

## Why get involved?



### What people said:

“I have enjoyed working as a group and learning the tricks of the trade”

“I have learnt about safety and hygiene in the kitchen, have had fun socialising and have learnt basic cooking skills”

“It’s fun to eat with friends, helping out, sharing, eating together”

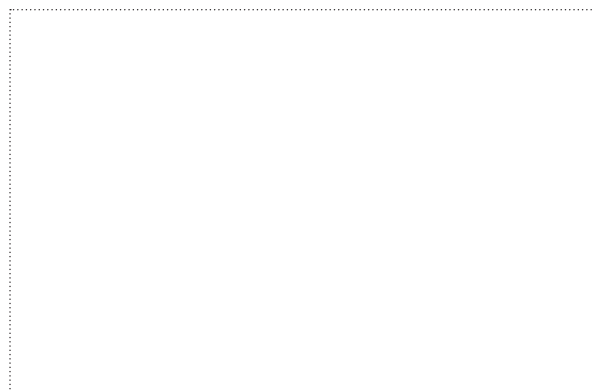
“It’s great to be able to share great meals with fun people”

## For further information

[www.communitykitchens.org.au](http://www.communitykitchens.org.au)

- Find a kitchen to join
- Register your kitchen
- Templates to start and run a kitchen
- Online training
- Healthy eating resources
- Kitchen stories

*Or contact your local kitchen*



## Grow Cook Share

Healthy Cooking Together

[www.communitykitchens.org.au](http://www.communitykitchens.org.au)

# What is a Community Kitchen?

A Community Kitchen is a group of people who cook healthy meals together.

## Being part of a Community Kitchen you can:

- Learn how to make healthy meals using more fruit and vegetables
- Meet new people and have fun

## How it works:

### 6 to 8 participants and 2 group leaders

- Meet weekly or fortnightly
- Group leaders can be paid employees or volunteers

### Plan together

- All participants make a weekly payment (eg, \$5/week)
- The group plans together what they will cook and what they need

### Cook

- Everyone is involved in cooking

### Share or Take Home

- The meal is eaten together or taken home to share with family



- Community Kitchens can be set up anywhere such as schools, churches, community centres, workplaces
- They can be for people of all ages, children or adults, men or women

# Grow Cook Share