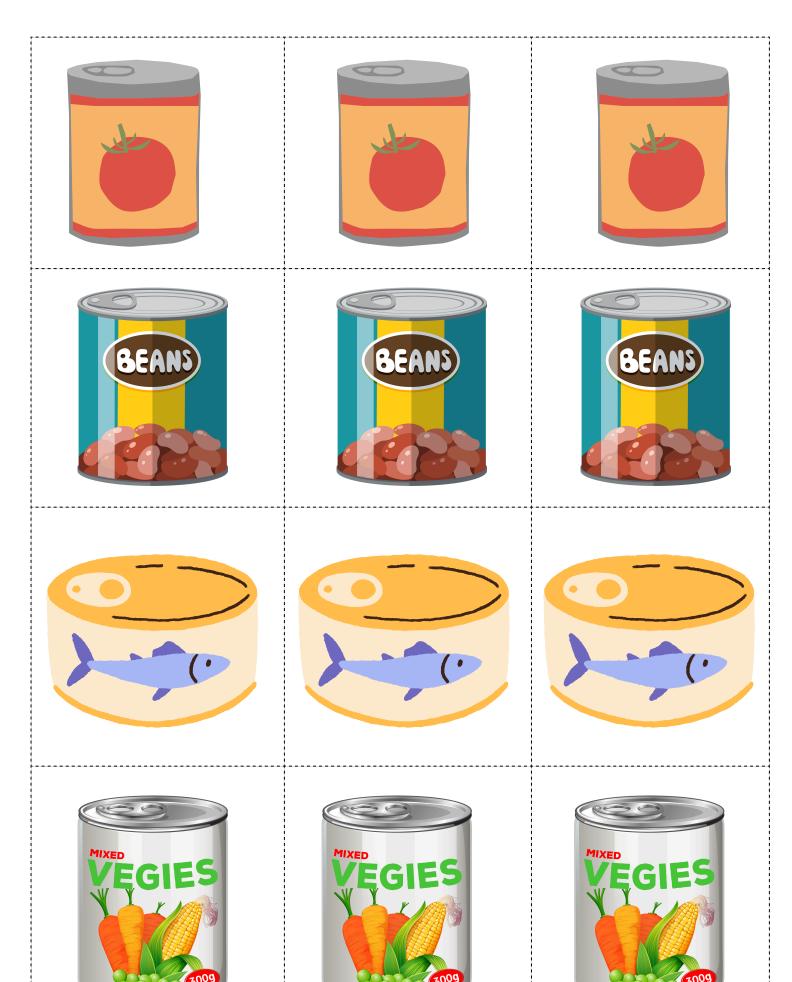
Food Skills - Pantry Pick Activity Guide

Name of Activity	Pantry Pick			
Aim	Icebreaker	Activity 🗸	Discussion	Review
Activity Type	Seated 🗸	Active/Energizer	Interactive 🗸	Passive
Delivery Platform	Virtual	In-person 🗸	Virtual & in-person	Other:
Total Time	2 - 5 minutes	5 - 10 minutes	10 - 15 minutes	Other: 20 min
Suggested Session	Session 3 – In place of Feeding Children, <i>or</i> Session 4 – As part of Meal Planning			
Objective	Participants identify staple foods of a pantry and describe how to cook with them.			
Materials	 Paper & pens enough for the number of groups Pantry food items (example cut outs attached there is a blank page to include other pantry items). Food Skills Participant Handbook – Appendix: Building a Healthy Pantry & Kitchen Herb and Spice Chart 			
Time	Activity			
5 min	Engaging in Discussion Start with some of the discussion prompts below to get the group thinking about: • What is a pantry? • What are some staple items in their pantry? • Are there commonalities (i.e. price, versatility, culture, etc.)? Discussion Prompts: • What is a pantry? • What are some "must have's in your pantry? What do you always have on hand? • Does it include the freezer? Does it include the garden? • What are food bank staples? • What is your go-to pantry meal?			

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10 min	 Activity Instructions In groups of 2-3, participants create a recipe (meal or snack) using ingredients from the "pantry". Number off participants to create 3-4 groups. Either have: A member from each group picks a number from a container to identify which group shops out of the pantry first. Each group can pick up to 5 items in the pantry. Each group can also jot down: One item from the fridge or freezer to add to their recipe (i.e. protein, vegetable or fruit). As many items from the "spice cupboard" to add to their recipe (examples in Herb and Spice Chart Appendix in Participant Handbooks) Groups have 5 min to create a recipe using their items.
5 min	Have groups share the created recipe.
Summary	Having pantry items on hand can help simplify cooking. Stock up your pantry when your favourite items go on sale.























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