

HOW DO I JOIN?

Community Kitchens operate from a number of locations throughout the Cowichan Valley. Chances are you will find a group near your home.

To find out more, or to join a group call.....

Cowichan Community Kitchens

Telephone:
748-2242 ext 134



Give a family food, you feed them for a day
Teach a family to cook, you feed them for generations.

Cowichan Community Kitchens

Phone: **748-2242 ext 134**

Fax: **748-2238**

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Visit us on our Website

www.cowichancommunitykitchens.org



Serving the Cowichan Valley, BC

Mission Statement

A Community Kitchen is a safe, empowering environment where diverse groups of people can come together to learn and share skills of budgeting, planning, shopping, and cooking healthy meals to take home to their families

Short on food? Money tight?

Save Money

Make Friends

Provide Nutritious Meals

Have Fun Cooking!

What are Community Kitchens?

A Community Kitchen is a small group of people who gather once a month to prepare 3-5 meals for their families

Cooking may take place in a public kitchen such as a church, fire hall, community centre, or even a home kitchen.

A group leader assists with planning meals, shopping and cooking.

Group members decide which recipes to prepare, share the costs, shop and cook together.

Each kitchen is unique. Usually 5-8 adults cook 4-5 meals to take home to everyone in their family for good healthy meals that cost approximately \$3.00 per family member for each meal.

**Call
748-2242
for more
information**

Community Kitchen Philosophy

Community Kitchens offer participants an opportunity to save money and time in a supportive environment.

The kitchen is positive and increases confidence and empowers many participants. In addition to stretching food dollars, shopping, sharing recipes and culinary skills, participants value the bonds that form within the groups.



**Cowichan Community Kitchens
Cookbook**

Only \$12.00
Call: 748-2242

How do Community Kitchens work?

Group members usually gather twice each Month.

The first get together is a short planning Session. During this time, the group:

- Decides on recipes
- Makes a shopping list
- Calculates the cost of the groceries
- Determines who will do the shopping

The second meeting is on the cooking day. It is usually the same day the next week after the planning session. At this time the group members:

- Share the cooking
- Divide the food to take home
- Clean the kitchen
- Set date for next session