



SMALL GROUP / FAMILY & CONSUMER SCIENCE

Planning Guide

> LEARN. BAKE. SHARE <

THIS GUIDE IS DIVIDED INTO THREE SECTIONS

Section 1



For small groups of less than 30, such as scouts, 4-H, and after-school clubs, and those who may be new to baking together.

Section 2



For FCS and culinary teachers who plan to bake with multiple classes over the course of the school year and are having supplies shipped to their school.

Section 3



Ingredient and Equipment Charts, Baking Timelines, and Shaping Tips.



SECTION 1

SMALL GROUP

Flour and Materials

The amount of flour and materials sent to your school is based on the number of students and how many batches of bread your group will be making. For example, if you have an after-school club of 12, working in teams of 2, your group is making 6 batches of bread.

EACH STUDENT WILL RECEIVE:

- > Recipe booklet
- > Bowl scraper
- > Bread bag for sharing
- > Flour and yeast will be sent based on the number of batches of bread you are making.

SHIPPING AND SUPPLIES

- > We order your supplies the same week we send you the confirmation.
- > Flour and materials will be shipped via FedEx. When the order leaves the warehouse, you receive an email shipping confirmation with tracking numbers. There will be one email per box, each box has its own tracking number. When the boxes arrive, open them to be sure you have all the materials you need.

ATTENTION LIBRARIES AND SCOUTS

To stretch our resources and reach as many young bakers as possible, participants in non-school groups may receive a Mini Kit. This includes yeast, a recipe booklet, a bread bag, a dough scraper and two coupons towards King Arthur flour. The recipe calls for two kinds of flour, All-Purpose and Golden Wheat Whole Wheat (or traditional Whole Wheat) and can be found in your local grocery store. The Mini Kits come pre-assembled and will be shipped via FedEx. Each participant will receive their own Mini Kit.



Baking with a Group

Baking together presents unique challenges and great rewards. If you are new to baking with a group, planning ahead will result in a more positive experience for all involved. We hope these tips will help you. Please do not hesitate to contact the BFG team with any questions.

LOGISTICS TO CONSIDER

- > **Space:** Decide where, when, and how you will screen the video to your group. How much room will you need for your group to bake? Students work at tables in pairs or teams. You'll need access to sinks for warm water and cleanup. Several bowls of dough will need a safe place to rise.
- > **Refrigerator?** If you are rising your dough overnight, you'll need enough refrigerator space.
- > **Ovens!** Consider oven space — you may have several loaves or dozens of rolls ready to bake at the same time. If you are baking in a school/facility where breakfast or lunch are prepared, be sure ovens are available when it's time to bake. Be sure the pans are evenly spaced in the oven so the heat can circulate around them.
- > **Extra Adults:** It's a good idea to have extra grown-ups around to assist on baking day, especially with younger students. They will have questions and may need a hand. This is a great opportunity for volunteers to get involved.
- > **Size of teams:** Decide if your students will be working individually or in teams, we recommend teams of 2 to 3 at most.
- > **Other ingredients:** The number of teams you have will become the number of batches of bread you are making. Determine your ingredient and equipment totals based on the number of teams who will be baking. Please see the chart attached to help you make your shopping list.
- > **Time:** Everything will take longer with a group. Make sure you have time to set up before the students arrive, time for them to make the recipe at their pace, and to clean up afterwards.

PREPARE YOURSELF

- > Watch the instructional video and make the recipe yourself beforehand. Any assistants should also bake the recipe before the lesson. Even though your students will learn from the video, they will look to you for help on baking day.
- > If possible, practice the recipe where and how your group will be baking. For example, follow the same timeline your students will be using (see our timeline suggestions below). This will help you see where you may need to adjust the recipe or timeline to ensure your group is successful.



SECTION 2

FCS AND CULINARY CLASSES

Teachers can apply for your full year of students all at one time. If needed, we can break the shipments of flour into two, spaced out over the school year. If there are multiple instructors in one school, please submit one application for your whole school.

Flour and Materials

The amount of flour and materials sent to your school is based on the number of students and how many batches of bread your group will be making. For example, if you have a class of 24, working in teams of 2, your group is making 12 batches of bread.

EACH STUDENT WILL RECEIVE:

- > Recipe booklet
- > Dough scraper
- > Bread bag for sharing
- > Flour and yeast will be sent based on the number of batches of bread you are making.

