




# North Dundas Community Kitchen

Would you like to:

-  Cook healthy, low-cost meals?
-  Take home tasty meals for your family?
-  Meet new friends?



*The North Dundas Community Kitchen is a monthly program where participants meet at a central location to cook up tasty take-home meals. (See reverse-side of sheet for more details on how the community kitchen operates).*

To become involved or for more information, please contact

*Dana by phone at 613-875-3262 or by e-mail at*

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*The Community Kitchen program is hosted in partnership between All Things Food SDG Community Food Network, Linking Hands Dundas County, and North Dundas Township.*

# HOW A COMMUNITY KITCHEN WORKS

## Step 1: Plan the menu

- ❖ Meet with the Community Kitchen group to plan out a menu (can be planned based on seasonal foods, what's on sale that week, etc.)
- ❖ Recipes and a cooking day are chosen
- ❖ Shopping list is made and given to the Community Kitchen Leader



## Step 2: Prepare for Cook Day

- ❖ Gather together the containers you will need to bring your meals home
- ❖ Make sure you have ample room in your freezer for the meals

## Step 3: Cook Day!

- ❖ Group gathers at kitchen location and pays for meals that will be prepared that day
- ❖ Recipes and chores are assigned
- ❖ All meals are prepared and divided
- ❖ Everyone works till everything is done
- ❖ Take home meals and put into freezer

## Step 4: The Benefits

- ❖ You now have 4 main course meals/soups/baked goods ready to take out of your freezer.
- ❖ Save time! Save money!
- ❖ Enjoy a variety of healthy, well-balanced meals
- ❖ No more wondering – “What’s for dinner?”
- ❖ Enjoy the new friendships that develop out of the kitchen!

*Adapted from The Calgary Community Kitchen Program.*