Whole Lifecycle NUTRITION

YOUR ULTIMATE GUIDE TO BUILDING A HEALTHY KITCHEN

Building a healthy kitchen begins with organizing your environment.

In this guide, you will learn about a variety of essential kitchen tools, their uses, and how to sort them into categories.

You will also learn how to organize different workspaces in your kitchen to make meal preparation more efficient and enjoyable.



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TOOLS THAT CUT
KITCHEN ZONE: PREP AREA

CHEF'S KNIFE

- A chef's knife (sometimes called a cook's knife) is the most important knife to have in your kitchen - it is used for 90% of the cutting in your kitchen.
- It has a wide blade between six and ten inches long and is used primarily for chopping, though it can be used for anything you want to do.
- The blade of a classic, French-style chef's knife curves upward toward the tip.
- A Japanese-style Santoku knife can be used in place of a French-style chef's knife; it's usually shorter and has a "sheep's foot" tip, meaning the top of the tip curves downward.
- European manufacturers of Santoku knives add a Granton or kullenschiff edge, a row of hollow-ground pockets that prevent food from sticking to the knife's surface.

UTILITY KNIFE

A utility knife is mid-sized and is typically used for miscellaneous cutting. The blade is anywhere from four to seven inches long - larger than a paring knife but smaller than a chef's knife. The utility knife is excellent for cutting larger vegetables that are not large enough for a chef's knife. Utility knives come in plain and serrated edges

PARING KNIFE

A paring knife looks like a miniature chef's knife, with a blade ranging from two to four inches long. It's good for delicate tasks where a larger blade would get in the way. Paring knives are ideal for peeling onions, coring tomatoes or trimming vegetables.

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TOOLS THAT CUT
KITCHEN ZONE: PREP AREA

Tip: Dishwasher detergent is very abrasive and the agitation that happens during a wash cycle will dull the sharp edge of your knife. Always wash knives by hand in the sink with dish soap and water.

"Storing knives properly is not only important for safety reasons, but it also helps keep them in good condition."

KNIFE BLOCK

A knife block sits on your countertop to make knives easily accessible. Be sure knives are completely dry before storing in block.

DRAWER KNIFE BLOCK

Want to keep your counters clear? Keep knives organized in drawer knife block. Make sure each knife has its own slot.

MICROPLANE

Adding a finely grated citrus zest is a great way to elevate flavor in any dish. You can also use a microplane for grating ginger, turmeric, garlic, dark chocolate, and hard cheeses.

KITCHEN SHEARS

Kitchen shears can be used to cut through a variety of foods, including fresh herbs, leafy greens, dried fruit, whole canned tomatoes, sun-dried tomatoes, broccoli and cauliflower florets, and more! Select heavier kitchen shears to cut through poultry and fish.

WIDE VEGETABLE PEELER

The vegetable peeler is at the top our list of essential prep tools and utensils. In addition to removing the skin of many vegetables and fruits, it can also be used to create ribbons of food. Select a wide peeler that is sharp and easy to maneuver.

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PREP AREA



"Before starting a recipe, set up your cooking station like this."

Gather all ingredients before beginning preparation

Culinary Term: Mise en place (MEEZ-ahn-plahs) is a French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals quickly and effortlessly and can help pinpoint missing ingredients.

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CUTTING TOOLS



CHEF'S KNIFE



UTILITY KNIFE



PARING KNIFE



MICROPLANE



KITCHEN SHEARS



KNIFE BLOCK



DRAWER KNIFE BLOCK



WIDE VEGETABLE PEELER

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CUTTING BOARDS

KNIFE BLOCK



Plastic cutting boards are the most used in home kitchens. Typically made from polyethylene, plastic boards are durable and last longer. They can be washed easily by hand or in a dishwasher. If they begin to get "furry" from use, it's time to invest in a new one. Keeping a separate color-coded board for each type of protein is recommended — fish, poultry, and meat, boards should be separate from your boards used to cut produce.

