



Collective Kitchens

Adapted from "Community Conversations" by Paul Born

This event allows those who participate to support each other, learn together, and form relationships as well as learning cooking, shopping, and food preparation skills. Buying ingredients in bulk also means that food costs are kept low and ensures that everyone goes home with abundance.

Things to do Ahead of Time:

- ✓ Choose a date and location.
- ✓ Select seven recipes for dishes that can be made in large quantities. You may ask guests to provide suggestions for recipes.
- ✓ Send out invitations.

Recommended Time: Weekends; plan about half a day for this activity, depending on how long your recipes will take to prepare.

Recommended Location: You will need to find a kitchen to use that can accommodate large quantities of food. You may use someone's home kitchen or you may rent the use of a kitchen in a school or community centre.

Materials:

- ✓ Ingredients to prepare selected recipes (enough to feed each participant and his or her family)
- ✓ Cooking tools and utensils based on recipe needs
- ✓ Seven containers for each participant (may be provided by participants themselves)

Set-up:

- ✓ Use the seven recipes you have selected to cook seven meals together.
- ✓ Make sure the batches are large enough to feed each of the families of those participating.
- ✓ Allow each participant to fill their containers with enough food to provide suppers for his or her family for the week.

"Food is to conversation what water is to fish"
~ Paul Born, *Community Conversations*