

# **Community Kitchen Facilitator Manual**

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**This manual discusses some helpful steps to take when planning a community kitchen workshop, from setting up and welcoming participants, to food safety and safe food handling skills. There is also a helpful chart included on “Where to Store Food” and “How Long Different Foods Will Last”. Each workshop is designed to take about 3 hours, but maybe take more or less time depending on the participants etc.**

## Planning the Workshop

### 1. Find a location for your program

If possible, the facility should:

- Be convenient and familiar to your target group.
- Have a kitchen big enough for your group, including counter top space.
- Have functional kitchen equipment including a fridge, stove/range, and basic kitchen tools.
- Have working sinks (at least 2 – one for hands and one for dishes).
- Be an inspected kitchen by a health inspector.

### 2. Promote the community kitchen!

- Advertise with posters (see Appendix A for poster design) and send emails to community members and potential champions. Advertise wisely to get a good turnout.

### 3. Take into account **food allergies**

- Food allergies can be serious and life-threatening so make sure to find out if there are any food allergies among the participants. It is a good idea to ask them in advance and again before the workshop actually begins. Do not use any ingredients that a participant is allergic to (e.g. peanuts, nuts, eggs etc).

### 4. Ask about **food restrictions and chewing difficulty**

- It's courteous to ask if anyone has any dietary restrictions (e.g. vegetarian, kosher, lactose intolerant) but also ask about texture issues too (if people have trouble chewing or biting food that is hard like nuts or crunchy vegetables).

## Before the Workshop Starts

1. Wipe down all surfaces with warm soapy water. Next, you can use a mild bleach solution to sanitize kitchen counters and cutting boards before and after handling foods. You can also use the solution to wipe down sinks, taps, refrigerator and cupboard handles, doorknobs and other kitchen surfaces.

Sanitizer solution: 750mL (3 cups) of water + 5mL (1 tsp) of bleach

See more at:

[http://befoodsafe.ca/?s=sanitize&post\\_type=smartsearch&smartsearch\\_types=#sthash.NLEUoSG7.dpuf](http://befoodsafe.ca/?s=sanitize&post_type=smartsearch&smartsearch_types=#sthash.NLEUoSG7.dpuf)

2. Set up a workstation for each recipe and lay out the ingredients needed for each recipe at the designated workstation.

## As Participants Arrive

Sometimes we have to be more explicit and intentional than we think in order to create a safe, comfortable space that our community members and clients will want to keep coming back to. Here are some considerations:

1. As each participant arrives, go to them to introduce yourself and welcome them (smile, say hi, ask them how they are doing, show them where they can choose to sit). You can hand out name tags here if you'd like.
2. Give them each a hair net and a participant recipe booklet.
3. Invite them to wash their hands and then join you at the table, circle or wherever you are going to start the session.

## Starting the Session

### 1. Introduce yourself and welcome everyone again.

### 2. Discuss “What is a community kitchen?”

- A community kitchen is a community-based cooking program where small groups of people come together to prepare meals and take food home to their families. In a community kitchen every member contributes by planning, preparing, and cooking food.

### 3. Discuss “Why start a community kitchen?”

- Community kitchens help develop skills to prepare healthy and nutritious meals and to become better in budgeting and shopping.
- When people get together to cook, they are able to save money and produce more food than they could by working individually.
- Community kitchens are a great place to try new foods, meet new friends, share ideas and take home tasty and nutritious meals.
- You get to bring these healthy foods and recipes into your home to share with family and friends

Today, we're going to prepare some food together- some that we'll enjoy together at the end of the workshop and some that you'll get to take home. You'll also get to take home a cookbook that has some great recipes and handy tips like how long to keep different foods and where to store them; helpful measurements and conversions; how to substitute when cooking (For example: If you don't have a fresh onion for your recipe, how much onion powder would you use in the recipe instead?); and many more.

#### **4. Ground Rules**

It's a good idea to set some ground rules together and it gives you a chance to get everyone on the same page. You can ask participants to give suggestions and make a list together. Or you can have a pre-set list and briefly talk about each 'rule' and why it's important.

