

** Cooking * Fun * Friendship*

CONTACT

For more information about Collective Kitchens, or if you are interested in joining or starting a Collective Kitchen, please contact:

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Collective Kitchen Partnership

SASKATOON



A partnership food security initiative by:

CHEP
GOOD FOOD INC.



A collective kitchen is a small group of people pooling their resources to cook nutritious food in bulk for their 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!

Who is involved with Collective Kitchens

Collective kitchens are open to anyone interested in cooking in a group setting and learning about good food.

Where are the Collective Kitchens held

Collective kitchens operate at various locations in Saskatoon. They are usually found in school and church kitchens.



Benefits of a Collective Kitchen

- ✿ *Increases the food resources for the family*
- ✿ *Builds strong social relationships by creating a network for helping each other*
- ✿ *Encourages healthy food choices*
- ✿ *Improves skills and knowledge*
- ✿ *Builds community capacity*
- ✿ *Builds self-confidence and empowers participants to become more self-sufficient*



What is the cost of a Collective Kitchen

The cost of a collective kitchen is shared between members of the group and the partnership. In most groups, the participants contribute \$5 to \$10 per cooking session. Cost depends on such things as the size of the families, type of food cooked, and childcare. Funds from the partnership help to cover the cost of childcare, transportation, a small honorarium for the leader, and matches contributions from group members.

What We Offer

- ✿ **TRAINING FOR LEADERS:** *Leadership Training Workshop, Healthy Eating Active Living Course, and Food Safe Certificate.* There is no cost to participate in any of our training programs.
- ✿ **SUPPORT FOR LEADERS & PARTICIPANTS:** Staff support (Coordinator), and network meetings (opportunities for leaders to problem solve, share information, and learn).
- ✿ **STARTUP:** Support in getting a collective kitchen started.
- ✿ **FUNDING:** We assist with group costs.
- ✿ **NEWSLETTERS:** Articles of interest to leaders, new nutrition labels, food issues for diabetics, recipes, etc.
- ✿ **WORKSHOPS:** Hands-on training, canning workshops, pulse workshops, bread-making workshops, grocery store tours.
- ✿ **GRUB & GAB:** A supper and discussion forum focusing on food issues that is open to the whole community. There is no cost to attend these forums.

