



How to Start a **Virtual** WeCook Club!

4 recorded lessons with a total of 12 recipes to cook

- Items can be found in the CLC Frequently Used Documents
 - Also on PHL website <https://www.healthylincoln.org/what-we-do/healthyschools/school-wellness-resources/wecook-program.html>
1. Purchase \$25 curriculum booklet from UNL 4-H Extension
<https://marketplace.unl.edu/ne4h/curriculum/healthylifestyles/wecook.html>
 - Or find digital lessons in CLC shared folder under “WeCook” (these are used to send out via email to lead and assistant staff who will be leading WeCook clubs)
 2. Purchase supplies from equipment appendix tab page G-1 in WeCook booklet
 - Secure location to store equipment. Use large totes to store cooking equipment and small totes to organize spices and dry ingredients.
 - Acquire 1-3 staff member to lead club depending on the size of club. Staff will be in charge of playing the videos and helping students follow along.
 3. Hold WeCook orientation for new staff. Go over curriculum, club schedules, room usage, storage, expectations. Who will purchase the groceries?

Staff roles:

- Read through lessons 1 day prior to club, prepare and prep cooking equipment and food before class
- Read Food and Inventory list to gather supplies
- Purchase groceries supplies in advance (The grocery list is on the “equipment list”)
- You can make 1 recipe each lesson or make all 3
- Find link for appropriate WeCook video (links below next to lesson name)

On cooking day:

- Prep all food stations or tables with appropriate cooking equipment
- Print 1-3 copies of each recipe out of curriculum booklet (or from the frequently used documents-wellness folder-wecook lessons) for each table
- Go over safety guidelines for handwashing, washing dishes, knife safety, cooking safety, classroom expectations
- Go over nutrition education with youth
- Separate youth into groups depending on size. Max number of youth to participate in WeCook is 15. 3 tables of 5 youth each.
- Explain the 4-H pledge to youth



Follow the Lessons Below



Lesson 1- Eat a Rainbow <https://youtu.be/OECMgAzhSgY>

Tropical Fruit Dip

Ingredients

- 1 cup plain Greek yogurt
- 1 3.4-ounce box coconut cream instant pudding
- 1 cup low-fat sour cream
- 1 cup skim milk
- 1 cup crushed pineapple
- 3 apples
- 1 sleeve graham crackers

Equipment

- 1 bowl
- 1 can opener
- 1 strainer
- 1 dry measuring cup set
- 1 liquid measuring cup
- 1 table knife
- 1 spoon
- 1 large spoon
- 1 rubber spatula
- 3 cutting boards
- 3 paring knives
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates

- 15 9-inch paper plates
- 1 4-H Pledge poster (optional)
- 1 MyPlate poster
- 1 or more extra activities

Cucumber Yogurt Dip

Ingredients

- 2 large cucumbers
- 2 cups plain Greek yogurt
- 1 teaspoon lemon juice
- ½ tablespoon dried dill
- ¼ teaspoon garlic powder
- 1 cup cherry tomatoes
- 1 cup baby carrots

Equipment

- 2 peelers
- 2 graters
- 2 spoons
- 3 paring knives
- 3 cutting boards
- 1 bowl
- 1 measuring spoon set
- 1 dry measuring cup set
- 1 large spoon
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates

Other Supplies

- 1 container of dish soap
- 1 set of extra silverware
- 1 first aid kit

Pocket Fruit Pies

Ingredients

- 5 8-inch whole grain tortillas
- 2 15-ounce cans diced peaches
- 1 teaspoon cinnamon
- 2 tablespoons brown sugar
- ½ teaspoon nutmeg

Equipment

- 1 toaster oven
- 1 power strip (optional)
- 3 hot pads
- 1 measuring spoon set
- 1 table knife
- 1 can opener
- 1 strainer
- 2 pizza cutters
- 1 pastry brush
- 1 bowl
- 2 baking sheets
- 1 spatula
- 5 forks
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates
- 1 aluminum foil roll (optional)