Some examples can include:

1. The Golden Rule – treat others as you wish to be treated
2. Be open to working with people who you may not know (yet)
3. Give others space to speak and express themselves; do not interrupt
4. Make our kitchen a safe and positive space for everyone, no matter what
5. Treat every contribution with respect
6. Respect different opinions
7. Be open to learning something new
8. Share how you feel
9. Lend a hand! Help one another
10. Be each other's cheerleaders – point out other's strengths

#### **5. Ice Breaker! See Appendix B**

Acknowledge that we all have different experiences with food- some very positive and some very negative. At the session, try to focus on the positive and be supportive of each other's sharing.

Be mindful of some people who may dread the 'ice breaker'- let people know that they can pass by just saying 'pass'. It's nice for the facilitator(s) to start this off by sharing about themselves first.

- Ice breakers can help people get to know one another and feel comfortable together.
- They can encourage cooperation and create a good atmosphere for learning and participation.
- Take a look at the 5 great ice breakers in the Appendix and chose 1 you like to do with the group.

## **Important Considerations**

### **1. Participant Personalities**

Everyone is different and some participants may be more shy, quiet or need extra time to feel safe and comfortable with the group or tasks. Some may prefer to learn by watching, rather than doing. Don't force someone to participate in the hands-on part. Gently check in with them and ask if they'd like to join in. Perhaps they don't. If they do, help them find a spot to join in.

If one person is getting all the air time, it might help to ask other participants directly what they think (but always give the option to 'pass' and not put pressure on them). It is always good to check in with participants throughout the session to make sure you're on the same page.

If a natural leader arises within the group, foster those strengths and delegate meaningful tasks to help that person feel empowered and take ownership of the session. Consider asking them to take a leadership role in future sessions.

It is important to remember you will have participants with varying skill levels and cognitive abilities. While the focus of your session will be cooking together as a group, trying new recipes and practicing new skills, one of the most important benefits of community kitchens is the social aspect. Just the act of engaging someone in cooking and offering a participatory opportunity may be very meaningful, even if they aren't able to replicate the recipe at home independently afterward.

### **2. Ingredients**

Often, if we have the program dollars available, we buy the more expensive or exotic ingredients like fresh herbs (vs dried), fresh vegetables (vs canned or frozen) or items that many people would not typically have on hand. Not everyone will have those ingredients at home. Acknowledge that "I/We bought fresh tomatoes today, but at home it's totally fine to use canned tomatoes."

Maybe it even makes sense to buy dried, frozen and canned ingredients so that participants are using more familiar ingredients and don't feel intimidated. Prioritize preparing recipes using simple ingredients that are easy for participants to replicate at home.

### **3. Food insecurity**

It's a common misconception that people living in poverty need better cooking and budgeting skills to improve their situation. In reality, research shows that they have similar or better cooking and budgeting skills than everyone else. Lack of money is the real issue, not lack of skills.

It's important to be aware that many of the clients or participants that you see may be food insecure. Food insecurity means inadequate or insecure access to food due to financial constraints. It can range from worrying about having enough food; to diet quality being compromised (may not eat good quality or healthy variety of foods); and/or not have enough food and be forced to skip meals and go without eating. One in eight households are food insecure due to low income (and this is probably an underestimate).

Being food insecure isn't due to someone not knowing how to cook, or how to budget, or how to grocery shop. In general, we can all do better in those areas - whether we are food insecure or not. But it is important to understand that food insecurity is caused by poverty – lack of income. The living and working conditions present in someone's life (e.g. being unable to find affordable housing or affordable child care; a job that does not pay well, give enough hours, is seasonal or does not have benefits) impact their income, and in turn, their food security (see handout from PROOF "Food Procurement, Food Skills & Food Insecurity" on next page).