WOOD



Wood cutting boards are popular and offer a great look and feel, but there are many things to consider with this medium. Even though wood cutting boards are very hard, they're also porous so they absorb everything you put on them, including bacteria. They require oiling to keep the wood in good condition — the oil helps somewhat by creating a barrier against moisture. Wood cutting boards require thorough cleaning, drying, and re-oiling after each use. Wood cutting boards are the best for your knives, because the wood does not dull the blade. If you prefer wood cutting boards, consider using them for cutting only vegetables, herbs and breads.

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CUTTING BOARDS

BAMBOO

Bamboo, considered a grass and not a wood, makes a terrific cutting board. The fact that it's so fast-growing makes it a renewable resource and a great choice for the eco-conscious cook. Similar to wood, bamboo is somewhat porous, but is harder than wood. It also requires oiling, because the bamboo can splinter. Long-time use also makes the bamboo boards a bit furry and more receptive to bacteria — if that happens, it's time to buy a new board.



CHEF'S TIPS

- Avoid clutter and mess by using prep bowls, especially if you are preparing a recipe you've never tried before. Curate a set of different sizes, fill them with your prepped ingredients, and you'll be ready to prepare your recipe with ease. Look for bowls that are stackable and durable - lids are a plus if you prep ahead for cooking later. Being dishwasher, freezer, and microwave safe is an added bonus.

- Place a damp kitchen towel or paper towel under your cutting board - it will prevent it from sliding around as you work.

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TOOLS THAT CUT
KITCHEN ZONE: COOKING AREA

SAUCEPANS | 2 QT. AND 4 QT. WITH LIDS

A saucepan is a cooking vessel generally used stovetop for heating food and/or reducing sauces. Saucepans can be made from a variety of materials including stainless steel, aluminum, and some may have non-stick ceramic interiors.



STOCKPOTS | 5 QT. AND 12 QT. WITH LIDS

A stockpot is traditionally used to make stock or broth, which can be the basis for cooking more complex recipes. It is a wide pot with a flat bottom, straight sides, a wide opening to the full diameter of the pot, two handles on the sides, and a lid with a handle on top.



SAUTÉ PAN {SKILLET} | 8.5" AND 11"

Sautéing is a basic cooking technique essential to many recipes. Sauté pans can be used to create quick dishes and for high-heat searing. The sloping sides of this pan allow better access to food and makes it very versatile.



SAUTOIR | 11" WITH LID

A sautoir is a straight-sided, flat-bottomed pan that is typically heavier than a sauté pan. It is used for sauces and reductions. The vertical sides help contain ingredients as they are stirred inside the pan and promote even browning on all sides



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TOOLS THAT CUT
KITCHEN ZONE: COOKING AREA

WOK | 12"-14" WITH LID

Woks are used for more than just stir frying. They can be used for steaming, poaching, boiling, braising, searing, and stewing. The curved sides allow bite-sized ingredients to be easily moved around.



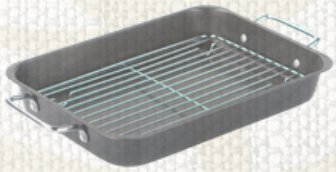
PREP AREA

BAKING AND ROASTING

Keep at least one of each in your kitchen



Sheet pans
full and half



Roasting pan
with rack



11" Glass pie plate



9" Glass loaf pan

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TOOLS THAT CUT
KITCHEN ZONE: COOKING AREA

NON ESSENTIAL (BUT USEFUL)

Keep at least one of each in your kitchen



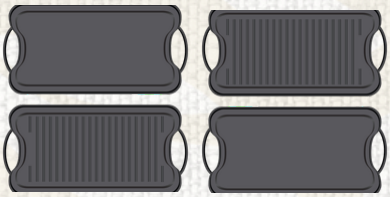
Pressure cooker
6 Qt. +



Slow Cooker
6 Qt. +



Rice Cooker



Grill and Griddle Pan

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COOKING STATION PRINCIPLES

KEEP IT CLOSE

Keep following items within hands reach

- pots and pans
- pot holders and trivets
- cooking utensils in countertop holder or drawer
- knives in countertop holder or drawer
- salt and pepper
- spice rack
- oils

