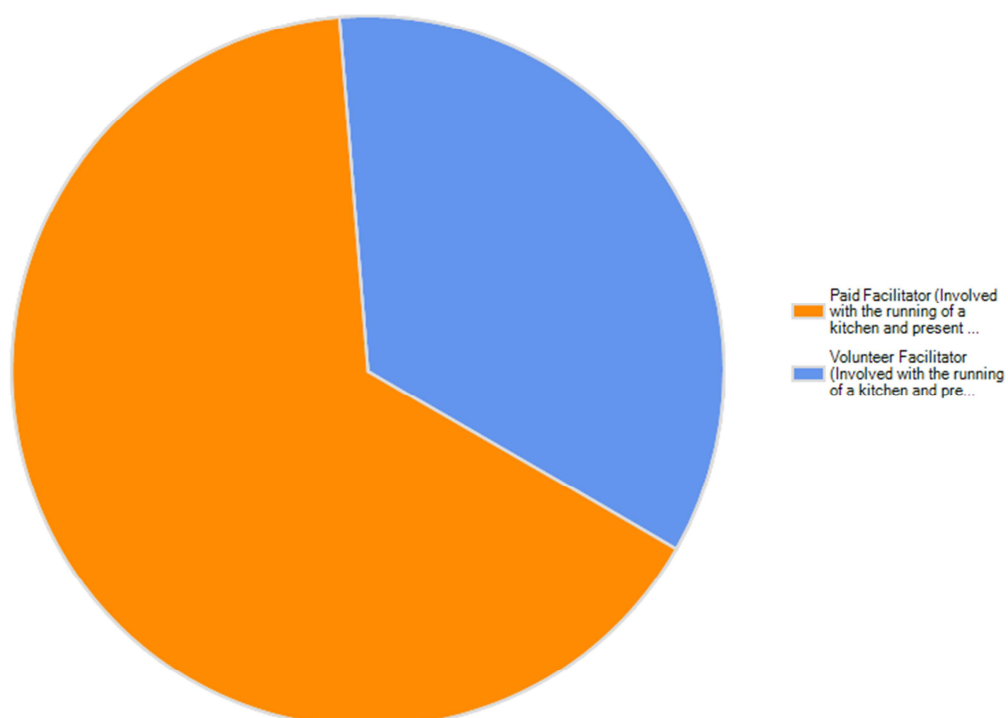


2013 NATIONAL COMMUNITY KITCHENS FACILITATOR SURVEY

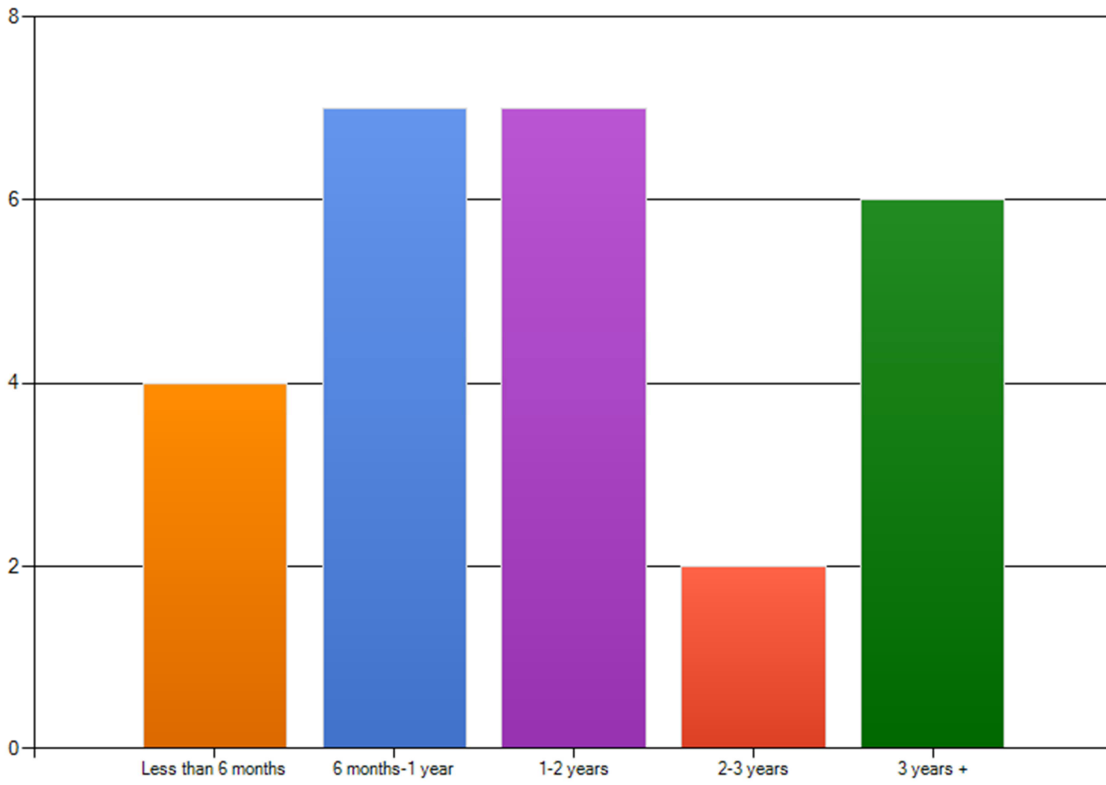
Executive Summary:

