



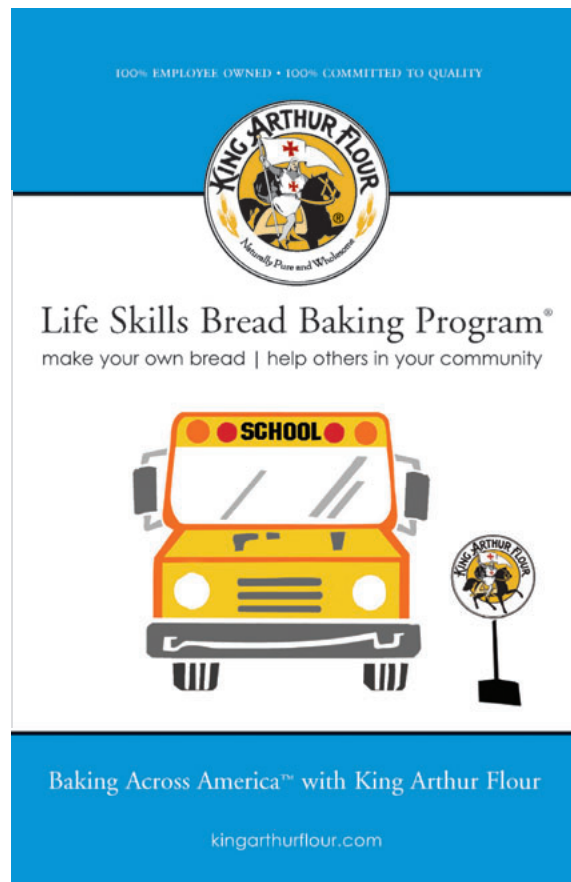
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Life Skills Bread Baking Program® How-To Manual

everything you need to know to host a successful
Life Skills experience at your school

how it works and what to do | a **FREE** in-school program for grades 4-7





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What is the Life Skills Bread Baking Program®?

Homework never tasted so good!

King Arthur Flour has been teaching people to be better bakers for over 200 years. We know that baking bread is a great way for kids to explore math, science, and cultural traditions, all while having fun!

✓ Skills

Life Skills teaches students in **grades 4 – 7** the skills they need to make bread from scratch, utilizing math, science, technique tips, reading, planning, creativity, and more.

✓ Family

Students bake real bread at home, providing an opportunity for quality family time. Students often teach other family members how to bake, and take pride in their new skills, as well as the delicious results!

✓ Community Service

Students give back to the community and share what they have made by returning one loaf of bread to school to donate to a local organization. Students experience the joy and satisfaction that comes from helping others.

Here's how it works:

In an assembly setting, a King Arthur Flour instructor and two student assistants present a 50-minute demonstration on the bread baking process. Then, each student takes home materials, including our nutritious whole-grain flour, and the know-how to get baking! Students keep one delicious loaf to enjoy, and donate the other to a community organization chosen by your school. King Arthur Flour brings this exciting program to your school **FREE** of charge.

"Given the materials that King Arthur Flour provides for organizing an event like this, it is really very doable for kids of this age group to take control and do most of what needs to be done. And it's clearly a very empowering experience for them."

—Teacher, Hollis, NH





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To HOST a Life Skills Program

What do you need to do first?

1. **Review** the Life Skills Manual thoroughly. Discuss the program with administration and staff and obtain approval.
2. **Submit** the **Life Skills application** (pg. 7)
 - The contact person must be a school employee.
 - Review presentation set-up requirements. (pg. 4)
 - Select your bread donation location. (pg. 6)
3. **We will contact you** if we can schedule a Life Skills presentation at your school.



Next... getting ready for the assembly.

Talk with your **media/tech support** person regarding audio/visual requirements. (pg. 4)

Alert the custodial staff about the flour delivery. (pg. 5)

Obtain grocery bags for student baking kits. Each student will need a plastic grocery bag to carry materials home. Your local grocery store may be happy to donate bags, or, ask kids to bring in at least two bags from home (a great way to recycle!)

Assemble and distribute baking kits. We'll ship materials right to your school! Please open the boxes when they arrive. You'll get materials ready for students to take home. (pg. 5)

Confirm photo permission. Media may attend your event; confirm that students have permission to be photographed.

Send letter home. We send you a template to customize with your school's information. Sent home several days prior to the assembly, this form letter explains what the Life Skills Bread Baking Program is about, and that students are bringing home materials for baking bread.

Display Life Skills Posters. We send colorful posters; customize with your presentation date and time.

Select two students for each assembly to assist in the demonstration and do part of the teaching.

Talk with the Life Skills instructor. Our instructor will contact you by phone a week or so ahead of your assembly date.

Share the joy of baking! Share your excitement with the staff and administration, so everybody knows what's going on. Students get excited about making their own bread, and enjoy helping others who are less-fortunate in the community. It feels good.





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Life Skills Presentation SET-UP

The **best** assembly is one where students can see and hear clearly. The instructor is close to the students, so she can walk around and interact with them during the presentation. **A cordless, clip-on lavalier or headset, hands-free microphone is required.** Our video camera projects a close-up of what is happening on the presentation table to ensure that everyone can see... just like a cooking show!