KEEP IT CLEAR

Maintain a clear cutting board

- keep prep bowls next to cutting board for prepped ingredients
- remove prepped ingredients from cutting board as you work
- keep scrap bowl near work station
- remove scraps as you work

KEEP IT CLEAN

Maintain a clean work station

- keep a small, damp kitchen towel close to wipe down the cutting board as you work [not applicable to animal products]
- when working with animal proteins, place cutting board inside a sheet pan to prevent juices from dripping on the table

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TOOLS THAT QUANTIFY, SEPARATE, MIX & SPREAD | KITCHEN ZONE: PANTRY

NON ESSENTIAL (BUT USEFUL)



Food Processor



Stand Mixer



Immersion Blender



Blender

MEASURING EQUIPMENT



Kitchen Thermometer



Dry Measuring Cups



Measuring Spoons



Wet Measuring Cups

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KITCHEN THERMOMETERS

ALL-PURPOSE THERMOMETER | DIGITAL OR ANALOG

An instant-read digital thermometer is the most accurate. Despite the name, the display usually takes anywhere from 20 to 30 seconds to give an accurate temperature reading, but it's still quicker than analog. This is a basic all-purpose thermometer. You can use it for meat, baked goods, anything that requires an internal temperature reading. (If you use it for meat, just make sure to sanitize the thermometer to avoid cross-contamination.)

OVEN THERMOMETER

An essential tool for preventing hot spots and fluctuating temperatures from affecting recipes. It's essential to gauge your oven's temperature with a thermometer as recalibration is often necessary. These thermometers are for the oven itself here, rather than instant-read thermometers that check the temperature of the food.

MEAT THERMOMETER | DIGITAL OR ANALOG

A meat thermometer is specifically designed to measure the temperature of meat, so it ranges from 140° to 220° Fahrenheit. As mentioned above, if you have an instant-read thermometer and a meat cooking temperature guide nearby, you may not need a separate meat thermometer.



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TOOLS THAT SEPARATE

SALAD SPINNER



If your greens are cleaned, dry, and ready to use, you will be more likely to use them throughout the week. Salad spinners are versatile. Use to wash and dry herbs, strain canned beans, rinse berries and hearty vegetables like broccoli.

FINE SIEVES| SMALL, MEDIUM, AND LARGE



Bowl-shaped metal sieves are among the kitchen's most versatile tools. They're used to drain liquids from solids, refine the texture of sauces, and sift dry ingredients. Look for sieves with handles made of heatproof rubber or metal; avoid those with plastic handle

COLANDERS | SMALL, MEDIUM, AND LARGE



These bowl-shaped kitchen utensils have larger holes for draining foods such as pasta and rinsing larger vegetables. The perforated nature of the colander allows liquid to drain through while retaining the solids inside.

SLOTTED SPOON | STAINLESS



A slotted spoon is very useful for retrieving solid items from cooking liquid while preserving the liquid in the pot. It is particularly helpful when serving stews, as you can control the amount of liquid that ends up on the plate.

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TOOLS THAT MIX & SPREAD

WHISK | 8" & 12"



Whisks are used to blend ingredients together quickly or to incorporate air into ingredients such as egg whites or vinaigrettes in order to increase the volume of the mixture.

SPATULAS | SMALL AND LARGE



Silicone spatulas are naturally non-stick. Rinse them off as soon as you are through cooking and you'll get food caked or stuck on them.