- From the surveys sent out there was a 31% return rate
- 65.4% of facilitators were paid and 34.6% were volunteers
- 60% of Community Kitchens targeted people from low-socioeconomic areas, followed by 48% general community and 36% people with a disability and men
- 50% of Community Kitchens were operating in Community Organisations, 31.3% in churches and 27.3% in Neighbourhood houses
- 77% of Community Kitchens have an average of 5-8 participants attending
- 57.7% had a co-facilitator
- 92.6% believed the main benefits for participants was increased social connection, with 74.1% reporting increased knowledge of healthy eating and increased level of cooking skills
- The main challenges reported included:
 - Sourcing participants
 - Attracting volunteer facilitators
 - Setting up, sourcing a kitchen and equipment
 - Keeping the participants involved

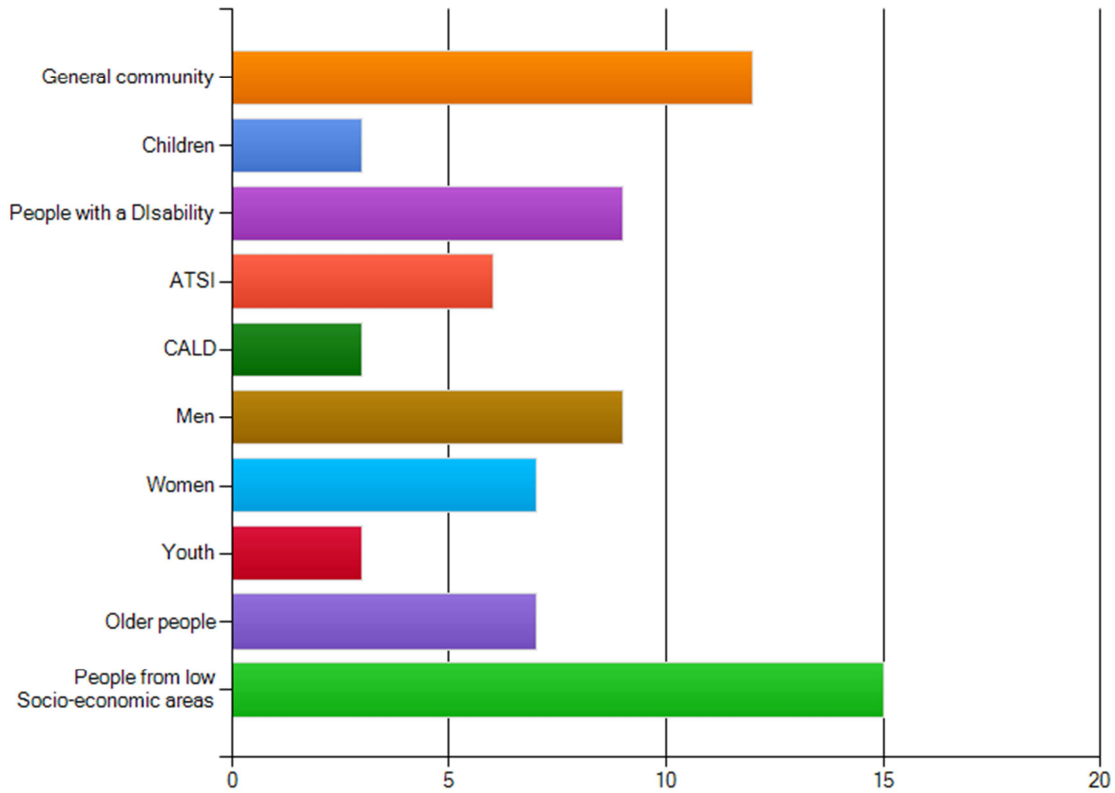
What is your role with Community Kitchens?