We want to be sure that we are not putting blame on individuals who are experiencing food insecurity. It isn't easy to talk about but it should be acknowledged in order to meet participants where they may be at before diving into new information. Think about saying something like this:

"Before we start I just want to say that sometimes it can be hard to afford all of the costs of living AND healthy food. No matter how well you budget, or how good your cooking skills are, if you don't have enough money to buy food it's hard to eat healthy. When someone:

- Worries about running out of money for food,
- Buys cheaper, less healthy foods,
- Skips meals or goes without food,

because they don't have enough money, this is called food insecurity. It's not because of not knowing how to cook, or how to budget, or how to grocery shop. When someone is food insecure it's because they don't have enough money for food. I just want to share that food insecurity is a huge problem and if you're going through this, if you're struggling to afford healthy food, you're not alone – about 1 in 8 households in Canada are food insecure. This is a safe space and if you feel you want to talk about some of the struggles you're having, it's ok to do that, and we're here to listen and do what we can to help."



# Food Procurement, Food Skills & Food Insecurity

Food insecurity - the inadequate or insecure access to food due to financial constraints - is a serious public health problem, with over 4 million Canadians living in food insecure households. It negatively impacts physical, mental, and social health, and costs our healthcare system considerably.

Statistics Canada began monitoring food insecurity in 2005 through the Canadian Community Health Survey (CCHS). In 2012 and 2013, questions were included on the CCHS to assess the food skills and practices of adults with sample of 10,000 Canadians for each year. This factsheet summarizes the findings from a recent study using that data.<sup>1</sup>

## Food Purchasing



The vast majority (84%) of adults in food insecure households report shopping with a budget on how much they can spend on food, but only 43% of adults in food secure households say they do this.

The two groups do not differ when it comes to other shopping behaviours, like planning meals before shopping, using a written grocery list, or using Canada's Food Guide.

## Food Preparation Skills



Adults in food insecure households do not report having lower food preparation skills than those in food secure households.

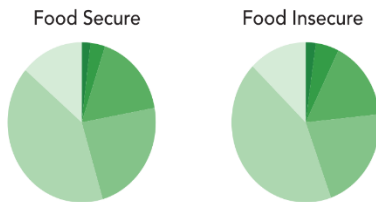
In fact, most Canadian adults, regardless of food insecurity status, considered themselves highly skilled at various aspects of food preparation.

## Cooking Ability

The cooking abilities of adults in food insecure households are similar to those in food secure households. In fact, very few Canadian adults, regardless of food insecurity status, report not knowing where to start when it comes to cooking.



Self-rated cooking ability by household food insecurity status



- Don't know where to start when it comes to cooking
- Can do things such as boil an egg or cook a grilled cheese sandwich
- Can prepare simple meals but nothing too complicated
- Can cook more dishes if I have a recipe
- Can prepare most dishes
- Frequently prepare sophisticated dishes

## Recipe Adjustment

Almost two-thirds of Canadian adults report adjusting recipes to make them healthier by reducing fat, salt, or sugar, and those in food insecure households are not any less likely to do so.



## Gardening



Although Canadian adults in food insecure households are less likely to garden for food than those in food secure households, there is no indication that gardening for food protects households from food insecurity.

## Reducing Food Insecurity

Canadian adults in food insecure households do not have poorer food skills than those in food secure households. There is no indication that food insecurity is rooted in a lack of food skills or that gardening for food protects households from food insecurity.

While interventions designed to increase food skills and promote gardening for food are important in reaching other public health goals like increasing fruit and vegetable consumption, the findings here suggest that such interventions are unlikely to impact food insecurity rates in Canada.



## Food Safety and Safe Food Handling

- ✓ Refer to the Helpful Charts section for Food Safety and Safe Food Handling best practices.

### Dishwashing

- All dishes used to cook or prepare food are washed, rinsed and sanitized in a two compartment sink.
- Any dishes used for eating (plates, bowls, cups, cutlery) must be washed, rinsed and sanitized in a 3 compartment sink or a commercial grade dishwasher.

### Handwashing

- Make sure there is a sink that participants can use just for hand washing, with hot and cold running water, soap and paper towel.

### Food Storage

- Keep storage areas clean and dry.
- Store garbage separate from food storage areas.
- Store chemicals and cleaning supplies separate from food storage areas.
- Keep food at least 15cm (6 inches) off of the floor.

### Food Selection

- All food preparation must be done in an inspected kitchen (visited by a Health Inspector).
- All food products must be from an inspected source.
- Keep 'best before' dates in mind when buying supplies for community kitchens.
- Screen all donated foods carefully. Don't use foods that appear damaged.

