

COOKING CHECKLIST



KITCHEN AREA

- ☐ Clear benchtop (space to prep)
- ☐ Good lighting and access to power
- ☐ Stove and oven (gas or electric)
- ☐ Fridge and freezer space available
- ☐ Running water and sink access
- ☐ Working extractor fan or ventilation
- ☐ Microwave or kettle (optional)
- ☐ Trash and compost bins available
- ☐ General access to a clean kitchen space

APPLIANCES

- ☐ Blender or stick mixer
- ☐ Slow cooker, air fryer, or rice cooker
- ☐ Kitchen scale or food thermometer
- ☐ Sandwich press, waffle maker, or toaster
- ☐ Food processor (if available)
- ☐ Microwave (if not listed above)
- ☐ Electric frypan or portable hotplate
- ☐ Rice cooker or Instant Pot
- ☐ Storage containers (glass or plastic)

ESSENTIALS

- ☐ Chopping board and sharp knife
- ☐ Saucepan or pot, frying pan or skillet
- ☐ Baking tray, mixing bowl
- ☐ Tongs, spatula, wooden spoon
- ☐ Measuring cups and spoons
- ☐ Can opener, peeler
- ☐ Colander or strainer
- ☐ Jug or bowl for boiling water use
- ☐ Tea towels or paper towel

CLEANING & STORAGE

- ☐ Clean bench and sink area, dish soap, sponge or brush, drying rack or dishwasher
- ☐ Fridge and freezer cleared for new meals
- ☐ Wipes or surface spray, kitchen bin and liners, gloves or cloths for hot trays
- ☐ Compost bin (if used)