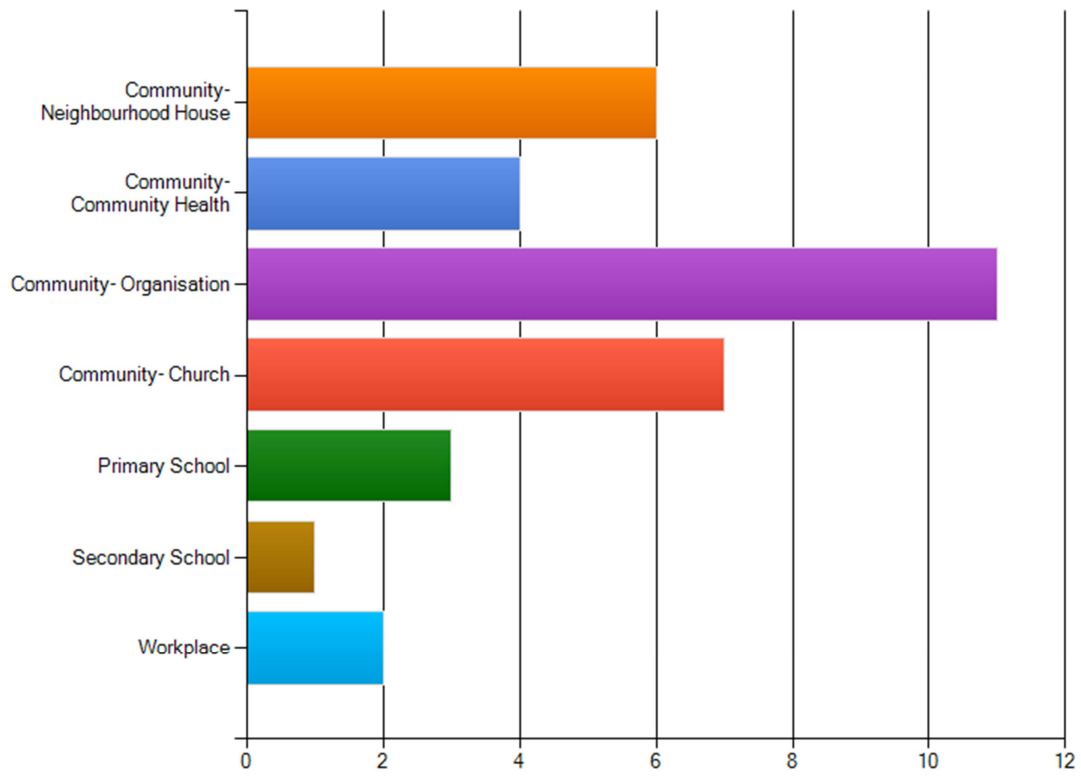
How long have you been a Community Kitchens Facilitator?



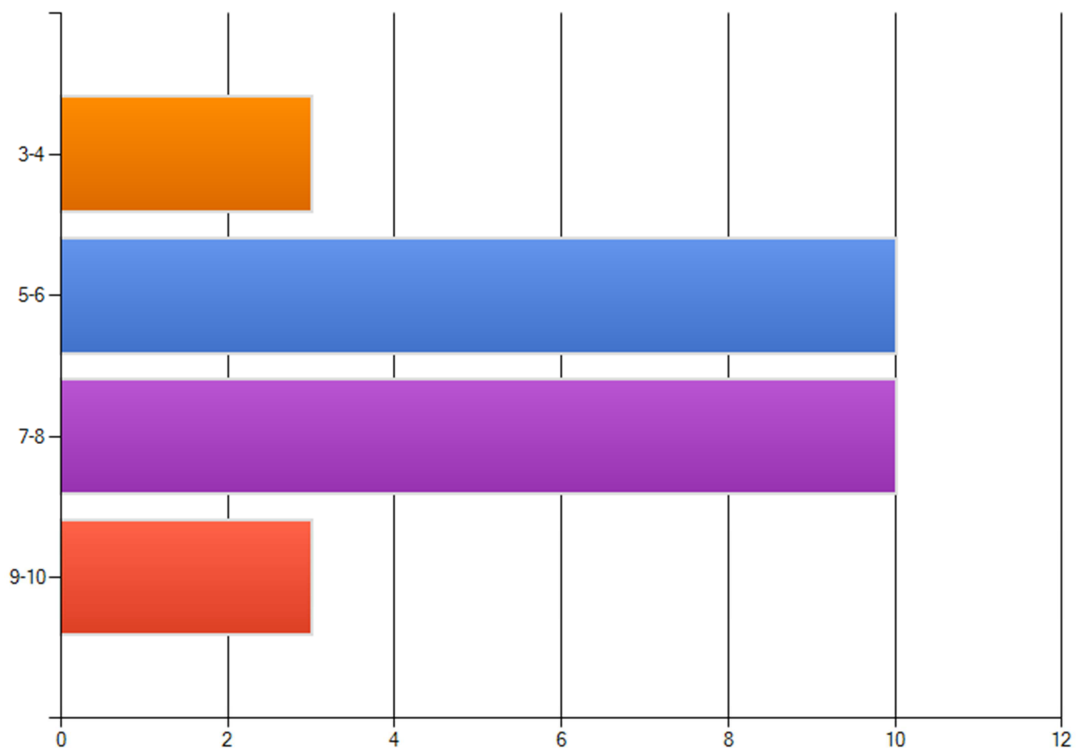
What groups do you target to participate in your kitchen?



