Community Kitchens

Food Security Network of Newfoundland & Labrador
Healthy food for all!

Food Security Network of Newfoundland and Labrador
www.foodsecuritynews.com

Community Kitchens

Agenda

1. What is a Community Kitchen
2. Why Start a Community Kitchen
3. Identifying a Group
4. Kitchen Coordinator
5. Partnerships
6. Location
7. Funding
8. Kitchen Orientation
9. Supplies
10. Leading a Community Kitchen
11. Healthy Eating
12. Recipes

What is a Community Kitchen?

- Small groups of people preparing meals together
- Participants bring meals home to their families
- Everyone contributes to planning, preparing, and cooking

Why Start a Community Kitchen?

- Develop food knowledge and cooking skills
- Learn about nutrition, food labels, using Canada's Food Guide
- Learn about budgeting and cost-effective shopping
- Social benefits

Identifying a Group

- Four to eight participants
- Can draw from an existing group (seniors, youth, single parents, tenants association, etc.)
- Or hold a community meeting to recruit participants

Kitchen Coordinator

- Can be volunteer or staff of a community organization
- Tasks:
  - Finding kitchen partners
  - Promoting the kitchen
  - Managing group
  - Shopping for food & managing budget
  - Keeping an inventory of supplies, organizing storage areas, etc.
  - Planning and facilitating kitchen sessions
  - Ensuring health and safety practices are followed in the kitchen

Partnerships

- Regional Nutritionists
- Registered Dietitians
- Environmental Health Officer

- Adult educators
- Partner organization
  - Clubs
  - Charities
  - Community Centres

Location

- Community centres
- Community halls
- Churches
- Grocery stores with cooking facilities
- Seniors' residences
- Schools
- University residences
- Neighbourhood houses
- Family Resource Centres

Must Have:

- Hot and cold water supply
- Kitchen Equipment (pots & pans)

Funding

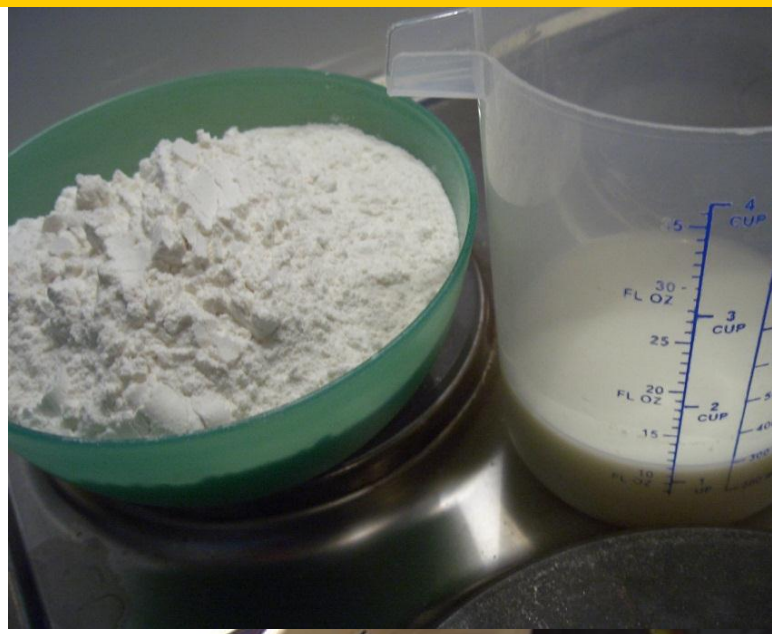
Needed for food, equipment, kitchen space, and staff

Sponsorships/donations

- Local businesses
- Town councils
- Community groups

Grants

- Governments
- Foundations
- Corporations



Kitchen Orientation

- Kitchen policy
- Planning and cooking schedule
- Finances and fees
- Recipe selection
- Shopping
- Transportation

Supplies

- Baking ingredients
- Seasonings
- Cooking oils
- Cleaning supplies
- Pots
- Pans
- Utensils

Leading a Community Kitchen

Planning

- Review the last cooking session
- Review the funds available
- Choose recipes
- Make the recipes larger
- Make a shopping list and budget
- Designate cooking tasks

Leading a Community Kitchen

Shopping

- Take advantage of store specials and sales
- Buy generic and in-store brands, when cheaper
- Buy in bulk to save money
- Choose frozen vegetables instead of tinned; they are less expensive, lower in sodium, and it reduces waste

