

## chapter 4

# CLEANING UP AFTER THE LESSON

One key to sustainable cooking lessons is making the work as easy and fun as possible. That's why we've outlined a few clean-up methods that work well in a variety of settings.



### CLEAN UP BASICS

- Set the expectation before the lesson begins that students will be responsible for cleaning up.
- During the lesson, have students add their scraps to designated compost collection bowls.
- Before serving the food, have each student clean up their own workspace as much as possible for ultimate efficiency.

### CLEAN UP PROCESS

If time allows during the lesson, a few students can work together to wash and dry the tools and dishes used during the lesson. This can be done inside if you have a sink in your classroom or outside with a hose and bucket.



### INSIDE

- One student scrapes off any leftover food into a compost bowl or trash can.
- One student scrubs with dish soap and water.
- One student dries with a clean dish towel or organizes dishes on a drying rack.

### OUTSIDE

- If you have a wash station with a sink and drying area, (like the one shown to the bottom-left) simply follow the same procedure as listed above.
- Otherwise, create a three-part wash system using three buckets or trugs and a hose.
  1. Fill the first bucket with soapy water for washing.
  2. Fill the second bucket with clean water for rinsing.
  3. Fill the third bucket with a bleach water solution for sanitizing. Use 2-3 tsp. of bleach per gallon of water. Wearing gloves, submerge each item in the solution and allow to air dry.



*Tip: An extra adult would be helpful during the clean-up process.*

# Composting Connection

*Cooking lessons are a great time to make a connection to composting.*

- Discuss how much food waste is generated and determine how much of it can be added to the compost pile instead. Over time this “trash” will turn into nutrients that can be added back into the garden as food for the plants.
- It’s important to remember that not all trash can be added to a compost pile. Uncooked vegetable and fruit scraps and compostable paper products may be added, but oils, dairy, and meat should be left out.
- If there is not a compost pile at your school, ask if any students have one at home or see if there is one nearby in the community that accepts donations.