SHIPPING AND SUPPLIES

- > We order your supplies the same week we send you the confirmation.
- > Flour and materials will be shipped via FedEx. When the order leaves the warehouse, you receive an email shipping confirmation with tracking numbers. There will be one email per box, each box has its own tracking number. When the boxes arrive, open them to be sure you have all the materials you need.
- > Large orders (over 250 lbs.) may be shipped via a freight carrier. In this case, we will not have tracking information for you, but we do ask the carrier to call the school in advance to schedule delivery.
- > ***We do ask the carrier to call the school in advance to schedule delivery.***



Sharing

Sharing is a key part of the Bake for Good program. We ask that half of what your class or group bakes be shared with others. Here are some ideas for how to do this:

DONATE TO A LOCAL FOOD SHELF

Contact a local food shelf or food bank in advance to make sure they can accept the bread baked at school.

SHARE WITH SOMEONE IN YOUR COMMUNITY

Identify a person outside of school who might need a bit of cheer.

You could share with someone who has recently done something kind for you as a way to say thank you.

WRITE A REFLECTION

After sharing, write a short reflection answering the following prompt:

Whom did you share your bread with, and why did you choose that person?



SECTION 3

INGREDIENT CHART & TIMELINES

Ingredient and Equipment Chart

Each recipe makes 2 loaves of bread or 32 rolls

INGREDIENTS	1 RECIPE	4 RECIPES	6 RECIPES	10 RECIPES	25 RECIPES
WARM WATER	2 CUPS	1 QUART	3 QUARTS	5 QUARTS	3 ¼ GALLONS
SUGAR	¼ CUP	1 CUP	1 ½ CUPS	2 ½ CUPS	6 ¼ CUPS
OIL	¼ CUP	1 CUP	1 ½ CUPS	2 ½ CUPS	6 ¼ CUPS
SALT	1 TABLESPOON	¼ CUP	½ CUP	¾ CUP	3 CUPS
KING ARTHUR GOLDEN WHEAT WHOLE WHEAT FLOUR	3 CUPS	12 CUPS	18 CUPS	30 CUPS	75 CUPS
KING ARTHUR ALL-PURPOSE FLOUR	3 CUPS	12 CUPS	18 CUPS	30 CUPS	75 CUPS
YEAST PACKET(S)	1	4	6	10	25

* There are approximately 18 cups of flour in each 5lb bag.

EQUIPMENT	1 RECIPE	4 RECIPES	6 RECIPES	10 RECIPES	25 RECIPES
MIXING BOWL	1	4	6	10	25
XL BOWL FOR FLOUR	1	1	2	4	8
MIXING SPOON	1	4	6	10	25
1 OR 2 CUP LIQUID MEASURE	1	4	6	10	25
1 CUP DRY MEASURE	1	4	6	10	25
1/4 CUP DRY MEASURE	1	4	6	10	25
TABLESPOON	1	4	6	10	25
SCISSORS	1	1	2	4	8
PASTIC WRAP/ BOWL COVER	1	4	6	10	25
CLEAN TOWEL	1	4	6	10	25
DOUGH SCRAPER (PROVIDED)	1 to 3	4 to 12	6 to 18	10 to 30	25 to 75

Single Day Baking Timeline We recommend this timeline when possible

4.5 to 5 hours

On hand and ready: video, ingredients, and equipment

- > **40 minutes:** Watch BFG video and review recipe.
- > **45 minutes:** Bakers assemble dough, label and cover. Clean-up.
- > **90 minutes:** Dough rises in bowls. Watch additional shaping techniques. Prepare work area for shaping.
- > **30 minutes:** Deflate and divide dough (one recipe = 2 loaves or 32 rolls) shape, place on pans, cover. Preheat ovens.
- > **30 minutes:** Rolls or loaves rise. Clean up, make bread donation labels.
- > **15 to 20 minutes:** Bake 375°F.
- > **30 to 40 minutes:** Cool bread completely.
- > **15 to 30 minutes:** Bag bread for donation, attach labels.

You can complete your actual dough making and bread baking in 3½ to 4 hours by watching the video and having instruction on one day, and then making and baking the bread the following day.

Two Day Baking Timeline

DAY 1: 1½ to 2 hours

On hand and ready: video, ingredients, and equipment

- > **30 to 50 minutes:** Watch entire BFG video, watch additional shaping video clips, and review recipe.
- > **45 minutes:** Bakers assemble dough, label and cover, clean-up.
- > **Overnight:** Dough rises in refrigerator.

DAY 2: 1 to 1½ hours

On hand and ready: video, ingredients, and equipment

- > **60+ minutes before class:** Remove dough from the refrigerator so it can come to room temperature before shaping.
- > **15 minutes:** Watch BFG shaping video.
- > **30 minutes:** Deflate and divide dough (one recipe = 2 loaves or 32 rolls) shape rolls, place on pans, cover.
- > **30 minutes:** Let loaves rise on pans. Preheat oven to 375°F. Clean up, make bread donation labels.
- > **15 to 25 minutes:** Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet.
- > **30 to 40 minutes:** Cool on wire rack.
- > **15 minutes:** Bag rolls for donation, attach labels.