- 6 dishtowels
- 3 dishcloths
- 6 plastic washtubs

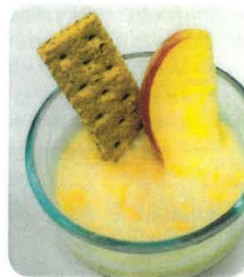
Tropical Fruit Dip



- 1 cup crushed pineapple
- 1 cup plain Greek yogurt
- 1 3.4-ounce box coconut cream instant pudding
- 1 cup sour cream
- 1 cup skim milk
- 3 apples
- 1 sleeve graham crackers

Directions:

1. Drain pineapple.
2. Combine yogurt, pudding mix, sour cream, milk, and pineapple in bowl.
3. Stir until well-mixed.
4. Serve with apple slices and graham crackers.



Nutrition Facts:
 2 ¼ tablespoons dip, Calories 71 Total Fat 2 grams,
 Saturated Fat 1 gram, Carbohydrate 12 grams,
 Dietary Fiber 0 grams, Total Sugar 10 grams, Added
 Sugar 6 grams, Protein 2 grams.



Recipe adapted from: University of Nebraska-Lincoln Extension. (n.d.).
 Tropical fruit dip. Retrieved from <http://food.unl.edu/tropical-fruit-dip>

© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Cucumber Yogurt Dip



- 2 large cucumbers
- 2 cups plain Greek yogurt
- 1 teaspoon lemon juice
- ½ tablespoon dried dill
- ⅛ teaspoon garlic powder
- 1 cup cherry tomatoes
- 1 cup baby carrots

Directions:

1. Rinse and peel both cucumbers. Cut both cucumbers in half, lengthwise.
2. Grate both cucumbers.
3. Mix grated cucumbers, yogurt, lemon juice, dill, and garlic powder in bowl.
4. Serve with tomatoes and carrots.



Nutrition Facts:
2 ½ tablespoons dip, Calories 28, Total Fat 1 gram,
Saturated Fat 1 gram, Carbohydrate 4 grams,
Dietary Fiber 1 gram, Total Sugar 3 grams, Added
Sugar 0 grams, Protein 2 grams.



© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Pocket Fruit Pies



- ¼ cup diced peaches
- 1 whole grain tortilla
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg

Directions:

1. Preheat oven to 350°F. Line baking sheet with foil (optional).
2. Drain peaches. Place fruit on half of tortilla.
3. Place brown sugar, cinnamon, and nutmeg in bowl. Stir until well-mixed.
4. Sprinkle mixture over fruit. (Mixture makes enough for 5 pies.)
5. Wet pastry brush and brush water around the edge of half of tortilla.
6. Fold empty half of tortilla over the wet edge to cover fruit.
7. Press edges together using a fork to create a seal.
8. Place pie on baking sheet. Make small slashes on top of pie.
9. Bake for 8-12 minutes or until lightly brown.
10. Remove from baking sheet. Cut pie into wedges.



Nutrition Facts:
1 pie, Calories 229, Total Fat 5 grams, Saturated Fat
3 grams, Carbohydrate 41 grams, Dietary Fiber 6
grams, Total Sugar 5 grams, Added Sugar 2 grams,
Protein 5 grams.



Recipe adapted from: Walsten, K., Pearson, M., Peters, P., Grimes, K., & Norris, J. (1996). Mission nutrition: Cooking for better health. Kansas State University Cooperative Extension.
© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Lesson 2- Motion in Commotion <https://youtu.be/U3xvgTARag>

Pita Crisps

Ingredients

- 5 6-inch whole-wheat pitas
- ½ cup pizza sauce
- ½ 8-ounce block mozzarella cheese
- 2 small bell peppers