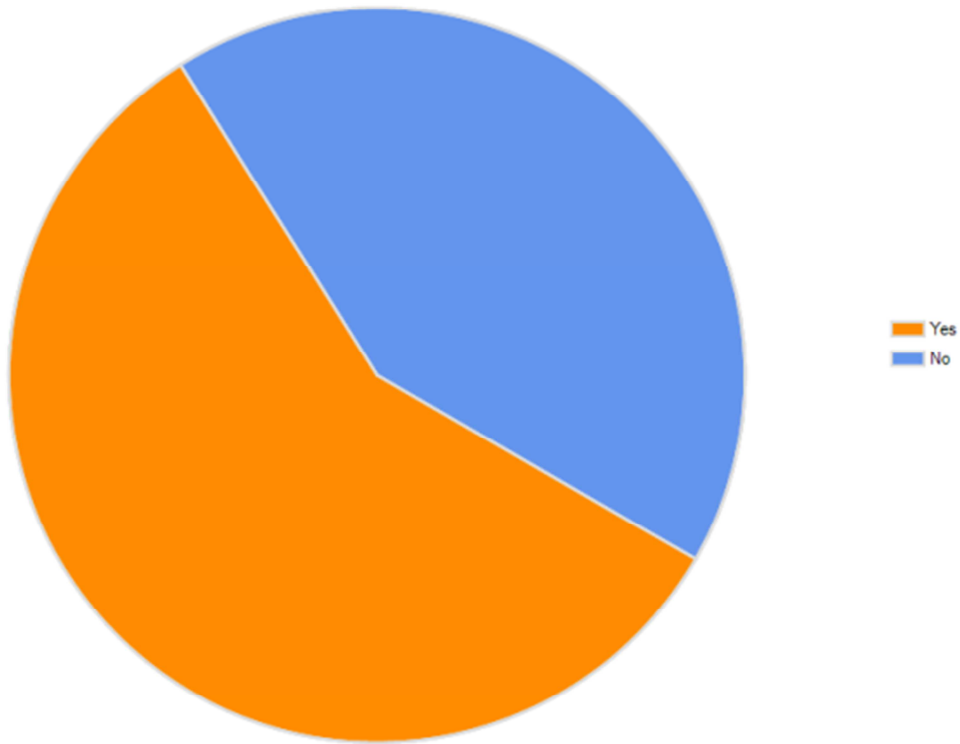
What setting is your kitchens operating in?



