

# COMMUNITY KITCHeN

A PROPOSAL BY  
BISSELL CENTRE

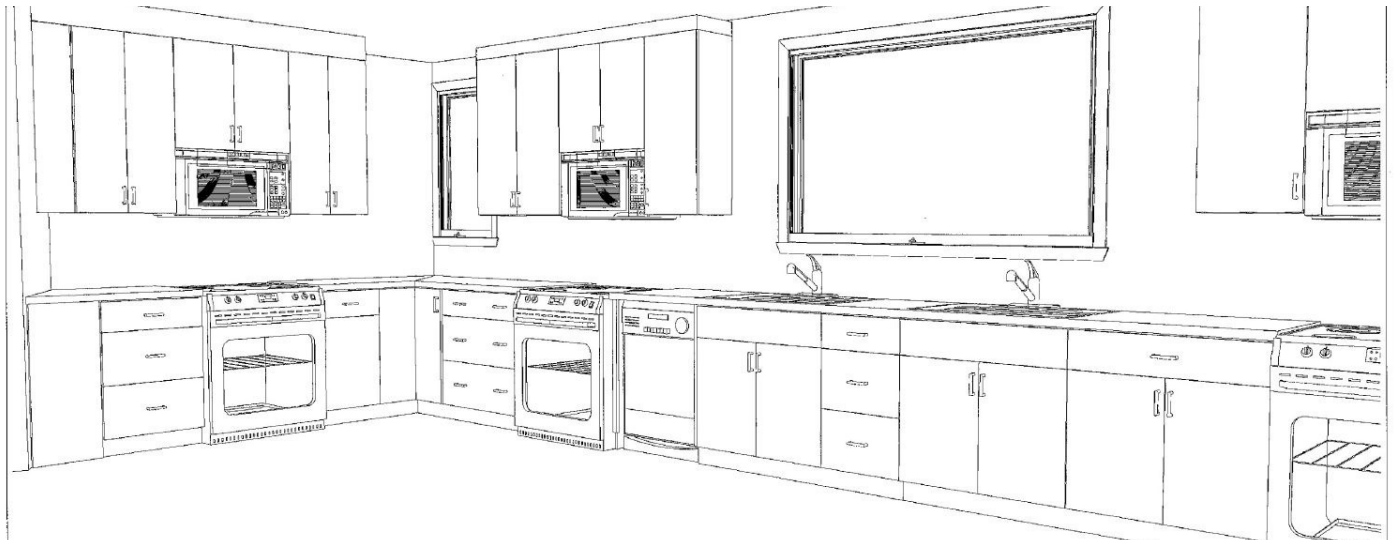
PROJECT  
COMMUNITY KITCHEN FOR  
PEOPLE EXPERIENCING  
POVERTY



A SPACE FOR GROWTH

## OVER FOUR MILLION CANADIANS STRUGGLE WITH FOOD INSECURITY. THE IMPACT ON THEIR HEALTH AND WELL-BEING IS SERIOUS.

Bissell Centre has been serving people experiencing poverty and/or homelessness in the Edmonton area for the last 108 years. We will be adding a Community Kitchen in our new Community Space (formerly Drop-In Centre) which will allow us to build skills, improve health and foster relationships through cooking classes, workshops and community meals.



People have lost the skills, knowledge and confidence to grow, cook and choose healthy food (1). People living in food-insecure households are more likely to suffer from poorer physical and mental health. Without the skills and confidence to choose and cook healthy food, people are sometimes forced to spend their limited incomes on expensive pre-cooked meals. It is not uncommon for our newly-housed clients to have to choose between paying rent and buying food.

Bissell Centre's Community Kitchen will help hundreds of individuals gain the skills and confidence to make healthy and affordable meals. We will run a variety of programs that meet people where they are at, such as a maintaining housing workshop that will support newly-housed participants to maintain and use their kitchen space. In addition, people living on low incomes are six times more likely to experience social isolation (2). Our Community Kitchen will also be a space that builds health and connection through hands-on cooking experiences, food skills lessons and sharing a meal together.

**1 IN 8 HOUSEHOLDS IN  
CANADA IS FOOD INSECURE.**



#### Sources used:

1. [cfccanada.ca/en/Learn/The-Issues](https://cfccanada.ca/en/Learn/The-Issues)
2. [cfccanada.ca/en/Learn/Resource-Library/Resource-Categories/food-skills-programs](https://cfccanada.ca/en/Learn/Resource-Library/Resource-Categories/food-skills-programs)

# COMMUNITY KITCHEN

## PROGRAMS TO BE OFFERED

### **Collective Kitchen**

Workshops about meal planning, grocery shopping and cooking. Participants will create meals to take home with them

### **Maintaining Housing - Kitchen Workshop**

Newly-housed participants will learn how to maintain a kitchen in their own space

### **Farm to Table Workshop**

Using resources from our own community garden, participants will be taught skills to prepare and preserve produce harvested from the garden

### **Food Safety Training**

Participants will learn proper food safety and hygiene training that can be used when applying for jobs through Bissell Centre's Employment Services

### **Cultural Meals: Sharing Traditions**

A variety of different cultures will be explored through preparing traditional meals together. The goal is to foster cultural knowledge and understanding amongst our community







Bissell Centre's Community Kitchen is part of a larger renovation project of the Community Space that saw the former drop-in location completely upgraded to provide better access to services for community members. The renovation allowed us to integrate a new service model with increased programming and an easier access to supports and basic needs in an inclusive and welcoming environment.

## HOW YOU CAN HELP:

- Sponsor the Community Kitchen with a financial donation. The total annual cost of this program is approximately \$120,000. Your support will ensure we can continue providing life changing programs for the community.
- Support with donations of the items needed to fully stock this amazing kitchen including:
  - 4 industrial grade food dehydrators
  - Large sized frying pans
  - Stand up mixers
  - Garlic press
  - Oven safe casserole dishes
  - Cake pans - various sizes
  - Loaf pans
  - Meat thermometers
  - **Adaptive Rocker Knives** (for those with difficulties using standard knives)

If you're interested in supporting this project with funding or donations of in kind items, please call Kelly Sysak at 780-423-2285 ext. 114 or email [ksysak@bissellcentre.org](mailto:ksysak@bissellcentre.org).