Equipment

- 1 toaster oven
- 3 paring knives
- 3 cutting boards
- 2 graters
- 2 baking sheets
- 2 pizza cutters
- 3 hot pads
- 1 can opener
- 1 spatula
- 1 power strip (optional)
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates
- 1 aluminum foil roll (optional)

- 15 9-inch paper plates
- 1 4-H Pledge poster (optional)
- 1 MyPlate poster

No-Bake Energy Bites

Ingredients

- ¾ cup quick cook oats
- ¼ cup wheat bran
- ½ cup honey
- ¼ cup almond butter
- 1 teaspoon vanilla extract
- 1 tablespoon slivered almonds
- 2 tablespoons mini chocolate chips
- 2 tablespoons dried mixed berries

Equipment

- 2 bowls
- 1 dry measuring cup set
- 1 measuring spoon set
- 1 large spoon
- 1 rubber spatula
- 5 pairs disposable food safe gloves (optional)
- 1 can cooking spray (optional)
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates

Other Supplies

- 1 or more extra activities
- 1 container of dish soap
- 1 set of extra silverware
- 1 first aid kit

Fruit Pinwheels

Ingredients

- 5 8-inch whole grain tortillas
- ¾ cup strawberry cream cheese
- 2 medium bananas
- 1 ¼ cups blueberries
- 1 ¼ cups raspberries

Equipment

- 2 paring knives
- 2 cutting boards
- 5 table knives
- 1 dry measuring cup set
- 1 measuring spoon set
- 1 rubber spatula
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates

- 6 dishtowels
- 3 dishcloths
- 6 plastic washtubs

Pita Crisps

- 1 tablespoon bell pepper
- 2 tablespoons mozzarella cheese
- 1 tablespoon pizza sauce
- 1 6-inch whole-wheat pita

Directions:

1. Preheat oven to 350°F.
2. Line baking sheet with foil (optional).
3. Rinse and chop pepper.
4. Grate mozzarella cheese.
5. Spread pizza sauce on top of pita.
6. Sprinkle with mozzarella cheese and peppers.
7. Bake until golden, about 5 minutes.
8. Cut pita into 4 triangle pieces.



Nutrition Facts:
 1 whole pita, Calories 268, Total Fat 4 grams,
 Saturated Fat 3 grams, Carbohydrate 51 grams,
 Dietary Fiber 8 grams, Total Sugar 3 grams, Added
 Sugar 1 gram, Protein 14 grams.



© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



No-Bake Energy Bites



- 3/4 cup quick cook oats
- 1/4 cup wheat bran
- 1/3 cup honey
- 1/4 cup almond butter
- 1 teaspoon vanilla extract
- 1 tablespoon slivered almonds
- 2 tablespoons chocolate chips
- 2 tablespoons dried mixed berries

Directions:

1. Mix together oats and wheat bran in a bowl.
2. Combine honey, almond butter, and vanilla extract in a separate bowl.
3. Stir until well-mixed.
4. Combine wet mixture and dry mixture.
5. Stir in almonds, chocolate chips, and dried mixed berries.
6. Put on a pair of disposable food safe gloves (optional).
7. Spray cooking spray on 1 hand. Rub hands together (optional).
8. Roll mixture into 15 balls.



Nutrition Facts:
1 ball, Calories 75, Total Fat 3 grams,
Saturated Fat 1 gram, Carbohydrate 10 grams,
Dietary Fiber 1 gram, Total Sugar 6 grams,
Added Sugar 5 grams, Protein 2 grams.



© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Fruit Pinwheels



- 1/2 cup blueberries
- 1/4 cup raspberries
- 1/2 medium banana
- 2 tablespoons strawberry cream cheese
- 1 8-inch whole grain tortilla

Directions:

1. Rinse and lightly dry blueberries and raspberries.
2. Peel then slice banana.
3. Lightly spread cream cheese on tortilla.
4. Top with banana slices, blueberries, and raspberries.
5. Roll up into a wrap.
6. Slice wrap into 1-inch pieces.