### Food Preparation

- Ensure that all food handlers' hair is tied back and/or under a hairnet.
- Always wash your hands for at least 20 seconds.
- Avoid cross contamination- use one set of cutting boards for raw vegetables and different set of cutting boards for raw meat.
- Store foods that need to be refrigerated in the fridge until you need to use them.
- Thaw foods in the refrigerator, not on the counter.
- Remember to check the internal temperature of cooked food for doneness (see Chart A: Safe Cooking Temperatures for minimum internal temperatures).
- Remember to reheat leftovers to original cooking temperature. Only reheat leftovers once.
- Contaminated foods may or may not have an 'off' smell or colour -but, when in doubt, throw it out.
- Wash fresh produce under running water to remove dirt and residue.

Adapted from Adventures in Cooking! Adapted with permission from the Thunder Bay District Health Unit

## Knife safety tips

Share these tips with your participants to help reduce knife accidents:

- Hold the knife firmly with your dominant hand.
- Keep your other hand out of the way. Use 'the claw' – make a claw shape with your fingers with the hand holding the food.
- Concentrate on your task while a knife is in your hand. Keep your eyes on what you are cutting.
- Never point your knife at someone or in a general direction.
- Always use a cutting board. Put a clean, damp cloth under the cutting board to keep it from sliding around.
- Never put knives in a sink full of water. Always keep your hand on the handle; wash, dry and then put away immediately.
- Keep your knives sharp. Sharp knives are safer than dull ones. They require less pressure and force to make cuts, which reduces slipping.
- Cut round or uneven foods in half first to create a flat surface to rest against the cutting board.



## Cutting techniques

- Chop: to cut into large irregularly shaped pieces
- Dice: to cut into square pieces
- Slice: to cut into thin slices
- Mince: to chop into very fine pieces
- Shred: to cut into thin strips, using the course blade of a grater, a vegetable peeler or sharp knife.



Try your best to cut ingredients into equal sized portions no matter what technique you are using. This will ensure even cooking and make the dish more visually appealing.

## Types of knives

Three basic knives will cover most cutting techniques. Choose the knife you are most comfortable with, and use the right knife for the right job. The knife should be bigger than the food you are going to cut.



### 1. Chef's knife:

- Larger and heavier than other knives; curved shape allows for a rocking motion for smooth chopping.
- For the greatest control, grasp the blade with the thumb and forefinger.
- Point the tip of the knife to the cutting board and gently roll your wrist forward until the base of the knife is through the food.



### 2. Paring knife:

- Used for more delicate work such as peeling, coring, trimming, hulling vegetables and fruit, or removing small bones or tissue from fish and meat.



### 3. Serrated knife:

- Ideal for cutting foods with hard surfaces and a soft interior such as crusty bread, pizza crust and cakes.
- Can be used in the place of a sharp chef's knife for citrus fruit or ripe tomatoes to reduce damage to appearance or shape.



## Helpful Charts

(Note: every participant has these charts in their manual)

Chart A: Safe Food Handling Practices Checklist



# 4 safe food handling practices checklist



### Clean Do you ...

- have soap and paper towels or clean hand towels at each sink at home?
- wash your hands with warm water and soap for 20 seconds before and after handling food, using the bathroom, playing with your pets, etc.?
- use a clean produce scrub brush and cool running water to wash your fruits and vegetables?
- wash your cutting boards, dishes, utensils and countertops with hot soapy water before and after preparing each food item?
- clean your reusable grocery bags and bins often?



### Cook Do you ...

- use a food thermometer to check that your food is cooked to safe temperatures?
- read and follow the manufacturer's directions for your food thermometer?
- know that your food is safely cooked/reheated when it reaches an internal temperature high enough to kill harmful bacteria that cause foodborne illness?
- have an "Internal Cooking Temperatures" chart to tell when your food is safely cooked? (available at [www.befoodsafe.ca/en-temperature.asp](http://www.befoodsafe.ca/en-temperature.asp))



### Separate Do you ...

- place raw meat, poultry and seafood in separate plastic bags in your grocery cart, then place them in separate bags or bins when you take them home?
- store raw meat, poultry and seafood in containers on the lowest shelf of your refrigerator to prevent raw juices from dripping onto other food?
- use one cutting board for your raw meat, poultry and seafood and another for your ready-to-eat food?
- change or wash the plate you used for raw meat before you put cooked meat on it?



