



KITCHEN restore

Kitchen Restore is a community donation initiative with a mission to provide starter kitchen kits that include gently used or new household kitchen tools and equipment to low-resource individuals and families.

We accept new and very gently used items, as well as monetary donations. Every donation helps us provide a kit to a household in need.

**PURCHASE ITEMS FROM
OUR AMAZON WISH LIST.**



<https://tinyurl.com/2skfatba>

**MAKE A MONETARY
DONATION.**



<http://tinyurl.com/yj4m7y5e>

Meal Planning & Food Storage Resources

Getting Started with Meal Planning: www.sedgwick.k-state.edu/nutrition-health-wellness/cooking/MF3543%20-%20Getting%20Started.pdf

Guide to Handling Fresh Produce: extension.colostate.edu/docs/pubs/foodnut/09380.pdf

Safe Food Storage - The Refrigerator and Freezer: www.sedgwick.k-state.edu/nutrition-health-wellness/cooking/Safe%20Food%20Storage%20refrigerator%20and%20freezer.pdf

Safe Food Storage - The Cupboard: www.sedgwick.k-state.edu/nutrition-health-wellness/cooking/MF3131%20-%20Safe%20Food%20Storage.pdf

Spend Smart. Eat Smart.: spendsmart.extension.iastate.edu

Shop Simple with MyPlate: www.myplate.gov/app/shopsimple

FoodKeeper App: www.foodsafety.gov/keep-food-safe/foodkeeper-app

Additional resources: www.sedgwick.k-state.edu/nutrition-health-wellness/cooking/index.html