

## Preparing to Use the Blender Bike

### Considerations for Using the Blender Bike

Using the blender bike will require the following considerations:

- Securing funding for food expenses
- Estimating amounts and purchasing ingredients
- Assembling the needed equipment (such as measuring cups, kitchen knives, etc.)
- Keeping food cold while transporting and at the event
- Transporting the bike to and from the event location.
- Setting up the event
- Staffing the bike at the event
- Delivering an educational message, recipes can be distributed to take home
- Understanding how to troubleshoot bike issues, see Trouble Shooting Guide (e.g., adjusting the seat height, adjusting the blending mechanism)
- Taking photos of the event
- Submitting a brief report about the use of the bike to the 4-H Healthy Living Team



### 4-H Blender Bike Logistics

#### Transportation

The 4-H Blender Bike can be a challenge to fit into some vehicles because of the bar that holds the front wheel stationary. It fits best in an SUV, minivan, or pickup truck. It can be turned on its side to fit into a vehicle. The blender bike dimensions are as follows: 35" wide x 38 ½" high x 59" long (front to back). The two small wheels on the front bar can easily be removed to gain a few extra inches of space. Secure the elastic strap by wrapping it around the handle bars.

#### Facility Needs

- Doorways and space large enough to accommodate dimensions of the bike
- Water supply nearby (for cleaning up)
- Trash can for used cups and containers
- Table or cart to use as a work surface

#### Supervision and Safety

The blender bike can provide an experiential learning activity with a health message for youth and adults at events and in classroom settings. The appeal of the blender bike is that it's fun, which makes it attractive to children. They want to get on the bike and pedal, even when the blender is not attached to the bike. However, the blender bike is an expensive piece of equipment. Therefore, we suggest that at least two people accompany the bike to ensure that it is used as it is intended. For example, if pedaled too vigorously the chain can become dislodged.



## Supplies

- Cooler with ice (to keep perishable food cold)
- Ice (for smoothies)
- Bowl or container and scoop for ice
- Bowls for ingredients and for serving, as needed
- Large liquid measuring cup
- Small paring knives
- Cutting board
- Dry measuring cups
- Mixing spoon
- Spatula
- Scissors (to cut open plastic bags of fruit)
- Paper towels or sponge for cleaning up
- Wet wipes (to clean up and wipe bike handlebars)
- Small paper or plastic cups (for smoothies, one per attendee)
- Plastic gloves for safe food handling



## Blending Procedure

1. Wash hands before handling food.
2. Set up workspace with supplies and ingredients. Arrange educational materials and signage.
3. Ensure perishable foods are kept cold or on ice.
4. Prepare ingredients and place in blender container.
5. Adjust height of bike seat to fit the size of the rider.
6. Set the blender container on the base at the front of the bike.
7. Loop the strap over the top of the blender and secure.
8. Begin pedaling forward to turn the blades of the blender.
9. If the blender becomes stuck, then stop pedaling and stir contents with a spoon.
10. Re-secure the top of the blender containers and then pedal.
11. When blending is complete, remove strap.
12. Empty contents of blender container for sampling (i.e., pour smoothies into cups,
13. When done, wipe down bike, clean up workspace and utensils, and dispose of trash.



## Recipe Tips

- For best results, allow frozen fruit to thaw somewhat before blending and cut large pieces into smaller chunks.
- If using fresh instead of frozen fruit, proportion of ice may need to be adjusted accordingly.
- Multiply amounts in recipe based on number of participants you plan to serve.
- Read the labels and use ingredients with little or no added sugar, salt, and fat.
- Fruit is naturally sweet. If using a recipe that calls for added sugar or honey, try it first without added sweetener.
- Greek yogurt provides more protein per serving than regular yogurt.

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