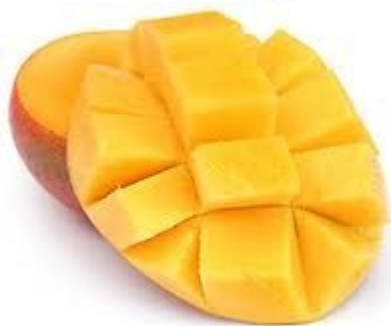




Smoothie Bike User's Guide

v2



Copal



Proudly supported by
Northern Territory
Government

Australian Government

city of
PALMERSTON

Copal BACKGROUND INFO

Wouldn't it be great to...

- >> Give your children the best chance to be healthy?
- >> Live in a community where there are lots of ways to enjoy being active?
- >> Discover safe scenic paths to cycle or walk to work and school?
- >> Develop skills for preparing delicious meals that are good for you and your family?
- >> Understand food labels so you can plan healthy meals for your family?
- >> Feel healthier and have more energy to do the things you enjoy?

The City of Palmerston, the Northern Territory Government and the Australian Government think that these are great ideas too. That's why they have started COPAL in Palmerston. **The Imagination Playground is available for hire at all childcare centres and schools in Palmerston and to Palmerston based community events held in the City of Palmerston Municipality.**

COPAL is a 5-year partnership between the Territory, Commonwealth and local governments. It's about everyone in the Palmerston community working together to create all kinds of ways to enjoy healthy eating and to have fun being active. We focus on community-level changes that can help to make healthier options an easier choice for families and children, so we'll be working with children's biggest influences – family, friends and peers across the places where children live, learn and play.

How will COPAL work?

COPAL will involve people and organisations working together across the whole community. Palmerston has a COPAL Manager based within the City of Palmerston council. They will work with individuals (like you) and with a range of community groups – including schools, health services, council and private businesses.

Local committees with people from all walks of life will work together to find out what Palmerston needs to help children and adults to be more active and make healthy eating choices. Sometimes that might mean making better use of existing programs. Sometimes, it will mean getting everyone's heads together to develop new programs. The result will be a community where it is easier for you and your family to live a healthy life.





THIS KIT CONTAINS:

1 x COPAL SMOOTHIE BIKE

BLENDER KIT

- ◆ 1 x blender including: jug, grey seal, blade section, black base

WASH-UP KIT:

- ◆ 2 x tea towel
- ◆ Long -handled dish washing brush

NON FOOD-RELATED EQUIPMENT:

- ◆ 1x laminated Rock the Bike Fender Blender manual (manufacturer)

Before using: Wash blender with soapy water. Rinse.

Wash blenders periodically during use.

*Clean and dry all items after use
(disassemble blender to clean thoroughly, dry, reassemble to return).*

Please return all COPAL kit items, including this manual (equipment checklist included).

Copal SAFETY FIRST . . .

KEEP IT SAFE, TO KEEP IT FUN - The following information is intended as a guide for safe use of the COPAL smoothie bike. It is not exhaustive. It is the responsibility of the borrower to conduct their own risk assessment prior to use and to ensure due care at all times.

Preparation (pre-event) safety

- Inspect and test the bike to ensure it is in good working order
- Wash blender and other food tools in warm, soapy water. Rinse
- Plan appropriate hand hygiene and food storage.
- Plan adequate sun protection for those waiting in line if outdoors

Setup safety

- Re-Inspect and test the bike to ensure it is in good working order
- Setup rubbish bins/bags as required
- Set up eskies and containers for food storage
- Set up hand hygiene station (as required: gloves, soap and water or sanitising hand gel/wipes, disposable paper towel, food handling gloves if required)
- Set up buckets to wash and rinse blenders (soapy water bucket, rinse water bucket, larger crate to tip water into)
- Always set up the Smoothie Bike on even, stable ground. If it's just a little bit unsteady while in use, stand facing the front of the bike, steady the front brace with a foot and steady the frame with your hands if necessary, while the user is pedalling.
- Set and keep a clear exclusion zone around the bike at all times and supervise closely to make sure waiting children can't reach any moving parts (eg. mixer, wheel, chain). Use Chalk to mark an exclusion zone if you're on concrete or you could also use rope, tape or line marking chalk/paint depending on the surface.

