

# *Healthy Cooking Equipment*

Here's a list of useful cooking gear for your healthy kitchen. Check off what you already have and what you plan to get.

<b>Item</b>	<b>I have it</b>	<b>I need this</b>
Knife set	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable peeler	<input type="checkbox"/>	<input type="checkbox"/>
Cheese grater	<input type="checkbox"/>	<input type="checkbox"/>
Cutting board	<input type="checkbox"/>	<input type="checkbox"/>
Measuring spoons	<input type="checkbox"/>	<input type="checkbox"/>
Measuring cups	<input type="checkbox"/>	<input type="checkbox"/>
Frying pan, non-stick	<input type="checkbox"/>	<input type="checkbox"/>
Wok, non-stick	<input type="checkbox"/>	<input type="checkbox"/>
Mixing bowls	<input type="checkbox"/>	<input type="checkbox"/>
Kitchen scales	<input type="checkbox"/>	<input type="checkbox"/>
Frying pan, non-stick	<input type="checkbox"/>	<input type="checkbox"/>
Colander or strainer	<input type="checkbox"/>	<input type="checkbox"/>
Microwave vegetable steamer	<input type="checkbox"/>	<input type="checkbox"/>
Blender, bench top or handheld	<input type="checkbox"/>	<input type="checkbox"/>
Plastic storage containers	<input type="checkbox"/>	<input type="checkbox"/>
Resealable plastic bags	<input type="checkbox"/>	<input type="checkbox"/>