Cafeteria or Gym

This works really well with younger students. Students sit on the floor. Presentation tables and video/screen are also on floor level.

Gymnasium

Students sit on bleachers. Presentation tables and video are on the floor, with the screen slightly behind and to the side of the instructor.

Multi-Purpose Room with Low Stage

Students are seated in chairs arranged theater-style with an aisle down the middle. Table and screen are either at floor level or on the stage.

Auditorium

Students in fixed seating. Tables and video are at floor level. Screen is on the stage.



Your school provides and sets up:

- Two 6-ft or 8-ft rectangular tables
- Wastebasket
- Hands-free, clip-on lavalier or headset microphone (**NOT hand-held**)
- LCD projector and power cords
- Large screen
- Media person to set-up and troubleshoot equipment



- **Note: Instructor brings video camera, tripod, and cords**



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Life Skills STUDENT MATERIALS

We send materials to your school 1-2 weeks prior to the assembly date. Please open boxes when they arrive. You assemble the materials for the student baking kits.

Flour arrives in a separate shipment. A very large truck may deliver it; the flour may arrive on a big wooden pallet. PLEASE ALERT THE CUSTODIAL STAFF, and have space set aside for the flour.

Grocery bags: Each student will need a plastic grocery bag to carry materials home. Your local grocery store may be happy to donate bags, or, ask kids to bring in at least two bags from home (a great way to recycle!)

Filling the bags: Plan to fill the bags prior to the assembly.

Each student receives:

- 1 King Arthur All-Purpose Flour, 2-lb. bag
- 1 King Arthur 100% Organic White Whole Wheat Flour, 2-lb. bag
- 1 Life Skills recipe booklet
- 1 packet Red Star yeast
- 1 King Arthur Flour dough scraper
- 1 clear plastic bread donation bag
- 1 twist tie

A note about sending materials home:

We recommend tying the bags securely (double plastic bags to avoid tearing) and sending them home at the very end of the day. If possible, **avoid** locker storage. (Bags may never come out!)



Student baking kit contents



Flour may arrive on a big wooden pallet



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DONATING the Bread

Sharing with your community

Start early to find a place for all that bread!

Allow plenty of time to contact local organizations to receive your bread donations. Often it can take longer than you think. Some location ideas to try are:

- Senior Centers
- Food Pantries
- Homeless Shelters
- Soup Kitchens
- Community Dinners
- Churches

Determine where and when you want your students to bring their bread. Have your camera ready; students are proud of their bread!

Other Donation Ideas

- Have an in-school bake sale. Donate the proceeds to a local organization.
- Give bread to a neighbor, relative, or special friend. Make a display of "donation cards" indicating who received a loaf of bread as a gift.
- Partner with another organization, such as Empty Bowls.
- If your school is large, hundreds of loaves of bread can be overwhelming! Stagger the bread donations, perhaps a grade level or a class at a time, and give smaller amounts throughout the school year.
- Freeze the bread, and make a big donation, or several small ones.
- Some teachers have arranged for students to make and bake their bread at school.



"The combination of our school's activities, King Arthur Flour's demonstrations, and providing both the recipe and ingredients for families worked its magic—students brought more than 300 loaves of bread to school with them on Monday morning!"

If you have questions, please contact us—we're here to help!

paula.gray@kingarthurfour.com
Life Skills Bread Baking Program Manager





<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

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Life Skills APPLICATION

today's date _____

school name _____

school address _____ | _____ | _____ | _____

street *city* *state* *zip*

contact person (**must be a school employee**) _____ title _____

email _____ best time to reach you at school _____

school phone _____ alternate phone _____

Participating grades (**please circle**): **4 5 6 7** Total number students participating (**minimum 200**): _____

Each Life Skills presentation is 50-minutes. We will try to accommodate the dates you suggest below. Mornings are best. Your school provides an LCD projector, screen, and a wireless clip-on or head set microphone for the presentation.

_____	_____	_____
<i>month / day / year</i>	<i>best time</i>	<i>location (gym, cafeteria, auditorium)</i>
_____	_____	_____
<i>month / day / year</i>	<i>best time</i>	<i>location (gym, cafeteria, auditorium)</i>

Where will you be donating the bread? (**be sure to contact them first**)

full name of organization _____ city, state _____

full name of organization _____ city, state _____

Does your school have a Media Coordinator? _____ no _____ yes

If yes, name _____ email _____

Please list local news sources in your community (newspaper, TV, radio):

1. _____ 2. _____ 3. _____

How did you hear about Life Skills? _____

Please tell us about your school and how your students will benefit from the Life Skills Program. (**continue on back**)



Questions? Please visit kingarthurfLOUR.com or call **802-526-1837**

Return application to:
 Email: lifeskills@kingarthurfLOUR.com
 Fax: 802-649-3362
 Mail: Life Skills, 62 Fogg Farm Road, White River Junction, VT 05055