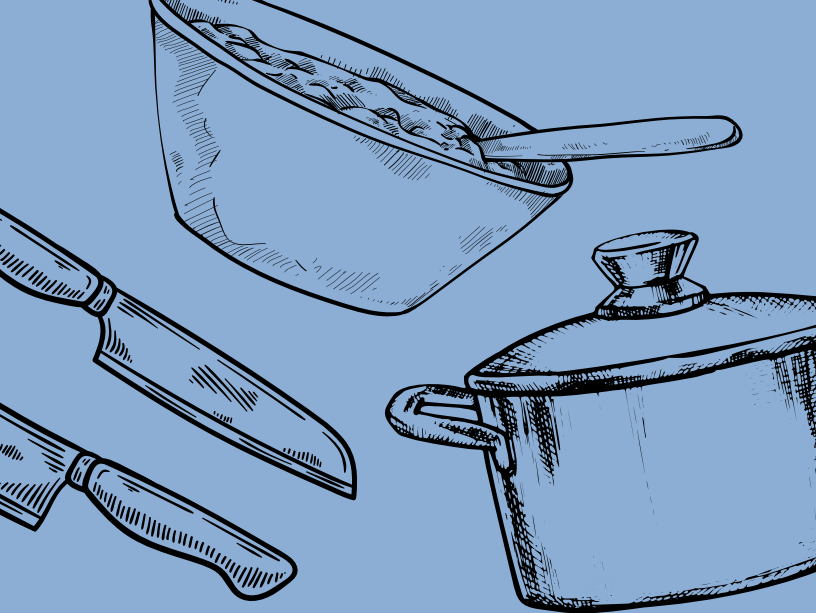




# CAMPUS COMMUNITY KITCHENS

Concordia Food Coalition

*introduction: why read this zine?*

## **Building Community and Collaboration Through Campus Kitchens**

Campus community kitchens are more than just spaces for cooking; they are hubs for connection, collaboration, and community building. These kitchens provide opportunities for students and campus community members to **share food, stories, and skills, fostering meaningful relationships.**

### **Breaking Isolation Through Food**

For many students, especially those new to campus, community kitchens offer an inclusive and welcoming space to connect. Cooking and eating together help break down barriers, encourage teamwork, and create a sense of belonging. **Events like potlucks, themed cooking nights, or recipe exchanges bring students together to bond and collaborate.**

### **Fostering Collaboration and Inclusion**

Community kitchens thrive on skill-sharing and teamwork. Students teach each other cooking techniques, share cultural recipes, and work together to prepare meals. Initiatives like **cooking workshops or international food nights** celebrate diversity while building connections.

*introduction: why read this zine?*

# Skill-Building:

## *Learning Essential Life Skills*

Campus kitchens offer students **hands-on opportunities** to develop essential life skills that extend beyond cooking.

Workshops and group cooking sessions teach practical techniques such as **meal planning, food budgeting, and cooking nutritious meals on a student-friendly budget.**



### *What skills can I learn?*

- **Food preservation skills**, like safely storing leftovers, freezing meals, or pickling seasonal produce to minimize food waste.
- **Stretch grocery budgets**, save time, and eat better. Example: You can learn to batch-cook for the week, ensuring balanced meals while saving money.
- **Become more self-sufficient and develop healthier eating habits**, and live your best life!

*kitchens on-and-around campus*

# Dean of Students Kitchen

*what is it?*



The Dean of Students Office Kitchen at Concordia University is a free, student-accessible cooking space. It provides a fully equipped kitchen for individuals and groups to prepare meals, host cooking workshops, or organize food-related events, fostering community and skill-sharing on campus.

*where*

**6TH FLOOR, HALL  
BUILDING, 1455 DE  
MAISONNEUVE WEST  
ROOM H-637**

*how to book*

**Access the MyEvents Portal:**

- Authorized booking officers from **registered student associations** can submit space reservation requests through the MyEvents portal.
- Ensure your group is registered and has an authorized booking officer to facilitate the process.

