

COOKING TOWARD INDEPENDENCE COLLECTIVE KITCHEN PROGRAM

Partners: Children’s Aid Society of London and Middlesex
Middlesex-London Health Unit

Location: Church of the Ascension (2060 Dundas Street East)

Target Population:

- youth transitioning toward independent living
- ages 16-21
- n = 6-8 youth
- collective kitchen sessions (3 hours per week; 2 times per month)
- total of 22 sessions = 66 hours
- youth in the program will be provided with a recipe book including general information about: healthy eating; safe food handling; establishing a healthy relationship with food; local foods; food budgeting; basic shelf ingredients; basic cooking equipment list; and additional information covered in the Collective Kitchen Programming
- youth in the program will be provided with a Basic Shelf Cookbook

Overview of Planned Program:

Month: Theme	Date	Recipe	Learning Objectives
January: Comfort Foods	7	Cheesy Casserole	The importance of food safety and safe food handling principles: <ul style="list-style-type: none"> • To introduce youth to the basics of food safety before they start to handle food. • To remind youth of the importance of good hygiene practices. • To understand how youths’ behavior and activities contribute to the safety of food and how they can decrease the risk of foodborne illness.
	21	Turkey soup	
February: Comfort Foods	4	Chili	Food prepared in a traditional style having a usually nostalgic or sentimental appeal: <ul style="list-style-type: none"> • To develop a healthy relationship with food. • To develop respect for food traditions and culture. • To prepare and enjoy food to eat together with others. • To have confidence in one's ability to use cooking techniques and to prepare tasty meals with available food.
	25	Butter Chicken	
March: Slow Cooker Recipes	4	Pulled Pork	Safely using a slow cooker to easily prepare nutritious meals: <ul style="list-style-type: none"> • To understand the importance of food safety when using a slow cooker. • To consistently implement 8 tips for slow cooker safety. • http://www.eatingwell.com/article/17906/food-safety-tips-for-cooking-with-a-crock-pot/
April: The Basic Shelf Recipes	1	Macaroni and Cheese – 3 ways	Using the Basic Shelf Cookbook to make low-cost, easy recipes using nutritious and economical ingredients: <ul style="list-style-type: none"> • To increase knowledge of the Basic Shelf Cookbook.
	15	Rice- Stuffed	

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Month: Theme	Date	Recipe	Learning Objectives
		Green Peppers	<ul style="list-style-type: none"> To learn about proper food storage including how long various foods can be stored without spoilage. To understand strategies to save money when purchasing foods and planning meals. To develop a general understanding of ingredients included in the basic shelf list. To develop a general understanding of equipment included in the basic equipment list.
	29	Speedy Lentil and Bean Casserole	
May: Chicken from Tip to Tail	6	Chicken Enchiladas	Healthy Eating on a Budget: <ul style="list-style-type: none"> To understand how to cook once and eat three times. Identify the 3 steps for healthy eating on a budget —plan before you shop; shop to get the best value for your money; make cost-cutting meals. Identify 3 skills to plan meals and snacks ahead of time – make a second meal or side dish from leftovers; go meatless one or more days each week; use the internet for recipe ideas; use a meal plan for the week.
	13	Chicken Broth	
June: Food Bank Hamper Creativity	10	Pasta and Bean Dish	Helping a caring community share its food resources: <ul style="list-style-type: none"> To have a better understanding of the impact of the food system (e.g., growing, manufacturing, transportation, preparation, consumption and disposal of food products) on individual health, broader societal and economic wellbeing, and the environment. To believe in one's ability to apply food and nutrition-related knowledge to select, buy, and prepare food to make healthy choices in a complex food environment.
	24	Tuna Casserole	
July: Seasonal Cooking	TBD	Seasonal Salad Smorgasbord	Introduction to “Get Fresh...Eat Local” farm map: <ul style="list-style-type: none"> To increase awareness of what foods are in season. To promote the use of locally grown foods, when appropriate.
August: Seasonal Cooking	TBD	Easy Chicken Stir-Fry	Make healthier choices using Foodland Ontario’s seasonal guide: <ul style="list-style-type: none"> To increase awareness of what foods are in season. To promote the use of locally grown foods, when appropriate.
September: Harvest Delights	23	Beef Stew with root vegetables	Introduction to foods in season during the Fall harvest: <ul style="list-style-type: none"> To increase awareness of what foods are in season. To promote the use of locally grown foods, when appropriate.
October: Thanksgiving	7	Turkey Dinner with all the trimmings	Planning a family meal celebration <ul style="list-style-type: none"> Meal planning for Thanksgiving dinner
	24	Turkey Tetrazzini	
November: TBD	TBD	Menu Planning Activity	Menu Planning: <ul style="list-style-type: none"> To practice making a menu plan using available resources and tools To make a menu plan based on income, nutritional requirements, taste, and food literacy level.
	TBD	Christmas Baking	

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Month: Theme	Date	Recipe	Learning Objectives
December: TBD	TBD	Christmas Baking	Planning a family meal celebration <ul style="list-style-type: none"> • Meal planning for Christmas dinner • Party planning for CAS youth Christmas celebration
	TBD	Christmas Dinner with all the trimmings	