



HOME OF *American Rights*

Supplies List for Summer Saturdays: Food, June 6

Staple Foods:

- A small bowl (large enough to hold approximately one cup)
- One of the following items to fill your bowl
 - Dried beans
 - Cornmeal
 - Whole wheat flour
 - White flour
 - Split peas
 - Coffee beans
 - Popcorn
 - Farro
 - Barley
 - Ground coffee

Ice Cream:

- $\frac{3}{4}$ cup cream (don't have cream at home? That's okay, milk will work but your frozen treat will have a more icy texture.)
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup sugar
- 1 teaspoon vanilla
- freezing supplies:
 - 3 cups ice
 - $\frac{1}{2}$ cup rock salt (don't have rock salt? Table salt will work, but kosher salt is a more effective substitute.)
 - 1 gallon zip-top bag and 1 quart zip-top bag, and tape OR two bowls that nest, preferably metal; along with plastic wrap and a large rubber band

Build a Menu

- Bill of Fare [printable download link coming soon]
- Modern menu items [printable download link coming soon]
- Historic menu items [printable download link coming soon]