### Chill Do you ...

- keep your fridge set at 4 °C (40 °F) and your freezer at -18 °C (0 °F) and check them by using an appliance thermometer?
- thaw your food in the fridge, or under cold running water, or in the microwave, then use it right away?
- marinate your food in the fridge?
- chill your leftover food quickly, place it in shallow covered containers, in the fridge, within 2 hours of cooking?



For more information, visit the Canadian Partnership for Consumer Food Safety Education

[www.canfightbac.org](http://www.canfightbac.org)

[www.befoodsafe.ca](http://www.befoodsafe.ca)

Helpful Charts cont...

Chart B: Did You Wash Your Hands?

## Did You Wash Your Hands?



**1** Wet hands and apply soap



**2** Rub hands briskly 15-20 seconds



**3** Rinse well



**4** Pat hands dry with paper towel




**5** Turn off water with paper towel and discard

**Protect Yourself  
Protect Your Family**

North Bay Parry Sound District  
**Health Unit**  
  
**Bureau de santé**  
du district de North Bay-Parry Sound

Chart C: Safe Cooking Temperatures

<b>Safe Cooking Temperatures</b>		Cold Holding <span style="border: 1px solid white; border-radius: 50%; padding: 2px 5px; font-weight: bold;">4°C</span>
<b>Product</b>	<b>Celsius</b>	<b>Fahrenheit</b>
<b>Ground Meat and Meat Mixtures</b>		
Turkey, chicken,	74°C	165°F
Veal, beef, lamb, pork	71°C	160°F
<b>Beef and Veal</b>	70°C - 74°C	158°F - 165°F
<b>Pork</b>	71°C	160°F
<b>Poultry</b>		
Whole poultry	82°C	180°F
Poultry parts	74°C	165°F
Duck, goose, pheasant	74°C	165°F
<b>Ham</b>	71°C	160°F
<b>Seafoods</b>		
Fish, shellfish and other seafoods	70°C	158°F
<b>Hot Holding</b> (cooked foods)	60°C	140°F



North Bay Parry Sound District  
**Health Unit**

For More Information:

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## Helpful Charts cont...

### Chart D: Where to Store Different Foods

<b>Type of Food</b>	<b>Where to store it:</b>
Margarine, carrots, milk	Refrigerator
Onions, potatoes	Cool, dark place (but separate from each other as onions give off a gas that spoils potatoes)
Leftovers	Refrigerator or freezer

*Chart adapted from the Basic Shelf Cookbook and the Canadian Partnership for Consumer Food Safety Education*

### Chart E: How Long Different Foods with Last

<b>Type of Food</b>	<b>How long it will last?</b>
<b>Grains</b>	
White rice	++ (many) years
Brown rice	6-12 months
Barley	6-12 months
Pasta	2 years
Bread crumbs	3 months
<b>Fruit and Veg</b>	
Carrots	++ weeks in the fridge
Onions	2 months in a dark, dry place (Or 3 weeks at room temperature)
Potatoes	2 months in a dark, dry place (Or 1 week at room temperature)
Canned fruit/veg, soup, tomato paste	Check the expiry or best before date
<b>Meat and Alternatives</b>	
Canned beans	Check the expiry or best before date
Dried beans	1 year
Peanut butter	2 months if opened (if unopened, check expiry date)
Canned light tuna	Check the expiry or best before date
Poultry (fresh)	2-3 days – refrigerator 6 months - freezer
Red Meat (fresh)	2-4 days – refrigerator 8-12 months - freezer
Fish (fresh)	3-4 days – refrigerator 12-24 hours for shellfish in the refrigerator 2-4 months freezer
Eggs (fresh in shell)	3-4 weeks – refrigerator (Do not freeze)

