

Community Kitchens – Cooking up Community

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Abstract: Have fun, cook great food AND learn about nutrition? Yes! Community kitchens are places that people come together and cook healthy meals to take home to eat later. Everyone helps with the preparation and clean up and menus vary from canning garden produce to low salt, heart healthy meals. Community kitchens save money, teach basic cooking skills, educate participants on nutritious and thrifty food choices and bring people from different socioeconomic and ethnic backgrounds together in a relaxed social setting that promotes community building.

With guidance from Vancouver's "Fresh Choice Kitchens" program the King County Community Kitchen Coalition, ("Community Kitchens NW"), provides networking, training and resource exchange opportunities for people interested in sharing information about existing kitchens or in starting up new kitchens.

Partners in this coalition include local food banks, Seattle Parks and Recreation, Public Health Seattle and King County and Puget Sound Consumer Co-ops. There are currently six monthly kitchens operating in King County serving 6 to 10 people per two hour kitchen.

During this presentation we will show a recent video clip on a local kitchen, discuss why community kitchens work, how to get one started, ways to sustain the kitchens, possible funding sources, how to find local partners and elements for running the kitchens smoothly.