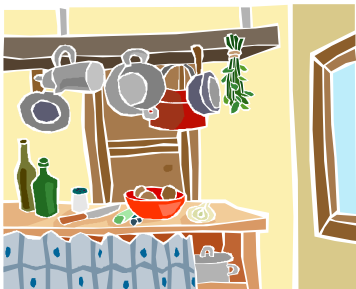


# Need Help?

We can help you:

- ◆ Find you a group to join
- ◆ Find a kitchen facility
- ◆ Find information on starting and running your kitchen
- ◆ Find a leader
- ◆ Publicize your kitchen
- ◆ Recruit participants
- ◆ Find community partners to support your kitchen
- ◆ Train and support community kitchen leaders
- ◆ Find funding to purchase basic shelf ingredients

Call 625-5956



## The Food Action Network

The Thunder Bay Food Action Network (FAN) is a non-profit coalition that has been working since 1996 to improve access to safe, personally acceptable, nutritionally adequate food through a just and sustainable local food system. It brings together community members and organizations in health care, social services, agriculture, food production, community development, education, anti-poverty work, emergency food aid, environmental protection, and municipal government to improve community food security for the City of Thunder Bay and surrounding area through coordinated, community-led action.



For more information, to volunteer, make a donation or to become a member of FAN, call the Thunder Bay District Health Unit at 625-5956.

[www.nwofood.com](http://www.nwofood.com)

## COMMUNITY KITCHENS



*Stretch your food dollar*

*Make friends*

*Try new recipes*



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# Community Kitchens

## What Is A Community Kitchen?

A Community Kitchen is a group of people who cook food together. Community Kitchens are as diverse as the people who participate in them.

You can join a kitchen that already exists, or start your own.

Usually Community Kitchens:

- ☐ Have 4 to 6 participants
- ☐ Meet monthly to plan, shop and cook
- ☐ Require that each participant contributes to the cost
- ☐ Cook 3 or 4 dishes
- ☐ Divide up each dish to take home

## Why Community Kitchens?

A Community Kitchen's a great way to:

- ~ Make new friends
- ~ Cook healthy meals
- ~ Save time and energy
- ~ Share cooking, recipes, nutrition tips
- ~ Learn new skills
- ~ Buy in bulk to save money
- ~ Try new recipes
- ~ Become more self-reliant
- ~ Try new foods
- ~ Have fun!

## Who Might Be Interested?

Community Kitchens often start with a group of people that have something in common, such as:

- ⊕ Parenting programs
- ⊕ Seniors
- ⊕ New Canadians
- ⊕ People using a food bank
- ⊕ People with an illness or allergy
- ⊕ People with a specific cooking interest (ie. vegetarian)
- ⊕ People who live in the same apartment building
- ⊕ A group of employees
- ⊕ A support group
- ⊕ A group of friends