IMPORTANT

This schedule is based on your group meeting 2 consecutive days, with no longer than a 24-hour refrigerator rise. If you cannot meet 2 days in a row, please note that 48 hours is the maximum the dough can rise in the fridge, if you make two small adjustments to the recipe.

1. Decrease the sugar from ¼ cup to 2 tablespoons.
2. Use cold (not warm) water.

Three Day Baking Timeline For FCS/Culinary teachers with short class period

DAY 1: 45 to 55 minutes

On hand and ready: video

- > **35 to 50 minutes:** Watch entire BFG video, remove recipe, and plan lab.

DAY 2: 45 to 55 minutes

On hand and ready: ingredients and equipment

- > **45 minutes:** Bakers assemble dough, label and cover, and clean-up.
- > **Overnight:** Dough rises in refrigerator.

DAY 3: 45 to 55 minutes

On hand and ready: video, ingredients, and equipment (dough replaces video)

- > **1½ to 4 hours before class:** Remove dough from the refrigerator so it can come to room temperature before shaping. If the dough has been in the refrigerator a long time, it may need longer to come to room temperature.
- > **15 minutes:** Deflate and divide dough. Shape and place on pans, cover.
- > **30 minutes:** Let loaves rise on pans. Preheat oven to 375 degrees F. Clean up, make donation labels.
- > **15 to 30 minutes:** Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet. NOTE: The teacher or next class of students may need to remove the baked goods from the oven.
- > **30 to 40 minutes:** Cool completely and bag for donation.



Four Day Baking Timeline For FCS/Culinary teachers with short class period

DAY 1: 35 to 45 minutes

On hand and ready: video

- **35 to 50 minutes:** Watch entire BFG video, review booklet, and plan baking lab.

DAY 2: 35 to 45 minutes

On hand and ready: ingredients and equipment

- **35 minutes:** Bakers assemble dough, label and cover, and clean-up.
- **Overnight:** Dough rises in refrigerator.

DAY 3: 35 to 45 minutes

On hand and ready: dough, ingredients, and equipment (dough replaces video)

- **1 hour+ before class:** Remove dough from the refrigerator so it can come to room temperature before shaping. If the dough has been in the refrigerator a long time, it may need longer to come to room temperature.
- **15 minutes:** Deflate and divide dough (one recipe = 2 standard loaves or 3 smaller loaves or 32 rolls). Shape dough, place on pans, cover well and place in refrigerator.
- **Overnight:** Loaves rise in the refrigerator.

DAY 3: 35 to 45 minutes

On hand and ready: dough, ingredients, and equipment

- **1½ hours+ before class:** Remove loaves/rolls from the refrigerator so it can come to room temperature before baking. If the dough has been in the refrigerator a long time, it may need longer to come to room temperature.
- **30 minutes:** Preheat oven to 375 degrees F. Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet. Make donation labels.
- **30 to 40 minutes:** Cool completely, bag for donation and attach labels.
NOTE: The teacher or next class of students may need to bag the baked goods after they have had an opportunity to cool down.

IMPORTANT

Plan for the refrigerator and oven space needed for the amount of dough your students will be refrigerating and baking. You can fit more loaves in pans into the fridge than baking sheets with free-form loaves.



SECTION 4

SHAPING TIPS & IDEAS

Shaping tips and Ideas

There are many shaping options shown in the Recipe Booklet and the BFG Video. Below are a few more options suggested by FCS teachers.

LOAF PANS:

Using loaf pans will allow you to fit more shaped loaves in your refrigerator and oven. We recommend using small loaf pans, 7" x 3". A batch of dough will make 3 small loaves, 1 for the students to taste in class, and then 2 loaves to share. You can fit 6 small loaf pans in an oven (spaced apart) at one time.

Other supplies (booklet, yeast, dough scraper, etc.) will be shipped via FedEx. When this order leaves the King Arthur warehouse, you will receive a shipping confirmation with tracking information. When your boxes arrive, open them to be sure you have all the materials you need.

TIP

Students can make braided loaves and fold them into loaf pans- this makes a beautiful loaf of bread!

ROLLS:

If you have 4 or more students working on a batch/recipe, we recommend making rolls. It's easier to evenly divide the dough, everyone gets a chance to shape, and there are rolls to taste in class and some left over to share. You can find roll shaping videos on the King Arthur website, but also online.

TIP

Keep in mind, the larger the baked good, the longer it takes to rise and bake (like a full loaf). The smaller the baked good, the faster it rises and bakes (rolls).