Nutrition Facts:
4 pinwheels, Calories 152, Total Fat 5 grams,
Saturated Fat 3 grams, Carbohydrate 23 grams,
Dietary Fiber 5 grams, Total Sugar 7 grams, Added
Sugar 0 grams, Protein 4 grams.



© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Lesson 3- Grainy Brainy <https://youtu.be/C4qkrgpONf0>

Cranberry Orange Muffins

Ingredients

- 2 cups whole-wheat flour
- 3 tablespoons sugar
- 1 ½ tablespoons baking powder
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- 1 cup dried cranberries
- 1 egg
- 1 cup orange juice
- ¼ cup butter

Equipment

- 1 toaster oven
- 3 hot pads
- 1 mini muffin pan
- 1 large bowl
- 1 small bowl
- 1 dry measuring cup set
- 1 measuring spoon set
- 1 fork
- 1 large spoon
- 15 mini paper baking cups
- 1 power strip (optional)
- 1 liquid measuring cup
- 1 box toothpicks
- 1 rubber spatula
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates

Blueberry Pancakes

Ingredients

- 1 tablespoon butter
- 1 tablespoon honey
- ¼ cup light vanilla yogurt
- ¼ cup skim milk
- 1 egg
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon cinnamon
- ¾ cup whole-wheat flour
- ¾ cup fresh blueberries

Equipment

- 1 electric hot plate
- 1 skillet
- 1 spatula
- 2 hot pads
- 1 bowl
- 1 dry measuring cup set
- 1 measuring spoon set
- 1 liquid measuring cup
- 1 spoon
- 1 table knife
- 1 spatula
- 1 large spoon
- 1 can cooking spray
- 1 power strip (optional)
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates

Sandwich Shapes

Ingredients

- 2 loaves whole-wheat bread
- 15 slices mild cheddar cheese
- 15 slices turkey lunchmeat
- 2 tomatoes
- 1 small head iceberg lettuce
- 1 6-ounce can pitted olives

Equipment

- 5 cutting boards
- 5 paring knives
- 10 assorted cookie cutters
- 15 toothpicks
- 1 can opener
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates

Other Supplies

- 15 9-inch paper plates
- 1 4-H Pledge poster (optional)
- 1 MyPlate poster
- 1 or more extra activities
- 1 container of dish soap
- 1 set of extra silverware
- 1 first aid kit
- 6 dishtowels
- 3 dishcloths
- 6 plastic washtubs

Cranberry Orange Muffins



- 2 cups whole-wheat flour
- 3 tablespoons sugar
- 1 ½ tablespoons baking powder
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- 1 cup dried cranberries
- 1 egg
- 1 cup orange juice
- ¼ cup butter

Directions:

1. Preheat oven to 400°F. Place mini baking cups into mini muffin pan.
2. Combine flour, sugar, baking powder, salt, cinnamon, and cranberries in bowl.
3. Stir until well-mixed. Beat egg in a separate bowl.
4. Add beaten egg, orange juice, and butter to flour mixture.
5. Stir until well-mixed. Fill cups of mini muffin pan ¾ full of mixture.
6. Bake for 8-10 minutes until a toothpick inserted into muffin comes out clean.



Nutrition Facts:
2 mini muffins, Calories 165, Total Fat 6 grams,
Saturated Fat 4 grams, Carbohydrate 28 grams,
Dietary Fiber 3 grams, Total Sugar 11 grams, Added
Sugar 8 grams, Protein 3 grams.



© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Blueberry Pancakes



- 1 Tablespoon butter
- 1 Tablespoon honey
- 1/4 cup yogurt
- 1/4 cup skim milk
- 1 egg
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon cinnamon
- 1/4 cup whole-wheat flour
- 1/4 cup fresh blueberries

Nutrition Facts:
3 mini pancakes, Calories 135, Total Fat 4 grams,
Saturated Fat 3 grams, Carbohydrate 22 grams,
Dietary Fiber 3 grams, Total Sugar 7 grams, Added
Sugar 3 grams, Protein 5 grams.

