

Evolution of the Gananoque Community Kitchen Pilot

(Gananoque and Area Food Access Network)

We did our homework ...

Based on Evidence – Literature Review (2021)



A review of peer-reviewed and grey literature took place between 2019 and 2021. This review found that food literacy programming can result in improved social and communication skills, information sharing, team work, confidence, food preparation skills and increased community participation. Community kitchens can connect participants to other services in their communities and build social networks for specific groups such

as newcomers, men, young moms, etc. They also can increase knowledge of different cultures, connect culinary experts and farmers with youth, increase food literacy, and connect people with shared experiences. The community as a whole, as well as participants, should be involved from the beginning. The use of peer leaders is a promising strategy. Always consider the potential diversity of participants. Ensure the objectives of the intervention are clear. (MM Traynor, MSc, RD, PHEc 2022)

We asked our community* and you told us what you wanted:

Learn about cooking for a family with kids

55%

Improve my cooking skills 37%

Learn about preserving (freezing, drying, canning) 30%

Learn about cooking for one or two 29%

Cook and share a meal with others 28%

Learn how to teach my kids to cook 26%



* (Mike Sheppard and Andrew Taggart - The Social Schmoes)

What time is best to offer community kitchen?



Best day of the week:

79% weekday
62% weekend

Time of day:

Morning (24%)

Noon - 3 pm (26%)

Evening 6pm - 9pm (25%)

3pm - 6pm (17%)

So ...we organized and offered 3 Community Kitchen classes:

Community Kitchen 1 - Tuesday, March 22 (4:15pm - 6:30pm) – Chicken Dinner Ideas

Community Kitchen 2 - Thursday, April 28 (4:15pm - 6:30pm) – Stir Fry Meals

Community Kitchen 3 - Tuesday, May 17 (4:15pm - 6:30pm) – Breakfast Foods

You came and told us what to change and what to continue to do:

Participants included children, adults and older adults.

Total participants - 30 Total evaluations - 23 (77% evaluation completion rate)

What did you like most ?

“The opportunity to come together; learn together; and eat together.”

“The instructor did an amazing job, the organization was exceptional, the food was delicious and easy, it’s something I would create at home and share.”

“I like how kind and helpful everyone was.”

“I enjoyed being able to learn new things to be able to teach my children. I love learning and growing and want to make healthier meals for my family.”

Other Comments:

“Great opportunity to meet/develop new cooking ideas.”

“I loved the food and how kind everyone was !!”

“Thank you so much! Thanks for being patient and accepting the kids!”

“It was fun.”



87% of respondents said they would attend another Community Kitchen cooking session.

91% of the respondents would recommend a Community Kitchen session to others.

Next Steps:

- 4 community kitchen pilot programs in October/November 2022 (2 evening and 2 afternoon) – we heard your suggestions for change (e.g., consider sharing of culture, more food, more participation in all stations)
- Create a Community Kitchen Pilot Report
- Update FoodCore website with summary and invitation to Fall Community Kitchen programs
- Look for and apply for sustainable funding