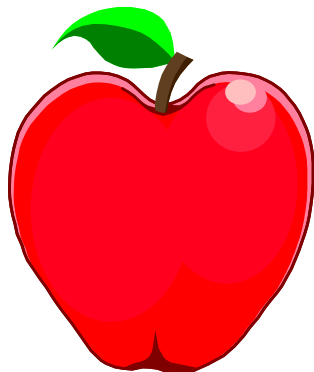
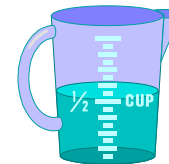




KENTUCKY



KITCHEN KITS

A PART OF THE KENTUCKY EXTENSION HOMEMAKER ASSOCIATION MENTORING PROJECT

Some homemakers in your community may need basic kitchen tools to help them cook and serve nutritious and safe food to their families. It is difficult to prepare meals without the right tools of the trade. Kentucky Kitchen Kits is a community project developed for the Family Life Committee of the Kentucky Extension Homemaker Association. KEHA Clubs may work with their County Extension Agent for Family and Consumer Sciences to put Kentucky Kitchen Kits together and distribute them to local families in need.

Kentucky Kitchen Kits can contain any kitchen items which would be helpful to a cook. The following list contains suggestions about what to include:

- | | | |
|------------------|---------------------|------------------------|
| -measuring cups | -measuring spoons | -kitchen towels |
| -kitchen sponges | -pot holders | -dish rags |
| -pot scrubbers | -paring knife | -vegetable peeler |
| -rubber spatula | -metal spatula | -slotted spoon |
| -soup ladle | -mixing bowls | -pans with lids |
| -cookie sheet | -baking pans | -non-stick skillet |
| -colander | -storage containers | -acrylic cutting board |
| -can opener | -kitchen timer | -kitchen scissors |
| -dish detergent | -kitchen cleansers | -paper towels |

To package your Kentucky Kitchen Kits, consider putting the kitchen tools in a wash pan or plastic container with a lid. You could also put kit contents in a large mixing bowl or pan. Another idea would be to tie the contents into a bundle using a kitchen towel.

Here are some ideas to help your KEHA Club decide how to include Kentucky Kitchen Kits as a part of your Kentucky Kitchens mentoring project:

- 1) Decide what items you would like to include in your Kentucky Kitchen Kits.
- 2) Budget club funds to purchase items or solicit donations from local businesses.
- 3) Organize volunteers to assemble the kits. This activity could be part of a club meeting. You may want to use "Kentucky Kitchens - Sharing Your Skills" as the lesson on mentoring through food and nutrition skills at the meeting.
- 4) Work with your County Extension Agent for Family and Consumer Sciences to distribute Kentucky Kitchen Kits to local families in need.
- 5) Consider making this an ongoing project. Kentucky Kitchen Kits would make a great gift for new brides with limited resources.

Be sure to include your Kentucky Kitchen activities in your KEHA Club reports!
Thanks for helping UK Cooperative Extension Service make Kentucky communities better places to live.