

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