped to you via FedEx.



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 for your group. How much room will you need for your group to bake? Students work at tables in teams of two or three. You'll need access to sinks for warm water and cleanup.
- > **Refrigerator:** If you are splitting up the process over multiple days, you'll need enough refrigerator space for every bowl of dough to rise overnight. Depending on the timeline you choose, you may also need enough refrigerator space for every baking tray of shaped dough.
- > **Ovens:** Consider oven space — you may have several loaves or dozens of rolls ready to bake at the same time. Overcrowding your oven or baking tray can lead to uneven cooking, longer baking times, and potentially affect the quality of your baked goods. One recipe can fit on one baking sheet (two loaves or one batch of rolls.) The average home oven can fit two baking sheets at the most.
- > **Extra Adults:** It's a good idea to have extra adults around to assist on baking day, especially when working with younger students. If your students are new to bread baking, or baking in general, they will have questions and ask for help. This is a great opportunity for volunteers to get involved.
- > **Size of teams:** For each student to have the opportunity to learn all steps of the bread baking process, limit teams to no more than 3 students.
- > **Other ingredients:** Each team will make one batch of bread. Determine your ingredient and equipment needs based on the number of teams who will be baking. Please see the chart in section 3 to help you make your shopping list.
- > **Time:** Everything takes longer with a group. Make sure you have ample time to set up before the students arrive, for your students to make the recipe at their pace, and to clean up afterwards.

PREPARE YOURSELF

- > Watch the instructional video and make the recipe yourself before you apply. We cannot confirm your program until this step is complete. Any assistants or volunteers should also bake the recipe before the lesson. Even though your students will learn from the video, they will look to you for help on baking day.
- > If possible, practice making the recipe in the same space and following the same timeline your students will be using (see our timeline suggestions in section 3). This will help you see where you may need to adjust to ensure success.



SECTION 2

FCS AND CULINARY CLASSES

Teachers, please apply for your full years' worth of students all at one time. If there are multiple instructors in your school who wish to participate, coordinate and only submit one application for your school. To reduce shipping expenses, we ship supplies to each school once per school year.

Flour and Materials

The amount of flour and materials sent to your school is based on the number of students and how many batches of bread your group will be making. For example, if you have a class of 24, working in teams of 2, your group will make 12 batches of bread.

EACH STUDENT WILL RECEIVE:

- > 1 recipe booklet
- > 1 dough scraper
- > 1 bread bag for sharing

Quantities of flour and yeast will be determined by the number of batches of bread you are making.

SHIPPING AND SUPPLIES

We will discuss when to ship supplies during your interview with a BFG Instructor. Have your calendar handy and be aware of any holidays or school closings that will impact shipping. Supplies are shipped to your front office via FedEx.

If the shipment of flour is over 250 lbs., the flour will be shipped separately, via freight, and may arrive on a 40" x 48" pallet. We do NOT receive any tracking information for this flour. We do ask the freight company to call the school to schedule delivery, but we cannot guarantee that they will do so.

IMPORTANT

Notify your custodial staff and front office staff of the upcoming deliveries and make sure they are prepared to receive them. If the delivery is turned away, we are charged a fee, and you may not receive your materials in time.



SECTION 3

INGREDIENT CHART AND TIMELINES

Ingredient and Tool Chart

Each recipe makes 2 loaves of bread or 32 rolls

INGREDIENTS	1 RECIPE	4 RECIPES	6 RECIPES	10 RECIPES	25 RECIPES
WARM WATER	2 CUPS	1 QUART	3 QUARTS	5 QUARTS	3 ¼ GALLONS
SUGAR	¼ CUP	1 CUP	1 ½ CUPS	2 ½ CUPS	6 ¼ CUPS
OIL	¼ CUP	1 CUP	1 ½ CUPS	2 ½ CUPS	6 ¼ CUPS
SALT	1 TABLESPOON	¼ CUP	½ CUP	¾ CUP	3 CUPS
KING ARTHUR GOLDEN WHEAT WHOLE WHEAT FLOUR	3 CUPS	12 CUPS	18 CUPS	30 CUPS	75 CUPS
KING ARTHUR ALL-PURPOSE FLOUR	3 CUPS	12 CUPS	18 CUPS	30 CUPS	75 CUPS
YEAST PACKET(S)	1	4	6	10	25

** There are approximately 18 cups of flour in each 5lb bag.*

EQUIPMENT	1 RECIPE	4 RECIPES	6 RECIPES	10 RECIPES	25 RECIPES
MIXING BOWL	1	4	6	10	25
XL BOWL FOR FLOUR	1	1	2	4	8
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
TABLESPOON	1	4	6	10	25
SCISSORS	1	1	2	4	8
PASTIC WRAP/ BOWL COVER	1	4	6	10	25
CLEAN TOWEL	1	4	6	10	25
DOUGH SCRAPER (PROVIDED)	1 to 3	4 to 12	6 to 18	10 to 30	25 to 75

Two Day Baking Timeline (1 to 2 hours per day)

DAY 1: 1.5 to 2 hours

On hand and ready: video, ingredients, and equipment

- > **30 to 50 minutes:** Watch entire BFG video, and review recipe.
- > **45 minutes:** Bakers mix and knead dough, label and cover bowls, clean-up.
- > **Overnight:** Dough rises in refrigerator.