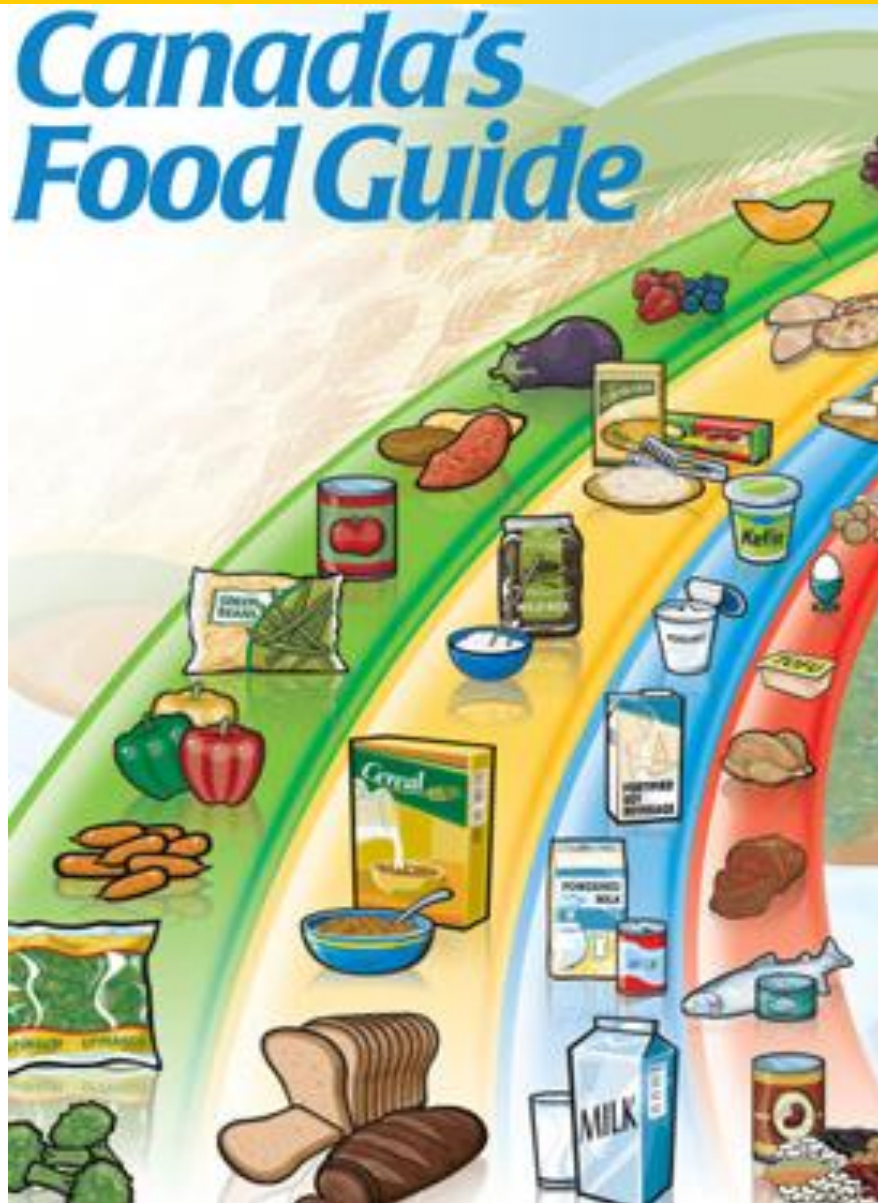
Leading a Community Kitchen

Cooking

- Aprons, hair nets, hand washing
- Work surfaces and cutting boards sanitized
- Food storage
- Consult food safety guidelines

Healthy Eating

- Choose products with little or no added fat, sugar or salt
- Make at least half of your grain products whole grain
- Select lower fat milk alternatives
- Have meat alternatives such as beans, lentils and tofu often
- Select lean meat and alternatives prepared with little or no added fat or salt



Recipes

Recipe books:

- *The Basic Shelf* (Canadian Public Health Association)
- *Eat to Your Heart's Content* (Single Parent Association of Newfoundland)
- *Many Hands Cookbook* (Fresh Choice Community Kitchens, BC)
- *Cook Great Food* and *Simply Great Food* (Dietitians of Canada)

Thank you!

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