

CHECKLIST: Is Community Kitchens for me?

Do you have a passion for cooking?

Do you want to learn how to cook?

Do you like to cook and learn new recipes?

Do you want to learn how to cook quick,
affordable, healthy and delicious meals?

Do you like socializing with others?

Do you enjoy volunteering?

If you said YES to any of these questions,

Community Kitchens could be for you!!!



**For more information on Community
Kitchens contact:**

Joanna Richichi

Algoma Family Services

205 McNabb St., SSM ON

(705) 945-5050 ext.2411

jrichichi@algomafamilyservices.org



Celebrating Food



***Healthy Minds
Healthy Bodies
Healthy Communities***



What Community Kitchens are all about...

Community Kitchens offer the opportunity to learn valuable cooking skills and celebrate food in a fun environment.



What you can expect

- Cook delicious meals
- Bring home food portions for yourself and your family.
- Learn nutritious, healthy, and quick meals.
- Strengthen budgeting skills and meal planning,.

The Power of Food

Community Kitchens are built on the idea that food has power. It has the power to inspire us, the power to nurture our bodies and build health, and the power to bring people and families together. Incorporating healthy foods into our diets helps to support mental health and well-being.



We Will

- Encourage and support learning.
- Build autonomy
- Treat participants with dignity and respect.

Where

Call to find a location near you!



Our Kitchens are

- Clean
- Secure
- Approved
- Welcoming
- Collaborative