

Community Kitchen Models

Source: The Stop Community Food Centre

There are as many ways to structure and run community kitchen programs as there are people who participate in them. Although there are similarities across the different approaches, each model works towards its own desired outcome, and can have different methods, timeframes and required resources. Adapted from the Food Animators Project from September 2004, this document categorizes the following community kitchen models: Model 1A – Kitchen as Community Development, Model 1B – Community Kitchen as Facilitated Learning, Model 1C – Community Kitchen incorporating Value-Added Products; Model 2 – Kitchen as Community Outreach; Model 3 – Kitchen as Food Distribution System; and Model 4 – Community Kitchen as Life Skills Learning Environment.

Community Kitchen : Model 1A – Kitchen as Community Development

Program Model	Method	Goals / Outcomes	Timeframe	Critical Resource Issues
<p>The Vancouver model of a community kitchen is one in which a group of individuals who meet regularly to cook healthy, nutritious meals. Everyone is expected to participate in the menu selection shopping, preparation, and cooking; the only requirement is an interest in food.</p>	<p>Find a host kitchen space to use (eventually, the CK could create own facilities). Participants / members share in decision-making & work.</p> <p>Often managed / initiated by a social service organization.</p> <p>Can be volunteer-run or staffed. Needs a kitchen coordinator</p>	<p>Healthy Food Access (participants take food home)</p> <p>Food nutrition education</p> <p>Life skills (generally no formal training component)</p> <p>Social / Cultural interaction</p> <p>Community development</p>	<p>1-2 months to find the host kitchen and develop partnership</p> <p>1-2 months to find a Kitchen Coordinator with cooking knowledge (may need to train)</p> <p>1-2 months to advertise, recruit members, and begin cooking</p> <p>Total: 3-5 months</p> <p><i>Recruitment of coordinator & finding host kitchen can happen simultaneously</i></p>	<p>Food sources: food banks, gardens, gleanings, purchased (retail or wholesale)</p> <p>Kitchen equipment (ranges, depending on stocking needs of community and host kitchen). Should be minimal with host kitchen support.</p> <p>Kitchen Coordinator – knowledge of cooking, First Aid, and food safety</p> <p>Liability Insurance (burns, food poisoning, etc.)</p> <p>Cost of food – determining who pays</p> <p>Food handling permits, Inspections</p>



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Community Kitchens: Model 1B – Community Kitchen as Facilitated Learning

Program Model	Method	Goals / Outcomes	Timeframe	Critical Resource Issues
<p>This model is a more facilitated version of Model 1A, in which an organization focuses on food health information, but also on transformative learning, conflict resolution, cultural knowledge, etc.</p>	<p>CK in a host kitchen, geared towards pre / after-school programs or parents.</p> <p>Managed by a social / service organization. Part of food nutrition / food access program.</p> <p>Food obtained through gleaning, markets, food banks.</p>	<p>Healthy Food Access</p> <p>Job Skills (informal)</p> <p>Life Skills (training component)</p> <p>Cultural knowledge / Social interaction skills / Conflict resolution</p> <p>Healthy food / nutrition</p> <p>Transformative learning about food and food systems</p>	<p>1-2 months to find the host kitchen and develop partnership</p> <p>1-2 months to find a Kitchen Coordinator with cooking knowledge (may need to train)</p> <p>1-2 months to advertise, recruit members, and begin cooking</p> <p>Total: 3-5 months</p> <p><i>Recruitment of coordinator & finding host kitchen can happen simultaneously</i></p>	<p>Kitchen space (model 1A)</p> <p>Reliable food source or food storage options</p> <p>Kitchen Coordinator – knowledge of cooking, First Aid, food safety, and nutrition</p> <p>Liability Insurance (burns, food poisoning, etc.)</p> <p>Cost of food – how obtained</p> <p>Food handling permits, Inspections, Kitchen certification</p> <p>Promotion of program, so that new people are brought through on a regular basis</p>



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Community Kitchen : Model 1C – Community Kitchen incorporating Value-Added Products

Program Model	Method	Goals / Outcomes	Timeframe	Critical Resource Issues
Community-run CK for job skills development and for economic opportunities. Food products could be sold at markets, to local stores, or as catering.	<p>Managed by community-members. Could have support from organization to facilitate start-up. Potential focus on production of cultural foods</p> <p>Could also happen semi-independently with jobbers interested in value-added food products from CK activities.</p> <p>More self-organization needed, especially in shared decision-making.</p>	<p>Community development</p> <p>Job skills</p> <p>Life Skills</p> <p>Job development</p> <p>Access to culturally appropriate food in wider community</p>	<p>For a small-scale start-up:</p> <p>2-3 months to find host kitchen (needs to be cert. for food sales)</p> <p>2 months - Outside Kitchen Coordinator (KC) could be brought in to offer initial start-up advice. Don't need long-term KC, as participants would take this on.</p> <p>1-2 months to do some market research, business research (how to distribute food, what is marketable, etc.)</p> <p>2-3 months to recruit participants and build group cohesion (meetings, planning, decision-making)</p> <p><i>Total: 7- 9 months</i></p> <p><i>Research and finding kitchen happens concurrently.</i></p>	<p>Kitchen space & equipment \$500 - \$2300 for cooking supplies, including bowls, trays, etc.; \$20,000 minimum for major appliances, including range hood, fridge / freezers, sterilizers. Many CKs start with the absolute basics and gradually increase.</p> <p>A temporary host kitchen could be found nearby, until own kitchen finished.</p> <p>Everyone trained in food safety, First Aid, etc.</p> <p>Liability Insurance (burns, food poisoning, etc.) for host kitchen</p> <p>Reliable food source & / or food storage options</p> <p>Cost of food</p> <p>Food handling permits, Inspections</p> <p>NB: Catering is the most intensive and least achievable option in the 12 month timeframe.</p>



