

# Maywood Community Kitchen Feedback

*October 2008 – January 2009*

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## *Foods that we cooked together:*

Muffins and fruit salad

Sushi, miso, and salad

Pizza

Mantou

Tuna Casserole

Pumpkin and carrot soup, and bread

Chinese dumplings and egg tarts

Lasagna and potluck

Pancit and Puto

Bisquit chicken pot pie and Rice Krispie squares

Butter chicken

Christmas party food

Lentil soup, biscuits and 3 types of greens

Pesto pasta, banana bread

Spanish rice, breaded chicken and roasted carrots and beets

**What did you like best about coming to the Community Kitchen?**

**What did you NOT like?**

**What were your family's favourite foods? What have you cooked again at home?**

**What did you learn? Has anything changed for you as a result of participating in this Community Kitchen?**

**What other things would you like to learn? What did we miss?**

**What did you think of the sessions with Bonnie the nurse, Aggie the dietitian, and Trish the dental hygienist?**

**What changes would you like to see in future Community Kitchens? Any other comments?**