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](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](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
### Tropical Fruit Dip

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

**Equipment:**
- 1 bowl
- 1 can opener
- 1 strainer
- 1 dry measuring cup set
- 1 liquid measuring cup
- 1 serving 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

- 2 large cucumbers
- 2 cups plain Greek yogurt
- 1 teaspoon lemon juice
- 1 tablespoon dried dill
- 1/4 teaspoon garlic powder
- 1 cup cherry tomatoes
- 1 cup baby carrots

**Equipment:**
- 2 peppers
- 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

### Pocket Fruit Pies

- 5 8-inch whole grain tortillas
- 2 15-ounce cans sliced peaches
- 1 teaspoon cinnamon
- 2 tablespoons brown sugar
- 1/2 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)

### Other Supplies

- 1 container of dish soap
- 1 set of extra silverware
- 1 first aid kit
- 6 dish towels
- 3 dishtowels
- 6 plastic wash tubs

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### 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.

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**Nutrition Facts:**

- 2 1/3 tablespoons dip
- Calories: 71
- Total Fat: 2 grams
- Saturated Fat: 1 gram
- Cholesterol: 12 milligrams
- Sodium: 0 milligrams
- Total Sugar: 11 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](http://food.unl.edu/tropical-fruit-dip)

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Cucumber Yogurt Dip

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:
3 1/4 tablespoons dip, Calories 38, Total Fat 1 gram, Saturated Fat 1 gram, Cholesterol 0 mg, Sodium 0 mg, Carbohydrate 4 grams, Dietary Fiber 1 gram, Total Sugar 3 grams, Added Sugar 0 grams, Protein 2 grams.

Pocket Fruit Pies

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 browned.
10. Remove from baking sheet. Cut pie into wedges.

Nutrition Facts:
1 pie, Calories 120, Total Fat 5 grams, Saturated Fat 1 gram, Cholesterol 0 mg, Sodium 41 mg, Carbohydrate 21 grams, Dietary Fiber 6 grams, Total Sugar 5 grams, Added Sugar 0 grams, Protein 3 grams.

Lesson 2 - Motion in Commotion  [https://youtu.be/U3xvqTAIRag](https://youtu.be/U3xvqTAIRag)

<table>
<thead>
<tr>
<th>Pita Crisps</th>
<th>No-Bake Energy Bites</th>
<th>Fruit Pinwheels</th>
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<tr>
<td><strong>Ingredients</strong></td>
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<td><strong>Ingredients</strong></td>
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<tr>
<td>5 6-inch whole-wheat pita</td>
<td>¾ cup quick cook oats</td>
<td>5 8-inch whole grain tortillas</td>
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<tr>
<td>¼ cup pizza sauce</td>
<td>¼ cup wheat bran</td>
<td>¼ cup strawberry cream cheese</td>
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<td>¼ 8-ounce block mozzarella cheese</td>
<td>¼ cup honey</td>
<td>2 medium bananas</td>
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<tr>
<td>2 small bell peppers</td>
<td>1 tablespoon vanilla extract</td>
<td>1½ cups blueberries</td>
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<tr>
<td><strong>Equipment</strong></td>
<td>2 tablespoons mini chocolate chips</td>
<td>1½ cups raspberries</td>
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<tr>
<td>1 toaster oven</td>
<td>2 tablespoons dried mixed berries</td>
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<tr>
<td>3 paring knives</td>
<td><strong>Equipment</strong></td>
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<tr>
<td>3 cutting boards</td>
<td>2 bowls</td>
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<tr>
<td>2 graters</td>
<td>1 dry measuring cup set</td>
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<tr>
<td>2 baking sheets</td>
<td>1 measuring spoon set</td>
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<tr>
<td>2 pizza cutters</td>
<td>1 large spoon</td>
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<tr>
<td>3 hot pads</td>
<td>1 rubber spatula</td>
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<tr>
<td>1 can opener</td>
<td>5 pairs disposable food safe gloves (optional)</td>
<td>1 can cooking spray (optional)</td>
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<tr>
<td>1 spatula</td>
<td><strong>Other Supplies</strong></td>
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<tr>
<td>1 power strip (optional)</td>
<td>1 roll of paper towels</td>
<td>6 dishcloths</td>
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<tr>
<td>1 roll of paper towels</td>
<td>3 copies of recipe</td>
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<tr>
<td>5 prep plates</td>
<td><strong>Directions:</strong></td>
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<tr>
<td>1 aluminum foil roll (optional)</td>
<td>6 plastic washtubs</td>
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<tr>
<td>15 9-inch paper plates</td>
<td>1 or more extra activities</td>
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<tr>
<td>1 4-H Pledge poster (optional)</td>
<td>1 container of dish soap</td>
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<tr>
<td>1 MyPlate poster</td>
<td>1 set of extra silverware</td>
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<td></td>
<td>1 first aid kit</td>
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</tbody>
</table>