<b>Type of Food</b>	<b>How long it will last?</b>
<b>Milk and Alternatives</b>	
Fluid milk	Check the Best Before Date
Skim milk powder	1 month if opened (if unopened, 1 year)
Yogurt	Check best before date. Can freeze up to 1-2 months
<b>Fats/Oils</b>	
Vegetable oil	1 year
Margarine	8 months in the fridge if opened (if unopened, 1 year in the fridge)
<b>Baking</b>	
All purpose flour	1 year
Whole wheat flour	3 months
Sugar	++ years
Baking soda/powder	1 year
Cornstarch	1 ½ years
Raisins	1 year
Rolled oats	6-10 months
Vanilla extract	++ years
<b>Spices</b>	
Salt/pepper	++ years
Beef/Chicken bouillon	Check the expiry date
Dried herbs and spices	6 months (loses flavour over time)
Soy sauce	10-12 months if opened (if unopened, 2 years)
Worcestershire sauce	2 years
Ketchup	If opened, 3 months on the shelf, 6 months in the fridge (if unopened, 1 year)
<b>Leftovers</b>	
Baked cakes, cookies	4 months in freezer
Bread, buns	1 month in freezer
Cooked casseroles	2-3 days in fridge 3 months in freezer
Cooked meat	3-4 days in fridge 2-3 months in freezer
Cooked poultry	3-4 days in fridge 1-3 months in freezer
Soups, broth	2-3 days in fridge 4 months in freezer

*Chart adapted from the Basic Shelf Cookbook and the Canadian Partnership for Consumer Food Safety Education*

## Chart F: Measuring Liquid and Dry Ingredients Correctly



### Measuring Liquid and Dry Ingredients Correctly

#### LIQUID MEASURING CUP

- Use a liquid measuring cups for fluids, such as water, milk, or oil.
- Fill the cup to the appropriate line; place the cup on a flat surface, then view it at eye level as you pour the liquid.
- Note: Water surface curves downward, so view the bottom of the curve for accurate measurement, not the edge against the measuring cup.



#### DRY MEASURING CUP

- Use a dry measuring cup for larger amounts of powders, such as sugar, salt, and baking powder.
- Spoon or scoop the powder lightly into the measuring cup. Run a knife or spatula across the top to level the surface.
- Scrape off excess.



#### MEASURING SPOONS AND DRY INGREDIENTS

- Use measuring spoons for small amounts of powders, spices, and other dry ingredients.
- Fill and level the amount with the straight edge of a spatula or knife.
- Many containers for baking powder and other dry ingredients come with built-in edge for leveling.



#### MEASURING SPOONS AND LIQUIDS

- Measure a liquid in a measuring spoon by filling it full—to the edges.



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## Eat Right, Drink Water

- Use lower fat cooking methods like grilling, boiling, stewing and baking.
- Enjoy traditional foods like wild meat, fish, local berries and wild rice.
- Drink water instead of sugary drinks.
- Choose a variety of foods:
  - ✓ Try to eat at least 1 dark green and 1 orange vegetable each day.
  - ✓ Have vegetables and fruit instead of juice.
  - ✓ Choose whole grains often like whole wheat bannock, bran cereal or wild rice.
  - ✓ Try beans and lentils as an alternative to meat.
  - ✓ Choose lean meats, poultry and fish prepared with no fat and no salt.
  - ✓ Choose skim, 1% or 2% milk or fortified milk alternatives like soy milk, rice milk or almond milk.

## Appendix A: Community Kitchen Session Poster Design

### Community Kitchen Session!

**What:** A community-based cooking program where small groups of people come together to make meals and take the food home to their family or friends.

**When:**

**Where:**

**Cost:**

**RSVP to:**

**Topic:**



### **Why join a community kitchen?**

- Community kitchens are a great place to try new foods, meet new friends, share ideas and take home tasty and nutritious meals
- Community kitchens can help develop skills to shop for and prepare healthy and nutritious meals on a budget
- When people cook in large groups, they are able to save money and make more food than they could by working alone.

