

ON HOLD (COVID19)

Collective Kitchen program

RRCRC STARTED A COLLECTIVE KITCHEN PROGRAM IN 2016. THIS PROGRAM TARGETS LOW INCOME HOUSEHOLD IN WARD 13(RIDEAU-ROCKCLIFFE).

THE MAIN GOAL IS TO INCREASE ACCESS TO HEALTHY AND AFFORDABLE FOOD AND ALSO TO OFFER SKILLS AND KNOWLEDGE THAT FACILITATE AUTONOMY. THE COLLECTIVE KITCHEN PROGRAM TAKES PLACE ONCE A MONTH IN THE COMMUNITY CENTRE'S KITCHEN.

CURRENTLY, WE HAVE A CLOSED GROUP IN WHICH EACH PARTICIPANT TAKE THEIR TURN TO LEAD THE COLLECTIVE KITCHEN. THIS YEAR THIS GROUP WILL RECEIVE TRAINING AND WORKSHOPS IN ORDER TO HELP THEM RUN THEIR OWN INDEPENDENT COLLECTIVE KITCHEN IN THE FUTURE. THE PARTICULARITY AND CHALLENGE OF THIS COLLECTIVE KITCHEN IS THAT PARTICIPANTS CAN'T CONTRIBUTE FINANCIALLY LIKE ANY OTHER COLLECTIVE KITCHENS BECAUSE THEY LIVE IN LOW HOUSEHOLD INCOME. THEREFORE, IN ORDER FOR THIS INITIATIVE TO EXPAND AND BE SUSTAINABLE PARTICIPANTS MUST RELY ON GENEROUS DONATORS AND SOLID PARTNERSHIP.

BASED ON FEEDBACK FROM PARTICIPANTS, THIS WORKSHOP HAS PROVEN TO BE VALUABLE TO PARTICIPANTS. PARTICIPANTS HAVE SAID THAT THE COLLECTIVE KITCHEN ALLOWED THEM TO EAT HEALTHIER AND TO GAIN MORE KNOWLEDGE ABOUT FOOD. SOME ALSO SAID THAT IT WAS A FUN WAY TO SOCIALIZE AND FELT COMFORTABLE TALKING ABOUT SOME OBSTACLES AND DIFFICULTIES WITH OTHER PARTICIPANTS BECAUSE THEY COULD RELATE.



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