



## How to Start a WeCook Club

### ➤ Items found in CLC Frequently Used Documents

1. Purchase \$25 curriculum booklet from UNL 4-H Extension  
<https://marketplace.unl.edu/ne4h/curriculum/healthylifestyles/wecook.html>
  - 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)
  - If you are not a CLC, email Pamela Mueri at [pmueri@healthylincoln.org](mailto:pmueri@healthylincoln.org) for the digital lessons. These are helpful to have access to share with all staff leading the 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.
3. Acquire 1-3 staff member to lead club depending on the size of club. Volunteer recruitment is a big plus for WeCook! Parents and college students make the program a success.
  - Update Staff Recruitment flyer in CLC WeCook folder

4. Update WeCook Schedule found in CLC folder. There are 12 lessons total.
  - Example can be found in CLC WeCook Folder. You can save and edit this schedule according to your specific club dates
  - If you are not a CLC please email Pamela for a sample 12 week schedule
5. Hold WeCook orientation for new staff. Go over curriculum, club schedules, room usage, storage, expectations.

**Staff roles:**

- Read through lessons 1 day prior to club, prepare and prep cooking equipment and food before class
- Send all staff members digital lesson plans
- Purchase groceries or craft supplies in advance

**On cooking day:**

- Prep all food stations or tables with appropriate cooking equipment
- Print 3 copies of each recipe out of curriculum booklet 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.

**Activity day prep example**

- Read through activity. Some activity days include crafts and worksheets
- Prep equipment needed
- Talk with youth about the lesson and activities

### **Budget WeCook:**

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

Staffing: Dependent on site (\$9-\$13 per hour)

Equipment: \$500 average upfront cost

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 appropriate 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)

### **Family Nights**

WeCook family nights are a 1 time per month event where you can invite the WeCook participant’s family members to attend the WeCook club or come in after WeCook and taste test the food the youth have prepared. The WeCook participants can speak about what they have learned and cooked. This is a nice way to involve the family in healthy eating and cooking skills. Choose 3 recipes to highlight. Please see “Family Night” flyer example in the CLC folder.

- Hand out family night flyers 1 week prior to event and remind families to attend when you see them

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

