



BULOKE
SHIRE COUNCIL

Smoothie Bike

USER GUIDE



SMOOTHIE KIT CONTENTS:

- 1 x Smoothie Bike
- 2 x Blender Jugs
- 1 x Black Elastic Strap
- 2 x Rinse/Wash Tubs
- 1 x Plastic Container
- 1 x Tyre Pump
- 1 x Toolkit
- 1 x Chopping Board
- 1 x Knife
- 3 x Tongs
 - Rubbish Bags
 - Disposal Cleaning Wipes
 - Esky can be provided upon request



Please return all kit items, and refill any stock used



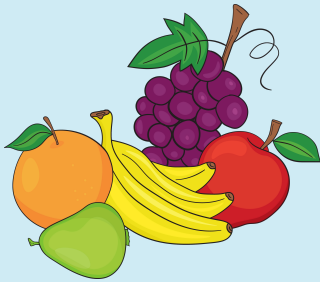
Tips

- Wash all blenders & food tools in warm soapy water.
- Wash blenders periodically during use.
- Clean & dry all items after use (disassemble blender to clean thoroughly, dry & reassemble to return).

FOR A SMOOTH EVENT

ENSURE YOU HAVE THE FOLLOWING:

Fruit



Milk, water & coconut water



Esky

to store cold/frozen ingredients in



Smoothie cups



Straws (optional)



Hand sanitiser



Gloves

for safe food handling practices



Rubbish bins/bags

for disposing of rubbish and scraps

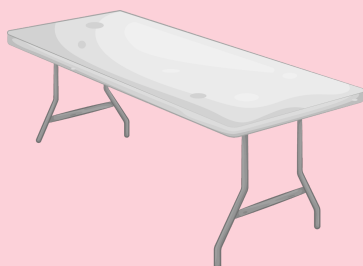


Access to water

for rinsing and cleaning of blender jugs between use



Table



Dishwashing Liquid



Cleaning cloths/wipes



SAFETY

The following information is intended as a guide for safe use of the Smoothie Bike.

It is the responsibility of the hirer 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.
- ✓ Check and tighten all screws if required (allen key provided).
- ✓ Wash blenders and other food tools in warm, soapy water then rinse.
- ✓ Plan appropriate hand hygiene and food storage.

SET UP SAFETY

- Re-inspect and test the bike to ensure it is in good working order.
- Re-check and tighten all screws if required (allen key provided).
- Set up 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

FOOD HANDLING SAFETY



Store food at appropriate temperatures (e.g. in an esky with ice) and keep protected from flies/insects.



Clean hands and change gloves at the start and then as appropriate, before touching any foods.



Avoid directly touching foods wherever possible (e.g. pour straight from packets into the blender, peel each banana as needed, use a spoon to get yoghurt out of jugs etc).

CLEANING SAFETY

Wash blenders and scoops/spoons in soapy washing water then rinse periodically during use.

After use, clean and dry all items thoroughly.

Take care to avoid the blender blades when cleaning. They're very sharp. Use a long-handled brush to wash jugs and blades while assembled.



ALLERGY SAFETY

Check with each rider if they have any food/drink allergies (especially if unaccompanied).

WHEN USING THE SMOOTHIE BIKE FOR SAFETY REASONS:

- 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 handlebars comfortably once seated and once they start pedalling. If not, ask for a stand-in person to pedal for them.
- Riders 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.
- Keep hands well away from all moving parts of the bike.
- Be sure the wheel has stopped turning and no-one will touch the bike pedals before touching parts around or under the blender platform.



OPERATING INSTRUCTIONS

SMOOTHIE BIKE SET UP AND USE:

1. Make sure the base of the blender jug (where the blender blades are housed) is assembled, and firmly attached to the bottom of the blender jug.
2. Fill the jug with ingredients before attaching the jug to the smoothie bike.
3. Fit the lid onto the jug.
4. Fit the jug onto the blender platform (black discs on the front of the bike).
5. Make sure the base of the jug fits properly onto the base.
6. Make sure the wheel of the bike is not turning when placing the blender on to the bike.
7. Check the blender and blender lid.
8. Use the black elastic strap to secure the blender jug in place.
9. Once ready and all safe, ask cyclist to start pedalling.
10. Pedal fast enough and for long enough to blend ingredients.
11. Bring the bike wheel to a complete stop before removing the blender.
12. Pour the smoothie in the cup and enjoy.

Please ensure that you test the smoothie bike once you collect it. If there are any problems with the function of the bike, contact Buloke's Youth Team on 1300 520 520.



Smoothie Recipe Ideas



BANANA SMOOTHIE

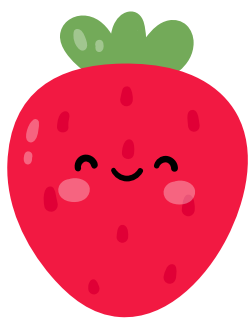
1 cup of reduced fat milk

1/2 cup of low fat Greek yoghurt

1 banana (fresh or frozen)

Put all ingredients into blender, secure blender to bike and pedal!

Blend until all ingredients are smooth, 30 secs - 1 minute



MIXED BERRY SMOOTHIE

1 cup of reduced fat milk or coconut water

1/2 cup of low fat Greek yoghurt

3/4 cup frozen berries

Put all ingredients into blender, secure blender to bike and pedal!

Blend until all ingredients are smooth, 30 secs - 1 minute

MANGO TANGO SMOOTHIE

1 cup of reduced fat milk or coconut water

1/2 cup of low fat Greek yoghurt

3/4 cup frozen mango

Put all ingredients into blender, secure blender to bike and pedal!

Blend until all ingredients are smooth, 30 secs - 1 minute

