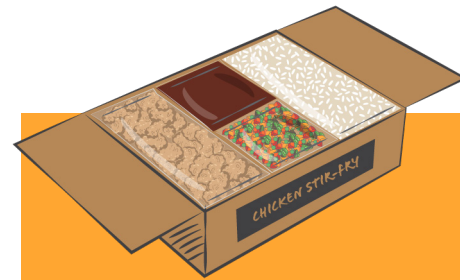


# Scratch-Cooking Continuum



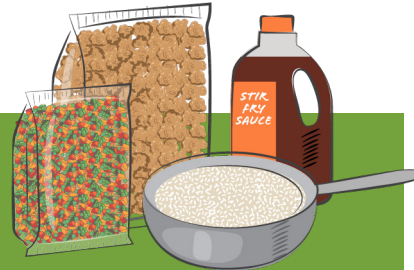
## Ready-to-Eat/ Individually Wrapped

Comes pre-wrapped and is typically heated and served in packaging.



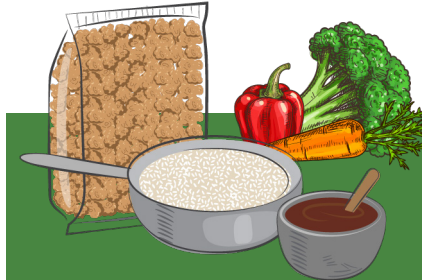
## Heat & Serve

Includes fully-cooked, processed components that come in bulk packaging and are prepared according to "directions for use."



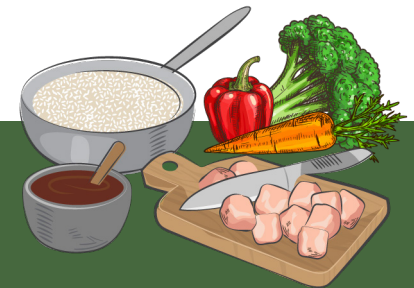
## Foundational Speed-Scratch

Uses ready-made, convenience products without adding fresh ingredients or culinary techniques.



## Fresh Speed-Scratch

Combines ready-made products from whole, minimally processed ingredients with fresh ingredients to make a new, complete dish.



## Scratch-Made

Uses whole, raw, or minimally processed ingredients, raw animal proteins (if applicable), and culinary techniques.



The Chef Ann Foundation's scratch-cooking continuum illustrates the journey from pre-packaged, processed foods to creating scratch-made dishes using whole, fresh ingredients and culinary techniques.