Food handling safety

- Store food at appropriate temperatures (eg. in an esky with ice) and protected from flies.
- Clean your hands and change gloves at the start (and throughout the event as appropriate), before touching any foods.
- Avoid directly touching foods wherever possible (eg. pour straight from packets into the blender, peel each banana as needed, use a spoon to get ice cream off the ice cream scoop or other spoon).



Copal SAFETY FIRST . . .

Cleaning safety

- Wash blenders and scoops/spoons in soapy washing water then rinse (before use as well as periodically during use).
- After our event, clean all items thoroughly. Disassemble jugs by unscrewing black attachment section at base. Clean all pieces. Dry thoroughly and reassemble.
- Take care to avoid the blender blades when cleaning. They're very sharp. Use a long-handled brush to wash jugs while they're assembled and to clean the blade section at all times.

Allergy safety

- Display a board listing the smoothies available and the ingredients of each (allergy awareness)
- Check with each rider if they have any food/drink allergies (especially if unaccompanied)

Safety in use

- Suitable footwear must be worn by each user. No bare feet.
- Tuck long shoelaces into shoes, so they won't catch on moving parts.
- Remove or tuck in long necklaces, lanyards or any other items that could catch on the bike while leaning forward or climbing on or off.
- Watch carefully as children climb on and off the bike and while they're on it. Warn users before starting not to touch anything other than the bike handles. Make sure they don't reach for any moving parts.
- Test to make sure the rider can reach the pedals and handle bars comfortably once seated and once they start pedalling. If not, ask for a stand-in person to pedal for them. They must stay seated to pedal.
- Adjust the seat height as necessary for safe riding. Never adjust while someone is on the bike.
- Only one person on the bike at a time – never holding a child.
- Keep the lid on the blender when it's connected to the bike. Never insert hands or objects into the blender when connected to the bike.
- Avoid touching sharp blender blades at all times.
- If the blender lid has to be held in place during use, take care to only hold the jug and lid. Keep hands well away from all moving parts of the bike.
- Be sure the wheel has stopped turning and that no-one will be touching the bike pedals before touching any parts around or beneath the blender platform.





OPERATING INSTRUCTIONS

Smoothie Bike set up and use...

To engage or disengage the blender section from the bike tyre (which drives the blender blades):

- **To engage:** Rotate the top disc of the blender platform (black discs on the front of the bike) anticlockwise as far as it will go. This engages the top disk with the front tyre of the bike

Using the flat-head screwdriver, tighten the silver bolt on the top of the black blender platform. This will hold the blender platform in place and keep it engaged.

- **To disengage** the blender setup, use the flat head screwdriver to loosen the silver bolt on top of the black blender platform and then twist the platform clockwise. This will disconnect the platform from the front tyre.

To make a smoothie:

- Make sure the base of the blender jug (where the blender blades are housed) is assembled, including the grey seal, firmly engaged and firmly attached to the bottom of the blender jug
- Fill the jug with ingredients before attaching the jug to the smoothie bike
- Fit the lid onto the jug
- Fit the jug onto the blender platform (black discs on the front of the bike). Make sure the base of the jug fits properly onto the square metal peg that will turn the blender blades
- Check the blender and blender lid. You might need to hold the blender lid on during pedalling
- Once ready and all safe, ask cyclist to start pedalling. Pedal fast enough and for long enough to blend ingredients and froth the drink
- Bring the bike wheel to a complete stop before removing the blender
- Pour the smoothie in the cup and enjoy (yum!)
- To stop the blender before the bike wheel stops turning or if you otherwise need to disconnect the blender attachment from the bike wheel: use the flat-head screw driver to loosen the silver bolt on top of the black blender platform and then twist the platform clockwise.

This will disconnect the platform from the front tyre.



Copal TIPS FOR SMOOTH RUNNING

Ideas to help your Smoothie Bike sessions run smoothly.....