## Appendix B: Ice Breakers

### Why do an ice breaker?

Ice breakers can help people who are unfamiliar with one another connect and integrate in a group environment. They can also enhance group participation and cooperation by:

Helping a new group get to know one another.

Helping people feel comfortable together.

Encouraging working together.

Creating a positive atmosphere for knowledge sharing and involvement.

The ice breaker examples provided here are to do with food. The goal is to get people thinking about food before you start cooking.

It is important to acknowledge that we all have different experiences with food- some very positive and some very negative. At the session, try to focus on the positive and be supportive of each other's sharing.

Be mindful of some people who may dread the 'ice breaker'- let people know that they can pass by just saying 'pass'. It's nice for the facilitator(s) to start this off by sharing about themselves first.

Attached are four ice breakers which you may choose to use at the beginning of your community kitchen.

## Food Questions

Print out the following questions, cut up each question and give one to each participant. Each participant will then tell the group their name, and the answer to their question. Another option for this activity is to pick one of the following questions, and get everyone to answer that one question.

What is one food you wouldn't eat as a child that you enjoy now?
What is your favorite food?
Tell us about a time when you had a kitchen disaster
What is the strangest food you have ever eaten?
What is one food that you have never tried, but you would like to?
What is your least favorite food? Why?
What food could you eat every day and never get tired of?
If the Queen was coming to your house for dinner, what would you cook for her?
Does your family have any food traditions?
What is one thing you would like to learn how to cook?

## Recipe Jumble

Cut up the following recipe into to strips for each ingredient and step. Pass out the strips to the participants. At least one to each participant, if there is extra; keep handing them out until they are all gone. Get the group to rearrange the strips so that the recipe makes sense. Once they think they are finished get them to read out the recipe!

Apple Crumble
Ingredients
6-8 apples, peeled, cored and sliced
2-3 tsp lemon juice
1 tsp cinnamon
½ cup flour
½ cup oats
1 cup brown sugar
½ cup butter
Directions
Preheat the oven to 350°
Core and chop apples
Toss apples with lemon juice and cinnamon and put into a greased baking dish
Using a pastry blender cut flour, brown sugar, and butter until mixture is crumbly
Sprinkle the mixture evenly over the apples
Bake for 30-40 minutes or until apples are tender, serve warm

## Mystery Fruit

This ice breaker also makes a great snack! Purchase at least one piece of fruit for each participant during your grocery shopping for the community kitchen. Try to get several different varieties, depending what is on sale (ex. Apple, banana, kiwi, pears, grapefruit). The weirder and the funnier the fruit feels, the better! Place all the fruit in a bag (not see through!) Ask participants to pass around the bag. Each participant reaches their hand into the bag to choose a fruit; they must then try and guess the fruit without looking. Once they have guessed their mystery fruit they can pull it out. Get the participant to say one thing about that fruit, such as;

Have they ever eaten it?

Do they like it?

Do they know where it grows?

After all participants have chosen a fruit, get one of the cooking groups to chop up the fruit and make a fruit salad to eat as a snack or dessert during your community kitchen!

## Food Quote

Cut out the provided quotes. Give each participant one of the following food quotes, ask them to explain what it means to them.

"If you really want to make a friend, go to someone's house and eat with him. The people who give you their food give you their heart." - Cesar Chavez
"Food for the body is not enough. There must be food for the soul." - Dorothy Day
"One cannot think well, love well, sleep well, if one has not dined well." — <a href="#">Virginia Woolf</a>
"Let food be thy medicine and medicine be thy food" — <a href="#">Hippocrates</a>
"Food is an important part of a balanced diet." - Fran Lebowitz
"After dinner talk a while, and after supper walk a mile." - English Saying
"Don't eat anything your great-grandmother wouldn't recognize as food." - Michael Pollan
"If you give a man a fish you feed him for a day. If you teach a man to fish you feed him for a lifetime" - Chinese Proverb
"The body becomes what the foods are, as the spirit becomes what the thoughts are." - Kemetiic Saying
"Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie." - Terri Guillemets
"Eat breakfast like a king, lunch like a prince, and dinner like a peasant." - <a href="#">Adelle Davis</a>
"We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are." - <a href="#">Adelle Davis</a>