Bike Blender Checklist

Before:
• Check in with ECO2school staff for blender availability
• Buy your supplies
• Work with the teacher advisor and administrative staff for event approval
• Advertise your activity with banners, posters, and announcements

On Site:
• Allow at least 30 minutes set-up time on site
• Set the bike up on the stand
• Set up the table. Info at one end, smoothie materials at the other
• Cooler on the ground next to the bike
• Cut bananas in half but don’t peel them until the event starts

During:
• One person should handle the food
• A second person should stay with the bike overseeing the riders
• Make sure they do not stand while riding!
• Keep a hand on the blender and its lid
• If you are doing an event with young children, have a parent keep a hand on the child while they are on the bike
• Wipe down the table as needed to keep the space clean

After:
• Wipe down the table cover
• Wipe down the mounted blender parts
• Clean bowls, blender, cutting board and knife
• Store unused smoothie materials

Smoothie Ingredients
□ 30 cups
□ 1 gallon of apple juice
□ 15 bananas
□ 3 lbs. frozen strawberries
□ Ice (for the cooler and the smoothies)

6-8 oz. Smoothie Recipe
• ½ a banana
• 3-5 strawberries
• 1 cup juice (add water to the juice if needed)
• Scoop of ice

Materials Checklist
□ Table
□ Banner
□ Table cloth
□ Sponsor List
□ Clipboard with paper and pens
□ Rags / wash clothes
□ Gloves
□ Cutting board
□ Bowls
□ Knife
□ Scoops
□ Cups
□ Cooler
□ Bike
□ Blender
□ Bike stand