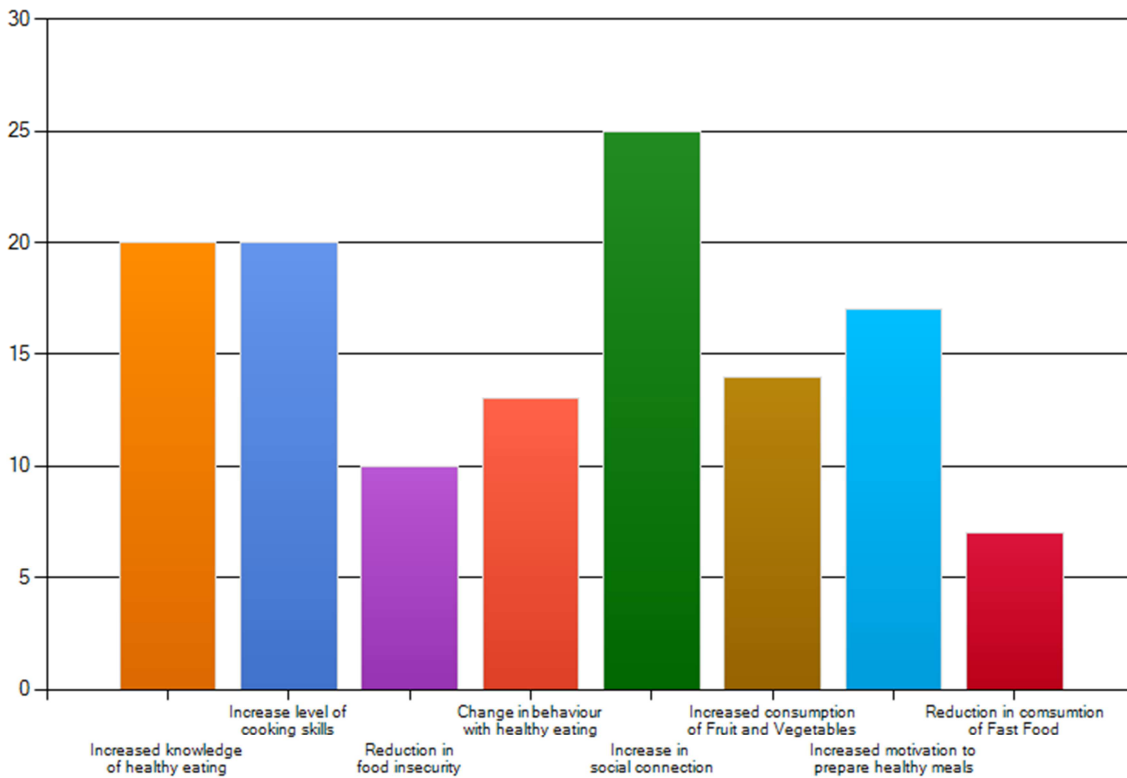
What is the average number of participants attending your kitchen?



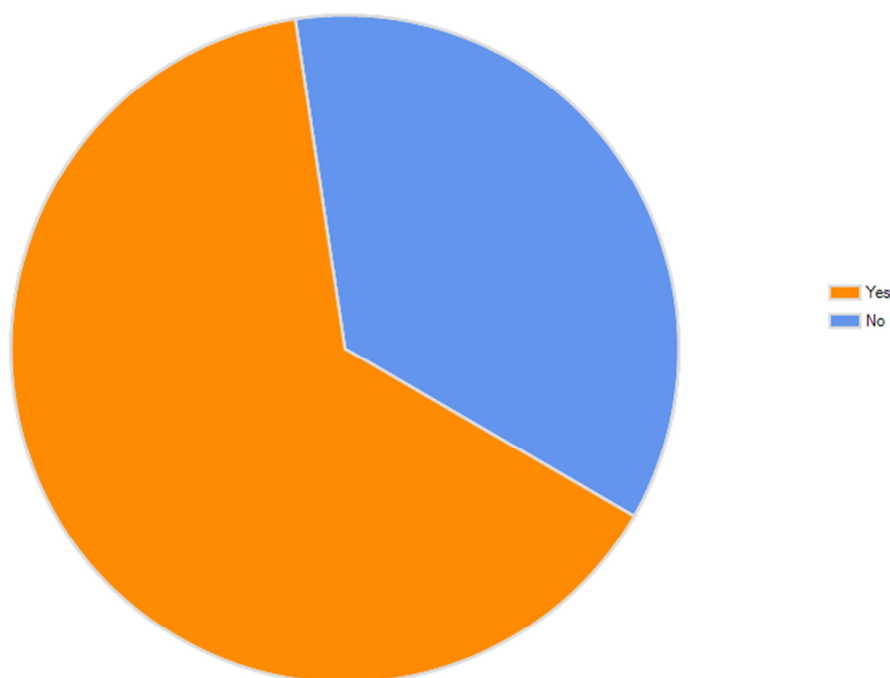
Do you have a co-facilitator?



What do you believe are the main benefits for participants involved in Community Kitchens?



Do you survey or measure the benefits to participants involved in Community Kitchens?



