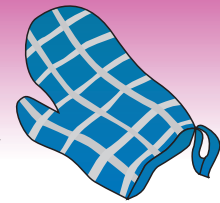


Collective Kitchen

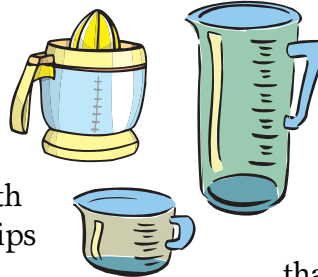


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Building Healthy Families

What is a Collective Kitchen:

A collective kitchen is a small group of people who pool their resources to make healthy, low cost, and delicious food in bulk that they take home to share with their families. Fun and friendships flourish in these kitchens.



Benefits of a Collective Kitchen: *(more than just cooking!)*

- Increases the food resources for the family
- Improves skills and is educational
- Builds community capacity
- Builds strong social relationships, a network for helping each other
- Acquires and shares their knowledge with each other and other groups
- Builds self-confidence, encourages personal initiative
- Builds self-sufficiency and empowerment



What does it cost to run a Collective Kitchen:

Each participant in a group contributes food money, time, skills, and experience. The partnership provides funding to collective kitchens that cover matching food, transportation, childcare, and a small honorarium for the leader. The average collective kitchen with children costs between \$500 and \$1500 for a 6 month period. The community provides a rent-free location to meet and cook.

How can you help a Collective Kitchen:

- Fully or partially fund a collective kitchen
- Provide a rent-free location for a collective kitchen to meet and cook

Contact Information:

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