WOODEN SPOONS | VARIETY



Wooden spoons are useful as they will not heat to scalding temperatures, chemically react with acidic foods, or scratch pots and bowls, as their metal counterparts do. Also, they don't melt, leach chemicals, or add strange tastes to hot foods as plastic spoons might. Be sure to clean thoroughly after use.

MIXING BOWLS | SMALL, MEDIUM, & LARGE



Stainless steel bowls of all different sizes are extremely useful in kitchen. Stackable varieties are super for space saving storage.

MORTAR & PESTLE | MARBLE



The mortar and pestle is an excellent tool for crushing nuts, pounding garlic, smashing ginger or chiles, or grinding whole spices into powders

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STOCK YOUR PANTRY

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WET INGREDIENTS

- Unsweetened Almond Milk
- Unsweetened Cashew Milk
- Coconut Milk
- Low Sodium Vegetable Broth
- Canned Artichokes
- Water Chestnuts
- Hearts of Palm
- Canned Tomato Products

BEANS & GRAINS

- Black Beans (canned and dry)
- Cannellini Beans (canned and dry)
- Kidney Beans (canned and dry)
- Navy Beans (canned and dry)
- Pinto Beans (canned and dry)
- Lentils (all varieties)
- Quinoa
- Millet
- Brown rice

NUTS & SEEDS

- Nut Butters
- Peanut Butter Powder
- Almonds
- Walnuts
- Pecans
- Chia Seeds
- Pumpkin Seeds
- Pepitas (pumpkin seeds)

*nuts & seeds, raw & unsalted



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STOCK YOUR PANTRY

OILS & VINEGARS



- Balsamic Vinegar [white and brown]
- Red Wine Vinegar
- Apple Cider Vinegar
- Sherry Vinegar
- Extra Virgin Olive Oil
- Avocado Oil
- Coconut Oil

SPICES & HERBS

- Black Pepper
- Garlic Powder
- Ground Ginger
- Cinnamon
- CayennePaprika (sweet & smoked)
- Oregano
- Chili Flakes
- Ground Cumin
- Ground Nutmeg
- Ground Cloves
- Bay Leaves
- Curry Powder
- Spice Blends (garam masala, herbs de provence, za'atar, harissa)

FLAVOR BOOSTERS

- Roasted Peppers
- Olives
- Nutritional Yeast
- Mustard
- Hot Sauce
- Capers
- Pickles
- Honey
- Maple Syrup
- canned chilis
- sun-dried tomatoes
- Thai chili paste
- anchovies
- tamari
- fish sauce
- tomato paste
- garlic
- onions

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TOOLS THAT OPEN, CONTAIN & MOVE
KITCHEN ZONE: REFRIGERATOR /FREEZER

VACUUM SEALER | WITH BAGS

A vacuum sealer can be one of the most valuable tools in your kitchen! It can help you save money and prevent unnecessary spoilage of food. Once the air is removed from the storage bag, freezer burn and frost are much less likely, allowing you to purchase and store foods in bulk that are either on sale or in season.

RECOMMENDED USES:

- buy animal proteins, like salmon, in bulk when they are on sale and store in the freezer for up to 6 months
- pre-marinate proteins then refrigerate and freeze
- blanch produce, like broccoli, freeze on a sheet pan then vacuum seal and place back in the freezer. This will eliminate the produce from freezing in a clump.
- rinse and dry seasonal fresh fruits, like berries, freeze on a sheet pan, then vacuum seal for freezer storage
- defrost frozen proteins in a bag under cold, running water
- vacuum seal leftovers!

Choose a vacuum sealer with BPA- free bags.
A vacuum sealer can be an invaluable resource when taking advantage of seasonal items or sale items (i.e. King salmon).



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TOOLS THAT OPEN & CONTAIN

CAN OPENER

A can opener is an essential kitchen tool. Canned foods are an easy, cost-effective way to eat healthy year-round. Look for no-salt-added or low-sodium canned food options. BPA-free cans are becoming more common and are typically identified.



