



**Burnaby Association for the
Mentally Handicapped**

2702 Norland Avenue, Burnaby, B.C. V5B 3A6
Phone: (604) 299-7851
Fax: (604) 299-5921
Website: www.bamh.org

President: *Carol Stinson*
Executive Director: Jack Styan

March 25, 2002

Participant
-7575 Kingsway
Burnaby, BC

Dear Participant,

You have been selected to participate in a Burnaby Association Pilot Project. The project is called a Community Kitchen. As this project will be facilitated by the Outreach Services department, the focus will be to enhance your life skills: specifically, menu planning, shopping, cooking, kitchen maintenance, and budgeting money in order to accomplish all of this.

A Community Kitchen is typically a group of like-minded individuals who come together every few weeks to cook meals together. Not only does this provide a fun and supportive environment to meet new people and try new things, but it is also a tried and true way to save money on groceries and to increase the nutrition of one's diet.

If you choose to participate, you will be one of 6 participants who will take part in the Pilot Project. The Pilot is expected to last for 3 or 4 months. During this time, you can expect to meet with the group every second week and as a 'community' cook nutritious meals, eat a meal together and take food home to eat later. There will be a small fee to participate. This fee will cover the cost of food ONLY and will be kept to a minimum (likely \$3-7 per session)

What you need to do to get involved:

1. Call me at 604-292-1283, or let me know in person that you would like to participate (you could also pass along a note with your life skills worker if you like)
2. List of any FOOD allergies that you have or think you may have, on the form provided. This is VERY IMPORTANT, as we will have to alter recipes in order to accommodate this. You may have to ask your parents or your family doctor for this information.
3. Indicate the day and time of day that best suits your schedule. It may not be possible to make everyone happy but we will do our best. Keep in mind, if you are too busy or have few available times, your spot may be offered to someone else. We want you to come, so be available!

4. Make sure you know where STRIDE Place is and how to get there on the bus. The Pilot Program will not be providing transportation unless it is a safety issue. Please speak with your life skills worker about this and decide together how you will arrive at Stride and then how you will get home.

The Outreach Workers are excited to have you on our Community Kitchen team! You will be contacted as soon as possible with all the details you will need to help us get started: our first meeting day and time, and the agenda for this meeting. We will not be cooking on the first day.

Sincerely,

Larisa Saunders
Outreach Services-BAMH

BAMH Community Kitchen Pilot Project

Do you have any food allergies or sensitivities?
(Please be specific) _____

Please list a few dishes that you are able to make yourself. _____

Please list some food or recipes that you would like to learn how to make. _____

The Community Kitchen will take place in the evening. Which times are more convenient?
(rate good, better, best)

4:00pm - 7:00pm _____

4:30pm - 7:30pm _____

5:00pm - 8:00pm _____

What day is the most convenient?

Monday? _____

Tuesday? _____

Wednesday? _____

Thursday? _____

Friday? _____

Shop Smart at Save-an-Foods

When?: April 30 @ 4pm

Where?: Save-on-Foods on Lougheed (Near BAMH)

Who?: If you're getting this ad, then you!

Why?: Because making healthy, and economical shopping decisions affects many areas of your life. Shopping smart is important! You may save money and may improve the nutrition of your diet.

How?: Call Larisa @ 604-292-1283 as soon as possible.

Space is limited and not guaranteed. In other words, first come, first served.

Anything else?: You betcha! To participate you need to be a card carrying Save-on-More customer. It's free to get a card but you must arrange to do this on your own time, before the tour.

When we reach our capacity, we will call all those individuals involved and arrange a meeting place for the 30th.

BAMH Community Kitchen Project

Would you like to help us get our project started?

Need a little help with your Spring Cleaning?

The BAMH Community Kitchen Pilot Project is seeking donations of the following items:

Chopping Blocks or Cutting Boards

Large Frying Pans and Sauce Pots

Colanders/Small and Large Strainers

Wooden Spoon Set, Utensils

Potato Masher and Cheese Grater

Garlic Press, Cooling Racks

Cookie Sheets and Cake Pans

Whisks, Flippers, Sifters

Mixing Bowls, Serving Bowls

Bulk Dry Goods: Flour, Sugar, Rice

Any Kitchen Wares you were planning to do without, we will make good use of.

BAMH Community Kitchen Project

Help us Help Others

Hello Residential Supervisors!

Hello Management, Staff...Everyone'

Are you running out of creative meal ideas that don't cost a bundle? Would you like to experiment with some new, healthy food CHOICES for your clients, your family or yourself?

