

AMBASSADOR DINNER PARTY BADGE

Badge Purpose: When you've earned this badge, you'll know how to make and serve a fabulous three-course meal.

Activity	Materials Needed
Make Your List (And Check It Twice) <ul style="list-style-type: none"> Create a shopping list of pantry staples. 	<input type="checkbox"/> Phone or computer with internet access <input type="checkbox"/> "Stock Your Pantry" shopping list <input type="checkbox"/> Pen
What's for Dinner? <ul style="list-style-type: none"> Find recipes for simple and easy meals and decide on three to serve for your dinner party. 	<input type="checkbox"/> "Stock Your Pantry" list (from Activity #1) <input type="checkbox"/> Phone or computer with internet access
Recipe for Success <ul style="list-style-type: none"> Learn how to read a recipe and use <i>mise en place</i>. 	<input type="checkbox"/> Recipes (from Activity #2) <input type="checkbox"/> "Stock Your Pantry" shopping list (from Activity #1)
Eat with Your Eyes <ul style="list-style-type: none"> Come up with creative ways to serve your food. 	None
Who's Ready to (Dinner) Party? <ul style="list-style-type: none"> Host your dinner party and swap recipes with guests. 	<input type="checkbox"/> Recipes (printed on paper or notecards)

Activity #1: Make Your List (And Check It Twice)

Badge Connection: Step 2 – Make a budget and shopping list

Materials Needed: Phone or computer with internet access; Stock Your Pantry shopping list; pen

- You don't need a bunch of fancy ingredients to create a satisfying dish. Having a well-stocked pantry is key to throwing together quick, healthy, and tasty dishes.
- Ask a few different people who cook often about their pantry staples. What ingredients do they like to keep on hand? Or, go online and search for common pantry staples. Then, fill out the "Stock Your Pantry" shopping list. Your list will vary depending on the kind of food you like to eat and cook. Love Italian food? Maybe add in some tomato paste, olives, and Parmesan. A fan of Asian cuisine? Add rice vinegar, soy sauce, and sesame oil.
- After you've made your list, go shopping! As a student, you'll probably be strapped for cash and space. Use the bulk aisle to your advantage—buy as much or as little as you need! Items in the bulk aisle also tend to be cheaper.
- When you're at the store, pay close attention to the little details on the price tag (*source: bestteendietsblog.blogspot.com*):





Activity #2: What's for Dinner?

Badge Connection: Step 1 – Create your menu

Materials Needed: “Stock Your Pantry” list from Activity #1; phone or computer with internet access

1. Use your pantry staples to master a few quick and easy meals (breakfast, lunch, and dinner options), and learn how to use one ingredient in two different dishes.
2. For example, for breakfast, find two recipes that use oats (like, overnight oats and granola bars). Then, for lunch, find two salad recipes (a grain salad and a chopped salad). And finally, for dinner, two recipes for pasta (mac and cheese and penne marinara with chicken).
3. Tasty (on BuzzFeed) and the Kitchn are good places to start your recipe search, or look for apps like Epicurious.
4. Write the recipes down on notecards to save for later, or create a new board for your pins.
5. Then, out of the recipes you've found, choose three to cook (an appetizer or snack, main course, and dessert). Another idea is to group food together by theme (who doesn't love the old standby, breakfast for dinner?). Just be sure your choices work relatively well together (do you really want to start with pancakes and move onto minestrone soup?).

Activity #3: Recipe for Success

Badge Connection: Step 3 – Practice timing your courses

Materials Needed: Recipes (from Activity #2); “Stock Your Pantry” shopping list (from Activity #1)

1. You've got your recipes—time to jump in and get cookin', right? Wait! Proper prep work before you start cooking can save you a lot of time and headaches later.
2. Some tips to keep in mind:
 - **Read through the entire recipe, twice.** Ensuring you know all the steps before you begin will help the cooking process go more smoothly.
 - **As you read through the recipe, make a checklist of equipment and ingredients** (sometimes the directions include measurements of stuff—like water—that isn't included in the master ingredient list), and how much time each step will take.
 - **Check how many servings the recipe yields.** Do you want potato salad for eight, or can you scale down and make enough for two people?
3. When you're ready to start cooking, use *mise en place*, i.e. having all your ingredients ready and prepped before you even fire up the stove. Taking the time to do this prep work means not scrambling around looking for that jar of crushed red pepper flakes you swore you had, or having your onions burn as you try to quickly chop garlic on the fly.



Activity #4: Eat with Your Eyes

Badge Connection: Step 4 – Explore imaginative ways to present food

1. You eat with your eyes first. Even something as simple as oatmeal can be elevated with a few simple garnishes. If you're serving soup, what pretty toppings can you use that double as textural contrasts (a swirl of sour cream or chopped roasted almonds?).
2. Consider different ways of plating or serving your food. Instead of mixing the salad and dressing together, serve a composed salad (à la Cobb) with dressing on the side for your guests to drizzle themselves. Or, if you have crudité (the fancy word for raw veggies and dip), serve it on a wooden board with an array of cheese and crackers too.

Activity #5: Who's Ready to (Dinner) Party?

Badge Connection: Step 5 – Host your dinner party

Materials Needed: Recipes (printed on paper or notecards)

1. Invite family and/or friends over and host your dinner party! Before the party, print off recipes of the food you're serving, and ask your guests to bring one or two simple and easy recipes of their own to share.
2. At the party, swap recipes (and ask if there's a story behind the recipe—is it their grandma's tried-and-true method for roasting chicken?).



stock your pantry

dry goods

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