Comments:

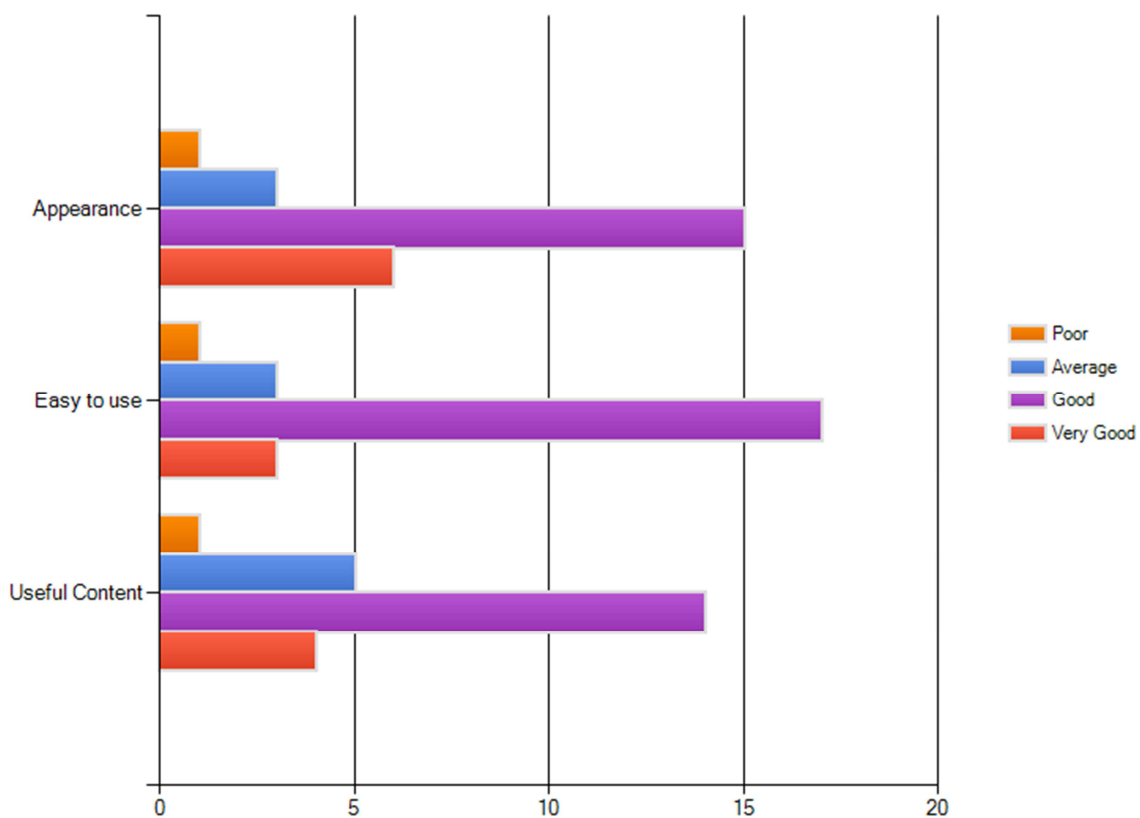
- pre and post evaluation. Positive
- review session journal at regular intervals, seek feedback from carers/case workers, end of year survey; outcomes have included increasing confidence in food preparation and cooking over stove, development of friendships that have extended beyond the kitchen, sense of achievement at being able to make some things for the first time
- Self-designed survey. Reported increase in awareness of need to eat healthier meals.
- Survey; outcomes will be reported in HCI evaluation
- if they tried the recipe again during the past week
- I will measure the benefits by continued communication with participants, maybe in the form of a survey or using a food diary
- Surveys/evaluation forms which have indicated nutrition/food knowledge and cooking skills have improved, as a result of the kitchen and that participants are now eating a more varied diet (more variety in meals cooked at home). Participants have also reported benefits such as increasing their fibre intake, helping manage diabetes, having fun, mixing with nice people.
- personal one on one surveys - people love to feel like they belong
- Participated in the regional Gippsland CK evaluation 2013
- Using pre and post survey that was provided in the CK manual. Kitchen still running so no outcomes as of yet.
- We conducted a Gippsland Wide evaluation pre and post with Monash University using 24hr recall, AQL-8D, and meal assessment. results showed Cks increased fruit consumption and quality of life
- Community Kitchens Evaluations tools, Impact Evaluation - all participants have enjoyed the sessions, made new friends, increased their cooking skills.
- Questionnaire and Q & A