Well, Why not help a good cause while you're at it?!?

The BAMH Community Kitchen Project is selling the 'Many Hands' cookbook as a fundraising effort to support the start-up costs of our program.

The Book Costs \$14.95

There is a copy available should you wish to peruse before you buy.

PS: My mom is getting one for mother's day
(wink-wink, nudge-nudge)

Pease Contact Larisa @ 604-292-1283
BAMH Outreach Services Department



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Phone: (604) 299-7851
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President: *Carol Stinson*
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April 17,2002

Participant
7575 Kingsway
Burnaby, BC

Dear Participant,

Thank-you for your response regarding the BAMH Community Kitchen Pilot Project. We are eager to get this project up and going and so would like to share with you the following information and dates. Please make careful note of the times and dates.. as you will be responsible for being at the right place at the right time.

Our first meeting will take place on **Thursday May 2 at 4: 30pm**. We will meet in the Amenities Room of Stride Place. Stride Place is located on Kingsway at Stride. It is easily assessable by bus. You will need to bring to this meeting a pen or pencil and a writing pad. You can expect most Community Kitchen days to take approximately 3 hours from start to finish. Though our first meeting will focus primarily on the basics of how the program will run and not on cooking, you can still expect to spend the full 3 hours with us. At this meeting we will cover: The Rules and Regulations of our Kitchen

- : Food handling and kitchen safety
- : Roles and Responsibilities (Participant and Staff)
- : Menu planning (we'll choose our first recipe!)
- : Attendance and Participation
- : Supplies you will need for yourself
- : Fundraising and costs
- : Did we miss anything?

There will be lots of time for questions so don't panic if you are confused about anything. We are here to help you learn life skills in a new way and we hope you'll have fun while you're doing so.

Our first official cooking day is set for Thursday May 16 at 4:30pm. we hope to cook every two weeks from then on but may require meetings in between to organize ourselves. Best to leave Thursday nights open, just in case! Mark it on your calendar. We will give you all the information you need at our first meeting.

Any questions about May 2? Let me know by calling 604-292-1283. Otherwise, we'll see you all soon!

Sincerely,

Larisa Saunders
Outreach Services-BAMH

Agenda for CK Information session

1 - What is a community kitchen?

: a community kitchen is a group of people who come together to make food and socialize. Historically, community kitchens were borne out of *rampant malnutrition and Inflation rates* that made food too expensive for most families to buy. The first community kitchens were believed to have begun in Peru. Today CKs are made up of people from *all walks of life* who see the benefits of participating in a CK: increased nutrition, increased social connections, and effective ways of cooking good food on a *fixed budget*.

: community kitchens traditionally pooled money together in order to buy foods in greater quantities. Food is often less expensive to buy in bulk but this method of shopping is really only effective when the product gets used. Otherwise it goes to waste and its *economic value* is lost.

: Participating in a community kitchen is a great way to stretch *your food budget*. It also ensures that you are eating foods that are more *nutritious* than foods you may buy because you they are cheap and convenient.

: Participating in a CK will allow you to try new foods and because these meals are often balanced and healthier than what you would make for yourself, you may better your health by doing so.

What about our Community Kitchen?

: The BAMH Community Kitchen project is the wave of the future. The Outreach Workers at BAMH noticed a *recurring theme amongst our clients*. The goals on many of our client's contracts reflected a real need to teach the life-skills necessary to live an independent life. But, there was a catch-it is, after all, one thing to live on one's own and another thing entirely to live well. To us, living well as an independent person meant ensuring our clients had the skills to run their own households: menu plan, prepare a food budget, shop, cook, clean, and last but not least, EAT WELL!!!

But wait...that wasn't it - many people who live on their own feel lonely and isolated and the thought of cooking for one doesn't appeal to them. So, there was also a great need for the Outreach Workers to support our clients with their social needs.

:Many clients were moving out on their own for the first time and needed to learn these skills. Other clients were already living on their own but weren't satisfied with certain life skills.

So...

We thought maybe a group of like minded people (in this case, clients with similar life-skills goals would like to get together and cook food together and enjoy the company of others while doing so. "Hey!" we thought, "That sounds an awful lot like a community kitchen". And so here we are!

