

BEFORE & AFTER SCHOOL · GRADES 2–5

After-School Cooking Club

Six no-cook recipes

Why no-cook?

Most school clubs don't have access to ovens or hobs. The recipes here use chopping, mixing and assembling — no heat, no fryer, no allergens beyond what's labeled. Always check parental allergy forms FIRST. Avoid nuts unless you've confirmed every child can have them.

Six recipes

Week	Recipe	Equipment
1	Fruit kebabs	Wooden skewers, chopping boards, child-safe knives, fruit (grapes, melon, strawberries, kiwi)
2	Hummus & veg sticks	Bowls, fork (for mashing), hummus / chickpeas, lemon, carrots, peppers, cucumber
3	Tortilla wraps	Tortillas, fillings (cheese, lettuce, ham, hummus, salsa), boards, knives
4	No-bake oat cookies	Mixing bowls, oats, peanut butter (CHECK ALLERGIES) or sunflower butter, honey
5	Fruit smoothies	Blender, frozen berries, banana, milk or yogurt, jugs, cups



Week	Recipe	Equipment
6	Open-faced bagels	Bagel halves, cream cheese, toppings (cucumber, smoked salmon, jam, banana)

Safety + hygiene

- Hand-washing first — properly, with soap, 20 seconds
- Tie back long hair
- Aprons on
- Boards stay flat — slip a damp paper towel underneath
- One child at a time uses any sharp tool — others wait
- Tasting allowed only after washing hands
- Clean as you go — sticky surfaces = slip risk
- Allergy check before EVERY session — any new child? new ingredient?

