



Blender Bike Checklist for Requesting School

School: _____

Check with Head Custodian that they have received notification from Facilities of bike delivery and pick-up	
Notify School Nurse and/or Health Assistant about upcoming celebration to provide check for food allergies	
Inspect basic kit and ensure all components are included	
<ul style="list-style-type: none">• Blender Pitcher in container plus spatula	
<ul style="list-style-type: none">• Binder including: Recipe Card, Cleaning Instructions, Bike Operating Instructions, Blending Instructions, Preparations for Return of Bike to 1930 Como	
<ul style="list-style-type: none">• Bike Pump & Bike Tools	
Review operating instructions and test tire pressure	
Have pitcher sanitized and rinsed by building Nutrition Services staff prior to use	
Clean pitcher immediately following use	
Have building Nutrition Services staff sanitize and rinse pitcher following use of blender bike	
Ensure basic kit has all items accounted for and re-pack items in bag in the way they arrived and attach back on the bike	
Move bike to location where custodians plan to secure it until Facilities picks up	
Re-place coverings protective drapes	
<ul style="list-style-type: none">• <i>FYI if supplying own ingredients:</i>	
<ul style="list-style-type: none">○ Keep it simple; stick to 3-4 ingredients, such as frozen fruit, bananas, juice, yogurt, small amount of spinach or kale	
<ul style="list-style-type: none">○ Although pedal power is awesome, it can't provide the watts that your Ninja or Vitamix machine at home can; to avoid creating a concoction with an overwhelming amount of texture, you might want to avoid foods that are hard to pulverize like apples and carrots	