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Community Kitchen : Model 2 – Kitchen as Community Outreach

Program Model	Method	Goals / Outcomes	Timeframe	Critical Resource Issues
<p>This is the congregate dining model with food shared by all (free or PWYC).</p> <p>Could be a CK group provides food for a broader community</p>	<p>Larger group and accessed by more vulnerable people than model 1.</p> <p>Food is often prepared by volunteers.</p>	<p>Connect food to other service objectives. Food as a tool for bringing in participants to a broader program. (e.g. multi-service agency offer a congregate meal).</p> <p>Healthy food access</p> <p>Food nutrition education</p> <p>Social / Cultural interaction</p> <p>Break down cultural barriers</p>	<p>1-2 months to organize and plan</p> <p>Finding appropriate space for meal</p> <p>Advertise meal</p> <p>Total: 1-2 months</p>	<p>Appropriate space for eating</p> <p>Food sourcing</p>



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Community Kitchen : Model 3 – Kitchen as Food Distribution System

Program Model	Method	Goals / Outcomes	Timeframe	Critical Resource Issues
<p>These kitchens are primarily affiliated with food banks or other food distribution systems for low-income families. These are more common in the US.</p>	<p>Procure food from: farmers (gleaning), purchased, donations, or Second Harvest.</p> <p>Usually staffed kitchens, possibly core staff for an existing other program, with pool of volunteers to draw on. This allows flexibility to respond to food availability.</p> <p>Managed by a social service organization or faith group.</p>	<p>Food distribution / Food Access (volunteer cooks take food home, too).</p> <p>Job Skills for Volunteers (generally no formal training component, but could be good for volunteers to gain job skills)</p>	<p>A basic, start-up kitchen to get things going. Expansion happens over time:</p> <p>2-3 months to get organizational commitment and find space to convert into kitchen (expand existing kitchen)</p> <p>1-2 months to find a Kitchen Coordinator with cooking knowledge (may need to train)</p> <p>2-3 months to recruit volunteers & begin cooking.</p> <p>Total: 4-6 months</p> <p><i>Recruitment of coordinator & getting volunteers could happen at the same time. Need organizational commitment and secured space first.</i></p>	<p>Organizational commitment to the project.</p> <p>Availability of food - predictability, cost, etc.</p> <p>Kitchen space & equipment \$500 - \$2300 for cooking supplies, including bowls, trays, etc.; \$20, 000 minimum for major appliances, including range hood, fridge / freezers, sterilizers. Many CKs start with the absolute basics and gradually increase.</p> <p>A temporary host kitchen could be found nearby, until own kitchen finished.</p> <p>Kitchen Coordinator – knowledge of cooking, First Aid, and food safety</p> <p>Liability Insurance (burns, food poisoning, etc.)</p> <p>Reliable food source or food storage options</p> <p>Food handling permits, Inspections</p> <p>Distribution system – how & to whom is food distributed (example, congregate dining)</p>

Community Kitchen : Model 4 – Community Kitchen as Life Skills Learning Environment

Program Model	Method	Goals / Outcomes	Timeframe	Critical Resource Issues
<p>This model encompasses a variety of learning opportunities:</p> <p>Job skills training (a formalized training course)</p> <p>Life Skills (Public Health model for nutrition – with children and / or adults)</p>	<p>A formal job training system, that offers certification and partnership with institutions. Could be more low-key, but with lower impact.</p> <p>Managed by an organization that is already doing a job skills program (e.g. adult re-employment or youth employment). Run by staff / training staff. Organization is expanding types of job skill development opportunities. Food procured through purchase, gleaning, donation, Second Harvest. Need reliable food source.</p>	<p>Healthy Food distribution / Healthy Food access</p> <p>Community / economic development</p> <p>Job Skills</p>	<p>Job Skills:</p> <p>3-4 months to get organizational commitment and find space to convert into kitchen (expand existing kitchen)</p> <p>2 months to find a Training Cook, who can run kitchen and organize curriculum</p> <p>2-4 months to be develop program and promote it</p> <p>3-4 months to recruit participants and begin program</p> <p>Total: 9-12 months</p>	<p>Kitchen space (See Model 1A)</p> <p>Job Skills: Trained chef / cook to undertake intensive teaching program.</p> <p>Reliable food source or food storage options</p> <p>Distribution system – how & to whom is food distributed?</p> <p>Partnership with organization / association to recognize program for job seekers</p> <p>Life skills: Kitchen Coordinator – knowledge of cooking, First Aid, food safety, and nutrition</p> <p>Liability Insurance (burns, food poisoning, etc.)</p> <p>Cost of food – how obtained?</p> <p>Food handling permits, Inspections, Kitchen certification</p> <p>Promotion of program, so that new people are brought through on a regular basis.</p>