



# BAKE<sup>FOR</sup> GOOD<sup>®</sup>

Kids learn bake share

SELF-DIRECTED  
PLANNING GUIDE  
FOR GROUP BAKING

# BAKE FOR GOOD: KIDS SELF DIRECTED

With your guidance, groups of 5-50 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 - 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!



“ This was a wonderful activity that taught so many things: a life skill, compassion, independence and confidence through accomplishment. ”

## Who Should Apply?

Groups of 5 - 50 kids, grade 4 and up. Some examples: 4-H groups, FCCLA students, home school groups, individual classrooms, very small schools, church youth groups, scout troops, high school FCS classes, after-school groups, libraries, camps, summer programs. If your group qualifies for our BFGK:S-D program, then fill out **our application** today.

## How to Apply

Read through this Self Directed manual. Watch the **BFGK video** and review the BFGK recipe booklet to familiarize yourself with the content and format. Consider how learning, making dough, and baking will fit into your timetable. Secure a local organization to receive the kids' donation.

1. Submit your BFGK Self-Directed **application**; we'll reply by email that we've received it.
2. We may contact you for more information or to discuss details.
3. If your group meets the criteria we are looking for, **we'll notify you by email** that your Self-Directed event has been confirmed!



**Note:** If your group has **50+** kids, a King Arthur Flour Instructor may be able to visit and teach a live demonstration. Check out our popular **In-School BFGK program**!

# DONATE & SHARE

## Find a place to donate those beautiful rolls!

Ask local organizations if they accept home-baked goods.

- \* Food pantries
- \* Soup kitchens
- \* Senior Centers
- \* Synagogues
- \* Homeless shelters
- \* Community dinners
- \* Churches
- \* 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!

#learnbakeshare



## BFGK Online Resources

Materials to support your BFGK SD Group Baking experience

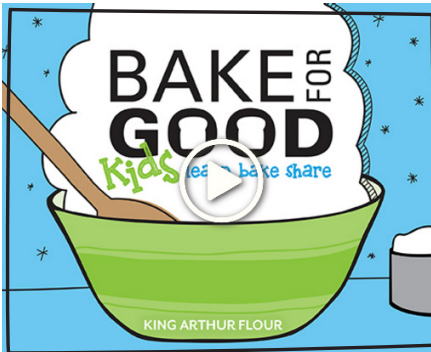
- **Free BFGK video:** You can preview the lesson. Watch together with your group and discuss.
- **Letter for Home:** You customize; send home a week before the presentation to keep grown-ups informed.
- **Posters:** Generate excitement before you bake!
- **Bread Donation Letter:** Customize and include 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

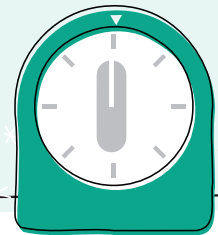
## One-Day

### 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

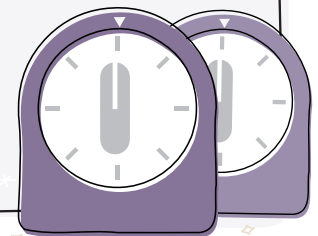
### Day 1: 2 - 2.5 hours: Video, dough assembly, overnight rise

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

## Equipment

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