2. What you will need to Bring

Containers to take food home in: If you wish to take food home with you on days that we meet to cook you must bring your own containers: tupper-ware, old (clean) yogurt or margarine containers, or re-useable store bought food containers. Keep in mind that as you will be freezing and reheating the food in a microwave, you must be sure that the containers you use are microwave safe. If you are unsure, talk to your CK leaders.

Some Dough: As we mentioned in the letter, there will be a small fee to participate in the CK project. The money will be put towards food only. You are not being charged for participating. The exact amounts will vary from week to week as our recipes will vary and thus so will our ingredients. The cost will be broken down evenly between all participants.

An Apron: You will need to bring an apron. **Aprons are required by the health inspector, so this is not optional.** You can find cheap, fun aprons at dollar stores. Be sure yours is clean and preferably in a light color.

A Good Attitude: You will be sharing the kitchen and the dinner table with people that may have different levels of life skills than yourself. It is important to always keep in mind that this CK is based around learning life skills. You were selected to participate in this group because of some common factor: something that you share with your fellow CK participants. At the end of the day, there is always something new to learn.

3. Kitchen Rules

In an effort to keep our kitchen running smoothly, we need some guidelines to keep us moving in the right direction. Here is a list of basic rules. Do you have any to add?

1. Respect for each other: patience, positive attitudes, and equal opportunities
2. Everyone will pay the same amount for the meals.
3. No uninvited guests, PLEASE! (talk to your kitchen leaders in advance)
4. Everyone will participate in all areas of the kitchen from menu planning to cooking to cleanup.
5. If any food allergies are present, the CK will avoid these foods entirely.
6. If a participant is sick, that person will not handle any food and will be assigned to another task.
7. If a participant is too sick to attend the kitchen, that person should contact one of the kitchen leaders in advance.
8. If you have long hair, it must be pulled back.
9. All participants must wear an apron when handling food.
10. If participants have cuts or sores on their hands, gloves may be necessary, or it may not be appropriate for that person to handle food that day and so this person will be assigned to another task.
11. Participants will wash their hands thoroughly and often.
12. Any problems or conflicts will be directed to your CK leaders.
13. The kitchen will be left spic and span.
14. All participants are responsible to be in the right place at the right time.

Anything we need to add?

4. The Schedule

The CK group will meet to cook every second week. On the days that we do not meet to cook (the other Thursdays) we may be able to run information seminars and field trips. This is entirely up the members of our group.

Vote.

5. Fundraising

Our CK is nearly entirely stocked with the goods necessary to run our kitchen...but like life skills, there is always room for improvement. In an effort to raise a few more dollars to buy supplies and to keep the cost of participating down, we are selling the MANY Hands Cookbook to anyone interested. The book costs \$14.95 (\$15) but we will make a profit of \$7 from each book thanks to The BC Gas Community Kitchen Project in Vancouver. Maybe you could hang our flyer at your school or your church. Maybe your parents or friends would like one?

6. Questions? Comments?

BAMH- Outreach Services
Community Kitchen Project Schedule

May 2 - 4:30pm: First meeting day

May 16 - 4: 30pm: First cooking day

May 23: *No meeting today*

May 30 - 4: 30pm: Cooking Day

June 6 - 4:30pm:

June 13 - 4:30pm: Cooking Day

June 20 - 4:30pm:

June 27 - 4: 30pm: Cooking Day

July 4: *No meeting today*

July 11 - 4:30pm: Cooking Day

July 18 - 4:30pm:

July 25 - 4: 30pm: Cooking Day

Aug 1 - 4:30pm: Invitations for Family Day, special menu selection. Apron Painting.

Aug 8 - 4: 30pm: Cooking Day and Family Day!
(parents, family and special friends are welcome to join us to cook and enjoy our feast this evening.)

Aug 15 - 4: 30pm: Jam Making

Aug. 22 - 4:30pm: Cooking Day

Aug 29 4:30: **Party** for a Job well Done!

Bring a dish (you made yourself) from home, we're havin' a Potluck!

Community Kitchen: Kitchen Rules

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6. If a participant is sick, that person will not handle any food and will be assigned to another task
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9. All participants must wear an apron when handling food
10. Participants will wash their hands thoroughly and often
11. If a participant has cuts or sores on their hands, gloves may be necessary, or the person may be assigned another duty for that day
12. Any problems or conflicts will be directed to the CK leaders
13. The kitchen will be left sparkling and clean
14. All participants will be expected to practice appropriate personal hygiene (clean clothes, hair, teeth and body)

15. Please make it a practice to be on time and prepared

16. Have Fun, Eat Well, Make Friends!