DAY 2: 1 to 1½ hours

On hand and ready: video, ingredients, and equipment

- > **1 hour before class:** Remove dough from the refrigerator so it can come to room temperature before shaping.
- > **15 minutes:** Watch BFG shaping videos.
- > **30 minutes:** Deflate and divide dough, shape dough, place on baking sheets, cover.
- > **30 minutes:** Let loaves rise on baking sheets. Preheat oven. 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.

IMPORTANT

This schedule is based on your group meeting for 2 consecutive days. If you cannot meet for 2 days in a row and need a 48-hour rise in the refrigerator, make the following adjustments.

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

NOTES

Three Day Baking Timeline For FCS/Culinary teachers with modified block schedules

DAY 1: One Class Period

On hand and ready: video

- > **35 to 50 minutes:** Watch entire BFG video, remove recipe, and plan lab.

DAY 2: One Class Period

On hand and ready: ingredients and equipment

- > **30 minutes:** Watch entire BFG video, remove recipe, and plan lab.
- > **15 minutes:** Watch BFG shaping video in preparation for the following class. (This can also be done on day 3)
- > **Overnight:** Dough rises in refrigerator.

DAY 3: One Class Period (block day)

On hand and ready: video, ingredients, and equipment

- > **1 hour before class:** Remove dough from the refrigerator so it can come to room temperature before shaping.
- > **15 minutes:** Deflate and divide dough. Shape and place on pans, cover.
- > **30 minutes:** Let loaves rise on pans. Preheat oven. Clean up, make donation labels.
- > **15 to 30 minutes:** Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet.
NOTE: The teacher or next class of students may need to remove the baked goods from the oven.
- > **30 to 40 minutes:** Cool completely and bag for donation.

NOTES

Four Day Baking Timeline For FCS/Culinary teachers with 45 to 55 minute class periods

DAY 1: One Class Period

On hand and ready: video

- > **35 to 50 minutes:** Watch entire BFG video, remove recipe, and plan lab.

DAY 2: One Class Period

On hand and ready: ingredients and equipment

- > **30 minutes:** Watch entire BFG video, remove recipe, and plan lab.
- > **15 minutes:** Watch BFG shaping video in preparation for the following class. (This can also be done on day 3)
- > **Overnight:** Dough rises in refrigerator.

DAY 3: One Class Period

On hand and ready: dough, ingredients, and equipment

- > **1 hour before class:** Remove dough from the refrigerator so it can come to room temperature before shaping.
- > **15 minutes:** Watch BFG shaping video.
- > **15 minutes:** Deflate and divide dough. Shape dough, place on baking sheets, cover well and place in refrigerator.
- > **Overnight:** Dough rises in refrigerator.

DAY 3: One Class Period (block day)

On hand and ready: dough, ingredients, and equipment

- > **1 hour before class:** Remove dough from the refrigerator so it can come to room temperature before shaping.
- > **30 minutes:** Preheat oven. Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet. Make donation labels.
- > **30 minutes or more:** Cool completely, bag for donation and attach labels.
NOTE: The teacher or next class of students may need to remove the baked goods from the oven.

NOTES

SECTION 4

SHARING, SHAPING, AND TIPS

Sharing

Sharing is an important part of the Bake for Good program. Each recipe makes multiple loaves and rolls, some to taste in class and the other to share in your community. Deciding how to share, and who to share with, should be a thoughtful process.

Here are some ideas:

- A local food pantry (call in advance)
- Your school's backpack program
- Soup kitchens or community dinners
- A friend or family member who has been ill or feeling down
- A thank-you to someone who went out of the way to help

Sharing the bread lends itself well to writing exercises. Students can describe their experience baking, or respond to the prompt; who did you share your bread with and why did you pick that person?



Shaping tips and Ideas

There are many shaping options shown in the Recipe Booklet and the BFG Video. Below are a few more options suggested by FCS teachers.

LOAF PANS:

Using loaf pans will allow you to fit more shaped loaves in your refrigerator and oven. We recommend using small loaf pans, 7" x 3". A batch of dough will make 3 small loaves, 1 for the students to taste in class, and then 2 loaves to share. You can fit 6 small loaf pans in an oven (spaced apart) at one time.

TIPS:

- > Students can make braided loaves and fold them into loaf pans- this makes a beautiful loaf of bread!
- > Keep in mind, rolls take less time to bake than full loaves.
- > For multi-day timelines, make sure you have enough refrigerator space for everyone's dough.