Main challenges

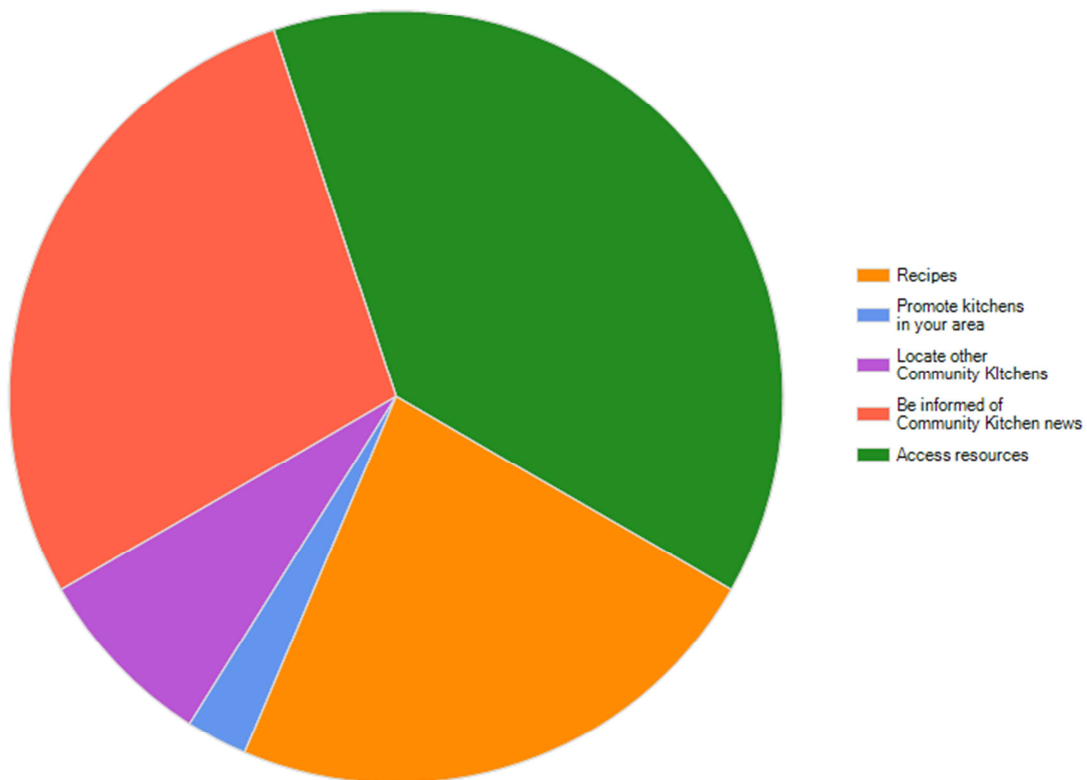
- Selling the concept - some people still see it as a cooking class Space - we use a small kitchen so have to limit the number of participants
- It is so important to plan for sustainability right from the start.
- Setting up- having required equipment and sourcing participants. Running-lack of consistency of attendance of participants. Lack of social skills of some participants.
- Getting a critical mass of people to participate & see the benefits of participating
- Attracting volunteer leaders to facilitate. All CK groups are being run by paid staff.
- Lack of proper cooking facility, cash flow and poor attendance
- keeping the people involved
- This was for a closed group of residents living with mental illness and their kitchen was onsite. So they could come and go or not come at all....it would be better for residents who are just about to leave to go to independent living and hopefully willing to attend each week.
- The community kitchen I am to be involved with is still in the process of setup, so have answered questions based on present info. I see the main challenge as ensuring the people involved are supported and encouraged to stay involved.
- Finding a community member willing to take on the responsibility of facilitating.
- finding participants & covering costs
- changing peoples thinking about fast food
- Finding a venue that is willing to partner with the program as more than just a hired venue. Regular participants, ongoing stream of participants so that when people leave, there are new people to take their place. Building the profile of the program within the broader community. Trying to move away from just targeting disadvantaged groups.
- Sourcing a venue and time needed.
- Support from organisations and gaining participants
- committed facilitators
- getting the community involved
- Finding the first nut (Champion) to deliver the facilitation of a community kitchen program on a voluntary basis.
- Funds to set up kitchen, locating appropriate places to hold a community kitchen, group dynamics, encouraging new members
- To date everything has been running very smoothly - possibly continued funder to pay the worker could be an issue in the future
- Getting the right facilitator, who is well suited to assisting the numerous participants of the kitchen.
- Public Liability Costs and arranging to use council property

Community Kitchen Resources:

How would you rate the National Community Kitchens Website?

