**Break Room Resuscitation**

*With minimal expense and effort, and a little creativity, break rooms can be revived in support of nourishing the caregivers. This way one can still eat well in the event the cafeteria is closed, someone forgot their lunch, or the workload is such that the only option is to grab fast food from the vending machine.*

**Revival Equipment:**

* Toaster or countertop convection oven
	+ Look for one that comes with a sheet pan and a small mini or 6 slot muffin tin
* Water dispenser
* Water pitcher
* Instant hot water kettle
* Slow cooker
* Small cutting board and paring knife
* Can opener
* Small fridge
* Microwave
* Ceramic ramekins

**Culinary Crash Cart:**

* Canned items
	+ Beans: kidney, chickpeas, white, black.
	+ Olives
	+ Tuna
* Flavor enhancers
	+ Oils, vinegars, Sriracha, or salsa
* Sweeteners
	+ Honey, maple syrup, or coconut sugar
* Flavor pops
	+ Dried herbs and spices such as Italian seasoning, curry, garlic

 powder, chili powder, cinnamon, sea salt, black pepper

* Whole oats
* Nut butters
* Nuts and seeds, dried fruits
	+ Almonds, walnuts, pumpkin, sunflower, flax, chia
	+ Raisins, prunes, cranberries, dates

**Fluids:**

* Herbal teas
	+ Green, ginger, chai, chamomile, matcha, mint
* Water
	+ Fresh herbs, citrus, fresh fruits, cucumber

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