- We recommend you have 2 people working together on the smoothie bike. You'll need to take money, supervise riders, manage/supervise the line, load up the blender with ingredients and clean the blender periodically.
- Allow time to get the food area and bike set up before you let people line up or pay.
- Number the bottom of smoothie cups before use to help keep a fair order in the line (this can also help you track how many smoothies were sold if you want to know for cost calculations afterwards). Raffle tickets might also work to keep the line fair.
- Pour ingredients such as frozen berries, yoghurt and milk straight from the containers or packets if possible, to reduce food handling and mess.
- Keep any cold or frozen ingredients that aren't in use in the ice and in a good esky. Keep items in use out of the sun and in ice if possible
- Smaller portions of icecream work best for handling, as it melts quickly once out of the esky. Buy or divide icecream into 1 litre portions if possible. Leave all icecream in the ice and in a good esky (closed!) and only keep one portion out to work with.
- 2 metal desert spoons work best for the icecream—one to scoop it and one to slide it off the spoon and into the blender.
- Bananas don't need to be pre-prepared. Peel each banana as needed. Squeeze out the top half of the banana, then store the other half (still in the skin) until needed.
- Get an idea of minimum height for safe riding (able to pedal properly while still seated), so you can spot the kids that might be too small and ask for a taller friend or parent to ride the bike for them.
- Allow approx 2—3 minutes per smoothie (20 -30 smoothies per hour) if you have 2 people helping



Copal SMOOTHIE RECIPE IDEAS

Apricot Lassi

Lassis are tasty yoghurt based drinks that originate in India

Blend **1/2 cup of canned apricots with juice**, and **1/2 cup of low fat yoghurt (natural or vanilla flavour)** and **3 ice cubes**. Pedal until foamy and smooth.

Variation:

Substitute the apricots for another canned fruit or your favorite fresh fruit. Mangos, bananas and berries work really well.



Fruit Smoothies



1/4 cup of low fat milk

1/4 cup of low fat yoghurt OR 1 small scoop of icecream /frozen yoghurt

1/4 cup of chopped fruit

Put milk, yoghurt/ice cream and fruit into a blender and pedal! Blend until smooth and frothy.

You can use any fruit for this recipe—some favorites are bananas and frozen mixed berries but you can try strawberries, mangoes, tinned fruits or a combination.

Delicious and healthy!

COPAL supports Palmerston children and families to eat well and be active. The Smoothie Bike is a fun and active way to make delicious, healthy smoothies. To make sure your smoothies are a healthy snack choice, follow the tips below:

- ◆ Use low fat milk and yoghurt
- ◆ If icecream's used (instead of yoghurt), just add a small amount per serve
- ◆ Add small amount s if you use honey (give it a miss if you're using icecream)
- ◆ Avoid flavoured milks, syrups, sugar, toppings, added lollies etc
- ◆ Serving sizes: 250ml (child) up to 400ml (adult)



Copal SHOPPING SUGGESTIONS

- Remember to buy low fat milk and yoghurt for use with the COPAL smoothie bike
- Compare the per 100ml/100g/kilogram prices between brands for best value, look for discounts and consider cheaper generic brands
- Purchase cold and frozen ingredients in sizes that are easy to store in the esky while not in use and easy to manage when you're making the smoothies
- If purchasing in larger sizes for cost saving, consider dividing ingredients into smaller containers that will be easy to store and handle while making the smoothies
- If there are no facilities for pre-event storage of cold and frozen ingredients, plan to shop just before the event and store in ice in eskies as soon as possible
- Consider buying partially ripened bananas a couple of days before your event, in case ripe ones aren't available on the day.



Copal PRICING SUGGESTIONS

- Our feedback suggests that approx 250ml of smoothie is a suitable size for children, poured into a larger sized cup to reduce spills
- Consider pricing at \$2—\$3 for fundraising purposes (250ml smoothie). A gold coin donation is usually a \$1 donation and this is unlikely to make enough profit for your efforts.
- Estimate the number of smoothies you can make (considering quantities of ingredients available and amount of time the smoothie bike will be in use)
- It's difficult to give exact costings for smoothies as ingredients, package sizes, product brands and smoothie serve sizes might vary.

Below is one example of costings (from a local primary school event):

Coles low fat Milk (2 x 3L)	\$6.00
Coles brand Ice-cream (1 x 4L)	\$4.29
Nannas mixed frozen berries (1kg)	\$9.71
Banana (15 large – half per serve)	\$11.08
Total expenditure	\$31.08

Serves produced = 60

Allow approx 2—3 minutes per smoothie (20 -30 smoothies per hour)

Cost per serve = approximately 50 cents





Supporting Palmerston to eat well and be active

COPAL is a 5-year partnership between the Territory, Commonwealth and local governments. It's a positive and non-stigmatising program, with a focus on community-level changes that can help to make healthier options an easier choice for families and children. We'll be working with children's biggest influences – family, friends and peers across the places where children live, learn and play.