**Advance Booking:**

- Submit your reservation request at least 20 business days before your planned event to allow sufficient time for processing and approvals.

**Provide Event Details:**

- Clearly specify the nature of your event, expected number of attendees, and any special requirements, such as equipment or room setup.

**Deanofstudents.office@concordia.ca**  
**514-848-2424, ext. 3517**

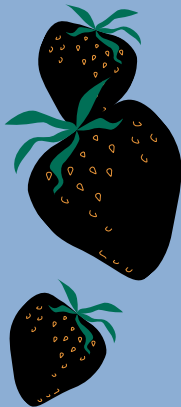
# Dean of Students Kitchen

## Costs

Rental rates may vary based on the nature of the event and the affiliation of the organizing group. Internal users, such as recognized student associations, might benefit from reduced rates or fee waivers. For detailed information on rental rates and potential costs, refer to Hospitality Concordia's rental rates and forms.

### Additional Costs:

Be prepared for potential additional expenses, including cleaning fees, equipment rentals, or security services, depending on the specifics of your event.



*kitchens on-and-around campus*

# Hive Free Lunch Kitchen

*what is it?* ----->

The Hive Free Lunch offers free, vegan, wheat-free, and nut-free meals to Concordia students, staff, and community members every school day. It aims to provide healthy, sustainable, balanced meals to over 230 students daily, fostering a sense of community around food.

*where*

**7141 SHERBROOKE  
STREET W  
SC BUILDING ROOM 200**

*how to book*

- Students can propose events during the fall and winter semesters.
- For detailed information on availability, pricing, and booking procedures, please contact the Hive Café Co-op's event coordinator

**events.hivecafecoop@gmail.com**

*Costs*

- Concordia student groups receive booking priority, with space rental fees waived; however, an Event Supervisor Fee applies (\$22/hour for internal groups, \$25/hour for external groups).
- External groups can also rent the space, with pricing details available upon request.
- A cancellation fee of \$50 is charged for cancellations made less than 48 hours in advance.



*kitchens on-and-around campus*

# People's Potato Kitchen

**what is it?**



The People's Potato is a vegan, pay-what-you-can community kitchen at Concordia University in Montreal, offering affordable, nutritious meals to students and the wider community. It focuses on food security, social justice, and fostering an inclusive, supportive environment.

**where**

**7TH FLOOR, 1455 DE  
MAISONNEUVE WEST  
ROOM H-733**

**how to book**

If you or your group want to collaborate on an event using the People's Potato kitchen, you can send in a **solidarity project collaboration request form** which is found on The People's Potato website. (QR code below!)

1. Students can propose workshops at any time.
2. The People's Potato Collective will discuss availability, capacity and if the Potato kitchen is a good fit.
3. The collective will contact your group to confirm the details and to schedule a collective worker to be present during your event.

**hello@peoplespotato.com**



# PEOPLE'S POTATO

**Concordia's Vegetarian Soup Kitchen**

*kitchens on-and-around campus*

# Innovation Assistance Community Kitchen

Sign up to participate in Innovation Assistance's food transformation activities, learn how to reduce food waste and prepare delicious dishes with their team of professionals!

Come cook in the community kitchen at St. Jax!

They transform unsold produce from the Solidarity Markets, a portion of which participants can take home (so make sure to bring a Tupperware!). Remaining portions will be sold at the next market.



**Culinary and Job Training:** Providing participants with skills in cooking and food preparation, which can aid in employment opportunities.



**Meal Preparation:** Preparing meals and baked goods for community markets, ensuring access to affordable and nutritious food.

*where*

**1439 STE. CATHERINE W**

**innov-coord@direction.ca**

**FIND  
THE  
HOURS  
HERE**



**innovation  
assistance**



**Alima**  
Centre de nutrition sociale pérennitaire

*kitchens on-and-around campus*

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*where*

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**innov-coord@direction.ca**



**innovation  
assistance**



**Alima**  
Centre de nutrition sociale pérennitaire

# Kitchen Tool Library

Need equipment to be the best cook you can be at home? Innovation Assistance has got you covered!