**Directions:**

1. Preheat oven to 350°F.
2. Line baking sheet with foil (optional).
3. Rinse and chop peppers.
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 260, Total Fat 8 grams, Saturated Fat 3 grams, Carbohydrate 54 grams, Dietary Fiber 8 grams, Total Sugar 1 gram, Added Sugar 1 gram, Protein 14 grams.

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No-Bake Energy Bites

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, Cholesterol 0 grams, Sodium 10 grams, Total Carbohydrate 10 grams, Dietary Fiber 1 gram, Total Sugar 6 grams, Added Sugar 5 grams, Protein 2 grams.

Fruit Pinwheels

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 192, Total Fat 6 grams, Saturated Fat 3 grams, Cholesterol 0 grams, Sodium 21 grams, Total Carbohydrate 25 grams, Dietary Fiber 5 grams, Total Sugar 7 grams, Added Sugar 0 grams, Protein 4 grams.
Lesson 3 - Grainy Brainy

https://youtu.be/C4qkrgpONf0

### Cranberry Orange Muffins

**Ingredients**
- 2 cups whole-wheat flour
- 3 tablespoons sugar
- 1 1/2 tablespoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 cup dried cranberries
- 1 egg
- 1 cup orange juice
- 1/4 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
- 1/2 cup orange juice
- 1/4 cup light vanilla yogurt
- 1/4 cup skim milk
- 1 egg
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon cinnamon
- 1/4 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 slices whole-wheat bread
- 15 slices mild cheddar cheese
- 15 slices turkey lunchmeat
- 2 tomatoes
- 1 small head iceberg lettuce
- 16-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**
- 16 8-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 dish towels
- 3 dishcloths
- 6 plastic wash tubs

### 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.
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 160, Total Fat 6 grams, Saturated Fat 4 grams, Cholesterol 16 grams, Dietary Fiber 3 grams, Total Sugar 11 grams, Added Sugar 6 grams, Protein 3 grams.
Blueberry Pancakes

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 ¼ 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.

Nutrition Facts:
3 mini pancakes. Calories 133, Total Fat 4 grams,
Saturated Fat 1 grams, Cholesterol 14 grams,
Dietary Fiber 2 grams, Total Sugar 14 grams, Added Sugar 3 grams, Protein 5 grams.

Sandwich Shapes

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 16 grams,
Saturated Fat 5 grams, Cholesterol 50 grams,
Dietary Fiber 4 grams, Total Sugar 4 grams, Added Sugar 3 grams, Protein 18 grams.
Lesson 4 – MyPlate

https://youtu.be/XGusmitpFxk
**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 169, Total Fat 3 grams, Saturated Fat 1 gram, Carbohydrate 19 grams, Dietary Fiber 1 gram, Total Sugar 2 grams, Added Sugar 1 gram, Protein 5 grams.


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**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:**

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:**

1½ cup salad, Calories 135, Total Fat 5 grams, Saturated Fat 3 grams, Carbohydrate 19 grams, Dietary Fiber 2 grams, Total Sugar 4 grams, Added Sugar 2 grams, Protein 5 grams.


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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 COMMUNITY!