GLASS CONTAINERS| WITH LIDS

Make sure to have a variety of sizes (8 oz., 16 oz., and 32 oz.). These are essential for leftovers as well as storing prepped foods. Glass containers are preferred to plastic - they are easier to clean, do not absorb food odors, and can be used to reheat leftovers.



MESH PLASTIC BAGS| VARIETY

Keeping mesh produce bags handy is helpful for short-term storage of prepped foods, portion control, and packing fresh produce "to-go" for lunch or snacks.



MASON JARS| WITH LIDS

Mason jars come in a variety of sizes and are a sustainable and safe way to store many foods, both wet and dry.



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TOOLS THAT MOVE

Whole Lifecycle NUTRITION



Tongs



Soup & Sauce Ladel



Chef's Fork



Plastic Bowl Scraper

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STOCK YOUR REFRIGERATOR

Whole Lifecycle NUTRITION



FOOD SAFETY

Refrigerators should be set to maintain a temperature of 40°F or below. Bacteria grow most rapidly between 40°F and 140°F.

Be sure to keep refrigerator/freezer doors closed tightly at all times, and do not open them more than necessary. Foods held at temperatures above 40°F for more than 2 hours should not be consumed.

STORAGE

The temperature throughout the unit should be 40°F or below. Store raw meat, poultry, and seafood on the bottom shelf in containers or sealed plastic bags to prevent juices from dripping or leaking onto other foods. Freeze them if you don't plan on eating them within a few days.

Keep eggs in their original carton or egg holder and store them in the main compartment of the refrigerator rather than the door. Do not store perishable foods in the door.

DRAWERS

Sealed crisper drawers are the optimal way to store fruits and vegetables. Higher humidity is required for vegetables, while fruits require lower humidity.

The meat drawer has an adjustable temperature to maximize the storage time of meat and cheese and directs cool air into the drawer to keep items cold without freezing.

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STOCK YOUR REFRIGERATOR

VEGETABLES

- arugula
- bibb lettuce
- radicchio
- romaine
- spinach
- kale
- Swiss Chard
- peppers
- carrots
- cucumbers
- eggplant
- escarole
- celery
- broccoli
- beets
- ginger
- green beans
- bok choy
- Brussels sprouts
- parsnips
- cauliflower
- zucchini
- red cabbage
- asparagus
- fennel
- scallions
- beets
- peppers
- mushrooms
- herbs
- green cabbage

FRUITS

- apples
- oranges
- clementines
- grapefruit
- strawberries
- blueberries
- raspberries
- grapes
- kiwis
- lemons
- limes
- ripe avocado
- nectarines
- cherries
- peaches
- pineapple
- blackberries
- apricots

PROTEINS

- fish
- chicken
- eggs
- tofu
- tempeh
- turkey

DAIRY & ALTERNATIVES

- yogurt
- milks [dairy & non-dairy]
- cottage cheese
- cheese

COUNTERTOP | DRY STORAGE

- bananas [store away from other fruit to prevent over-ripening]
- melons [until ripe]
- pineapple [until ripe]
- tomatoes
- pears [until ripe]
- winter squash [spaghetti, butternut]
- sweet potatoes
- garlic
- onions

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STOCK YOUR FREEZER

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FOOD SAFETY

When thawing frozen foods, place in your refrigerator overnight. You can quick-thaw by placing bag of frozen food under cool, running water. NEVER thaw on your countertop



STORAGE TIMES

- fresh meats = 4-12 months
- ground meats = 3-4 months
- poultry
  - whole = 1 year
  - parts = 9 months
  - cooked = 2-6 months
- soups & stews = 2-3 months
- pizza = 1-2 months
- vegetables = 18 months
- fruits = 12 months

OTHER FOODS FOR FREEZER

- cooked quinoa
- cooked brown rice
- cooked beans
- stock [vegetable, chicken, bone broth]
- whole grain bread
- whole grain waffles
- spinach
- kale
- shrimp
- fruit pops