Directions:

1. Combine butter and honey in bowl. Stir until well-mixed.
2. Add yogurt, milk, and egg to bowl. Stir until well-mixed.
3. Add baking powder, baking soda, and cinnamon to bowl. Stir until well-mixed.
4. Add flour to bowl. Stir just until combined. Fold in blueberries.
5. Place a skillet on medium heat. Grease lightly with cooking spray.
6. Pour 1/4 cup pancake batter into preheated pan.
7. Cook for 1-2 minutes on each side or until you see bubbles pop up on the surface.
8. Serve with more blueberries and/or honey.



© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Sandwich Shapes



- 1 small head iceberg lettuce
- 2 tomatoes
- 30 slices of whole-wheat bread
- 15 slices of cheese
- 15 slices of turkey lunchmeat
- 15 olives

Directions:

1. Rinse lettuce and tomatoes.
2. Slice tomatoes.
3. Pat lettuce dry with a paper towel. Tear lettuce into sandwich size pieces.
4. Cut up bread, cheese, and lunchmeat with assorted cookie cutter shapes.
5. Put 15 sandwiches together with 2 pieces of bread, 1 slice of cheese, 1 piece of lunchmeat, 1 slice of tomato, and 2 pieces of lettuce.
6. Top each with 1 olive. Secure with a toothpick.

Nutrition Facts:
1 sandwich, Calories 251, Total Fat 10 grams,
Saturated Fat 5 grams, Carbohydrate 22 grams,
Dietary Fiber 4 grams, Total Sugar 4 grams, Added
Sugar 3 grams, Protein 18 grams.



© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Lesson 4 – MyPlate <https://youtu.be/XGusmitpFkx>

Black Bean and Corn Quesadillas

Ingredients

- 5 8-inch whole grain tortillas
- ¾ cup canned black beans
- ¾ cup canned corn
- 5 scallions
- ½ 8-ounce block cheddar cheese

Equipment

- 2 cutting boards
- 2 chef knives
- 1 dry measuring cup set
- 1 measuring spoon set
- 1 electric hot plate
- 1 skillet
- 1 bowl
- 1 can opener
- 2 hot pads
- 1 power strip (optional)
- 2 pizza cutters (optional)
- 1 spatula
- 1 strainer
- 1 large spoon
- 1 grater
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates

- 15 9-inch paper plates
- 15 plastic forks
- 1 4-H Pledge poster (optional)
- 1 MyPlate poster

Berry Best Bagels

Ingredients

- 1 8-ounce package low-fat cream cheese
- ½ cup raspberries
- ¼ cup slivered almonds
- 8 mini bagels

Equipment

- 1 toaster oven
- 3 hot pads
- 1 dry measuring cup set
- 1 bowl
- 1 large spoon
- 2 baking sheets
- 5 table knives
- 1 fork
- 1 power strip (optional)
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates
- 1 aluminum foil roll (optional)

Other Supplies

- 1 or more extra activities
- 1 container of dish soap
- 1 set of extra silverware
- 1 first aid kit
- 6 dishtowels
- 3 dishcloths
- 6 plastic washtubs

Taco Salad

Ingredients

- ½ small head iceberg lettuce
- 1 large tomato
- 1 15-ounce can chili beans
- ½ 8-ounce block cheddar cheese
- ½ cup low-fat French dressing
- 3 cups corn tortilla chips

Equipment

- 4 cutting boards
- 4 paring knives
- 1 dry measuring cup set
- 1 bowl
- 1 can opener
- 1 large spoon
- 1 grater
- 1 strainer
- 1 roll of paper towels
- 3 copies of recipe
- 5 prep plates

