March 24, 2017 Route to Target, Walmart, Staples, Panera and Sears

(1) Target 1200 S Federal Hwy, Deerfield Beach, FL
(2) Walmart, 2300 W Atlantic Blvd, Pompano Beach, FL
(3) Walmart, 3001 N State Rd 7, Oakland Park, FL
(4) Walmart, 3306 N University Dr, Sunrise, FL
(5) Staples, 7500 W. Commercial (corner University), Lauderhill, FL
(6) Panera Bread, Shoppes of Arrowhead, 2531 S University Dr, Davie, FL 33324
(7) Walmart, 4301 S University Dr, Davie, FL
(8) Sears, 901 N Federal HWY, Fort Lauderdale, FL  (STOP ONLY IF COLEMAN COTS ARE NEEDED)
(9) Target, Coral Ridge Mall
Shopping List, WALMART

Notes:
1. Until sheds are ready, store inside utility carts and on counter around the perimeter of the room at Rec #2
2. There are outlets along the wall (outside) facing the pool — in each Rec center.

80 Coleman Converta-Cots
30 Folding 6 ft. Tables
60 Folding 6 ft. Benches
Toaster Ovens brands:
• Farberware 9-Slice Toaster Oven (preferred, you will need minimum of 6) OR
• 6-Slice Toaster Oven (you will need a minimum of 9), brands:
  • Farberware 6-slice
  • Oster for Life 6-Slice Toaster Oven
Kitchen Utility Cars (to hold toasters (same as the # of toaster ovens)

Chest Freezers (3 or 3.2 cubic feet) minimum of 3
Small refrigerator 3 cubic feet, all refrigerator (no separate freezer section, minimum of 6)
12 Oneida Flatware sets for 4 (for cutting up cooked eggs)
12 Bistro Slotted Serving Spoon, Large (or equivalent)
12 PROfreshionals Mixing Spoons, 3pk (or equivalent)
20 4 Quart Pyrex Mixing Bowls
10 Utensil Holders (for large spoons)
4 Cutlery Trays
12 Taylor Mini Digital Timers
12 small white cereal bowls (Corelle or melamine is ok)
12 single hot plates (electric)
12 measuring spoon sets

Need quantity for 200 (every time chefs make egg salad):
Walmart's brand Great Value Paper Bowls, 10 oz 35ct, White
Walmart's brand Great Value Everyday Paper Plates, 8.5", 170 Ct, White
Dixie Everyday Bowls - 36 count, 10 oz
Dixie Everyday paper plates, 8.5 in
Disposable knives and forks

Shopping List, Target
6 Half Gallon Size Mason Jar (6-pack, for storing egg salad)
20 Wide Mouth Lids (8 per package)
20 Mac Sports Folding Wagons (2 per chef team)
Other, MJ, Large Pans (need 4 more pans; try to get equivalent pans at Target, need 4 more)
10 Inch Saute Pans (2)
13 inch Braising Pans (6)
Omelet Pans (2)

Food
Egg salad (served in a paper 10 oz. bowl with a plate containing a slice of buttered toast —may want to put out butter)
Amy’s pizza
Grilled Cheese
Chicken tenders

Food, for Egg Salad
Walmart, Farmhouse Cage-Free Eggs, Carton of 18
(Walmart or Publix) Hellman’s Mayonnaise made with Olive Oil (Green Plastic Lid)
Walmart Mezzetta Brand Capers, 4 oz.
Redmond Real Salt (from ancient sea beds in Utah, 66 minerals instead of 88 in Celtic Sea Salt)
Hain Sea Salt (uncertain # minerals because it's bleached white)

Food, for Egg Salad
Publix Food for Life Sprouted Grain Bread (red, green or navy plastic packages)
Panera Sourdough bread, sliced (medium size loaf; the extra large loaf has a gummy texture)
Publix sourdough baguettes are very good (avoid the sour dough loaves at Publix, very gummy)
Publix butter, unsalted

Recipe, guideline:
3 eggs per person
1 small to medium dollop of mayo per person (use a tablespoon)
1 teas of capers per person
1/8 of a teas sea salt for every 2 people

Also:
Buy extra eggs
Use shallow white cereal bowls to check for black spots
Open several eggs into a shallow bowl and carefully drop into boiling water
12 minutes is min. required time for hard boiled eggs
Lift out with a slotted spoon (drain on a paper plate)
Move the eggs into a 4 quart mixing bowl cut up immediately with a knife and fork

Cleanup
Buy 12 Bon Ami cleaners at Publix
Order 12 Thomson Vitamin C powders from the Walmart site
24 Good Cook 3-Piece Jumbo Kitchen Scrubber Set (these are nylon/plastic scrubbers that will not scratch 18/10 stainless steel—they do sell these in store
Food, alternative for the toaster ovens
Food for Life Sprouted Grain bread (or sourdough baguette) from Publix or sliced medium sourdough loaf from Panera Bread
Applegate Naturals Extra Sharp Cheddar Cheese slices (8 slice package, 3 slices per serving, sold at Publix McNab and Federal Hwy.
Applegate Naturals chicken tenders sold at Publix McNab and Federal Hwy. Note: Plan ahead and get a few Simply Organic DIP MIXES from the Walmart Web site to mix with yogurt or sour cream—and plan a tasting—to see which one residents like best. serve in small 10 oz. bowls.

Food, alternative for the toaster ovens
Publix Amy’s family size cheese pizza

Breakfast or Snack (Walmart, Target and Publix sell Noosa 4-packs, Publix sells Fage yogurt)
Fage Total Yogurt (plain yogurt)
Noosa 4-packs will be helpful for those who need to develop a taste for plain yogurt. Scoop a flavor (e.g. blueberry) and carefully avoid the sugary fruit portion. Blend together with a Fage in a paper bowl (the tiny Noosa from a 4-pack is not very large).
Buy fresh Thyme (organic) at Publix and pull leaves off 6-8 sprigs to mix with yogurt (this is a very effective antiparasite remedy that is an alternative to Neem Iced Tea). For Martha Stewart’s video, see: https://www.youtube.com/watch?v=LSxjTu2Bgy8

Dessert (when parasites are under control)
Cheesecake.com 6 inch cheese cakes for the small chest freezers
Note: you will need to plan ahead and buy small paper plates

Notes:
• 2-person chef teams will need to prepare food for 20 people. Occasionally meet to discuss best practices.
• Chefs should try to calculate the approximate number of grams of protein in the dishes they serve (e.g. a large egg is 7 grams).