

Guidelines for SARA Bucket Cookers

Thank you for volunteering to cook a bucket or two of food for one of SARA's events. Listed below are a few pointers on bucket-cooking. If you have any questions or concerns, please get in touch with the Event Coordinator, Hash House Coordinator or someone on the committee. SARA has a freezer located in Colonel Light Gardens where your cooked buckets of food will be stored until the event.

1. Before you cook your food, contact the Event Coordinator to make sure you'll be able to drop your food off at the freezer or have it picked up on the day it is cooked.
2. When choosing what to cook you will be coordinating with the other bucket cookers for the event. It is often good to have 2 buckets of the same dish, rather than lots of single buckets. So, if you're just cooking one bucket, it might be good to make sure someone else is cooking another bucket from the same recipe.
3. A balance of vegetarian and meat-containing dishes is needed for each event. It's often simplest to make all soups vegetarian, and then have a mix of meaty and non-meaty mains. The HH coordinator will help with assignment of dishes.
4. Please also consider whether or not your dish can be made gluten-free. Often this is a simple matter of choosing a gluten-free stock and not including flour or other ingredients that include gluten. Please try to avoid nuts in your dishes – or if you do use nuts, make sure the dish is very clearly labelled as including nuts.
5. All dishes should have a detailed ingredients list (include brand names of stock etc) included on the lid of the bucket and emailed to the Event and HH coordinators.
6. When filling buckets, leave a gap of 10cm at the top to allow for expansion during freezing
7. Keep all your receipts for ingredients, and forward them to the SARA treasurer with an expenses claim form from the SARA website

THANKS AGAIN!