Black Bean and Corn Quesadillas



- 2 tablespoons black beans
- 2 tablespoons corn
- ¼ cup cheddar cheese
- 1 scallion
- 1 whole grain tortilla

Directions:

1. Drain black beans and corn.
2. Grate cheese. Rinse and thinly chop scallion.
3. Spread beans, corn, scallion, and cheese on half of tortilla. Fold tortilla.
4. Place skillet over medium heat. Add quesadilla.
5. Cook quesadilla until golden on bottom. Flip quesadilla.
6. Cook quesadilla until golden on other side.
7. Remove quesadilla from skillet. Let cool for 2 minutes.
8. Cut quesadilla into 3 wedges.



Nutrition Facts:

1 whole quesadilla, Calories 293, Total Fat 8 grams, Saturated Fat 4 grams, Carbohydrate 41 grams, Dietary Fiber 9 grams, Total Sugar 4 grams, Added Sugar 0 grams, Protein 16 grams.



Berry Best Bagels



- 1 or more mini bagels
- ½ cup raspberries
- 1 cup cream cheese
- ¼ cup silvered almonds

Directions:

1. Line baking sheet with foil (optional).
2. Split and toast bagels in toaster oven until golden.
3. Rinse and lightly dry raspberries. Mash raspberries with a fork.
4. Combine cream cheese, raspberries, and almonds in a bowl.
5. Stir until well-mixed.
6. Spread cream cheese mixture on each toasted half.



Nutrition Facts:
1 mini bagel & 1 tablespoon mixture, Calories 109, Total Fat 3 grams, Saturated Fat 1 gram, Carbohydrate 15 grams, Dietary Fiber 1 gram, Total Sugar 2 grams, Added Sugar 1 gram, Protein 5 grams.



Recipe adapted from: Fairchild, P., Jones, G., Anderson, T., Fenton, M., Goertz, J. Hinrichs, K., & Peterson, A. (2014). Making food for me: Helpers guide. Lincoln, NE: University of Nebraska-Lincoln Extension.

© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Taco Salad



- 1 large tomato
- 1 cup cheddar cheese
- 1 can chili beans
- ½ small head iceberg lettuce
- 3 cups corn tortilla chips
- ½ cup French dressing

Directions:

1. Rinse and dice tomato. Grate cheese. Drain beans.
2. Rinse and tear lettuce into bite-size pieces and place in bowl.
3. Add tomato, beans, and cheese to bowl.
4. Crush tortilla chips.
5. Add dressing and chips to bowl just before serving.



Nutrition Facts:
½ cup salad, Calories 135, Total Fat 5 grams, Saturated Fat 2 grams, Carbohydrate 19 grams, Dietary Fiber 2 grams, Total Sugar 4 grams, Added Sugar 2 grams, Protein 5 grams.



Recipe adapted from: Fairchild, P., Jones, G., Anderson, T., Fenton, M., Goertz, J. Hinrichs, K., & Peterson, A. (2014). Making food for me: Helpers guide. Lincoln, NE: University of Nebraska-Lincoln Extension.

© The Board of Regents of the University of Nebraska on behalf of Nebraska 4-H. All rights reserved. 2018.



Budget WeCook:

Food: \$15 per recipe for 15 youth sample sizes

Equipment: \$100- \$300 average upfront cost (purchase equipment from Walmart and Dollar Tree for best prices)

Curriculum: \$25 per booklet

Tips

- 15 max youth in each WeCook club. The curriculum was designed to serve 15 youth for 12 weeks with 12 lessons.
- If your school is “nut free” buy peanut butter alternatives (Sun butter, WOW butter)
- Inventory all cooking equipment and update items before and after each club session
- Purchase supplies needed for next session (quarter or semester) ahead of time (spices, dry goods, craft supplies)

TAKE PICTURES OF YOUR WECOOK CLUB
AND SHARE THIS GREAT PROGRAM WITH
YOUR SCHOOL, FAMILIES AND



Partnership for
a Healthy Lincoln