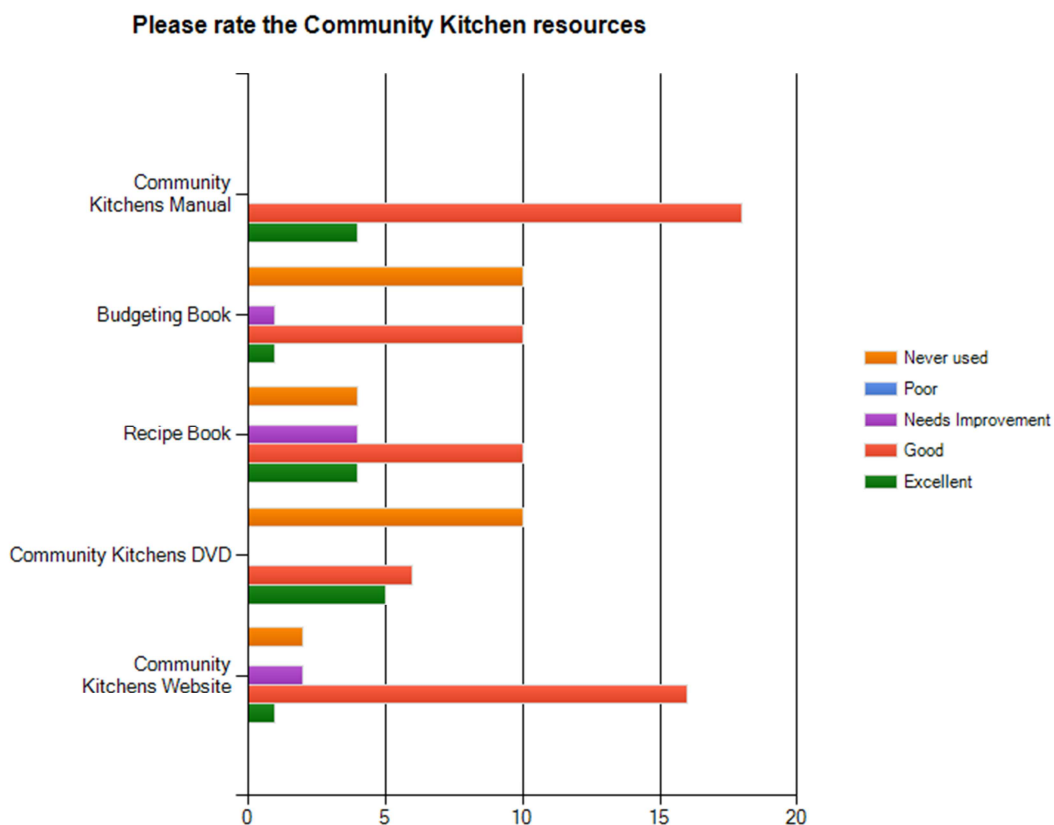


What do you use the Community Kitchen website for?



Comments:

- Can't access as system doesn't recognise our previously registered email addresses
- Make sure links work!
- List of kitchens operating needs to be updated. Constant addition of new recipes could be useful.
- More downloads available Less technical issues
- Remove members login and have it accessible to anyone



Comments:

- The manual was great for setting up and has been a good resource; DVD great for telling people what it's about (but ours has gone missing); we have used the recipe book a lot - great to have the pictures, easy steps; website has also been a useful resource but I don't use it a lot
- Have resources from attending training and Facilitator Training. All resources excellent.

Suggestions or comments regarding the Community Kitchens Model

- I think it's a great model that can be adapted to suit a range of people and places
- love it!
- Recipe book purchase option would be helpful. We printed ours which is quite costly using colour printing. It may be cheaper to purchase.
- I hope it continues....I like people to be empowered to make better choices for their lives.
- I believe the model needs to be revised because from my experience and from what I've heard from other dietitians, the ideal scenario of having a community member volunteer to facilitate long-term, very rarely occurs (usually a dietitian sets the kitchen up & as soon as local council funding ends and the dietitian's time cannot be funded, the kitchen is forced to close). I believe that Community Kitchens benefit the community greatly, both in terms of good nutrition and social interaction, but that it must be accepted that a paid worker is required to keep a kitchen running.
- I became a facilitator once the community kitchens had already been established so a lot of the resources would have been more useful to the staff who established the community kitchen. We will not be continuing with the same Community Kitchens model in the future but will possibly be offering "short course" style cooking and healthy eating/lifestyle sessions
- It's fantastic - thank you!
- Information on Public Liability for other community kitchens, possible for a cover for all kitchens at a fee per year?