Come borrow a wide range of kitchen tools, from basic supply kits to specific items, from the community kitchen equipment library!

Great for cooking workshops, community meals and home-cooking projects!



SCAN HERE TO  
LEARN MORE



## where

**MAISON DE QUARTIER PETER-MCGILL**  
**1435 RUE DRUMMOND, H3G 1W4**

## key details

Items can be reserved for a period of 3 days (not including days when the library does not have opening hours).

You will be asked to provide a photo ID and sign a release form when picking up your items. If you do not have a photo ID, speak to the staff.

*why start or join a community kitchen project?*

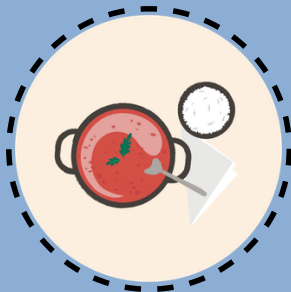
# How Community Kitchens Help Students Lead and Learn

Community kitchens are a perfect space for students and food groups to come together, share knowledge, and collaborate through **fun, hands-on workshops**.

## Lead Workshops, Share Your Skills!

Workshops can focus on all kinds of themes:

- **Cultural Recipes:** Share dishes from your culture and teach others to cook them.
- **Plant-Based Cooking:** Learn how to make tasty, budget-friendly vegetarian or vegan meals.
- **Zero-Waste Meals:** Discover ways to reduce food waste while cooking and storing food.



## BENEFITS

- ✓ Teach & Share what you know
- ✓ Try new things
- ✓ Connect over shared experiences

*why start or join a community kitchen project?*

# SKILL-BUILDING!

## Event Ideas for Student Cooking Nights

Food groups or student leaders can organize fun, accessible events like:

- **Budget-Friendly Cooking Nights:** Learn to cook nutritious meals on a tight budget.
- **Skill Swap Sessions:** Share a skill, like making homemade dumplings, and learn one in return!
- **Meal Prep Hangouts:** Cook and prep meals for the week with a group—it's more fun and productive.

## Start New Kitchen Programs

Community kitchens can also host exciting programs that:

- Encourage group cooking clubs or DIY meal sessions.
- Discuss important topics like food justice, sustainability, and food security.
- Foster leadership by letting students plan, host, and promote events.

### SKILLS



Cooking



Budgeting



Teamwork



# Cooking Workshop Tips

- Develop a structured agenda that balances instruction with hands-on practice.
- Clearly outline the recipes and techniques to be covered.
- Create a welcoming environment by arranging the workspace efficiently with all required tools available.
- Engage participants through interactive demonstrations and encourage questions to foster shared learning.
- Conclude with a tasting session to allow participants to enjoy the fruits of their labor and provide feedback.

## Sourcing Your Ingredients

- Plan your menu in advance to identify all required ingredients.
- Source fresh, high-quality produce by establishing relationships with local farmers' markets or suppliers.
- Purchasing in bulk can be cost-effective, but ensure proper storage to maintain freshness.
- Consider any dietary restrictions or allergies participants may have and prepare suitable alternatives.
- Organize ingredients prior to the workshop, portioning them as needed to streamline the cooking process.

# Starting a Kitchen Program

## Your Guide to Launching a Community Kitchen Initiative

Community kitchens are amazing spaces where students and groups can come together to cook, learn, and connect. If you're passionate about food, sustainability, or creating a welcoming space for your peers, launching a community kitchen program is a fantastic way to make a difference.

**Here's a step-by-step guide to get started:**

**1**

### Define Your Goals

- What do you want to achieve? Think about what your kitchen program will focus on: food security, cooking skills, cultural exchange, or community building.
- Who will use the space? Identify your target audience: students, specific groups, or the wider campus community.



## 2

### Assemble Your Team

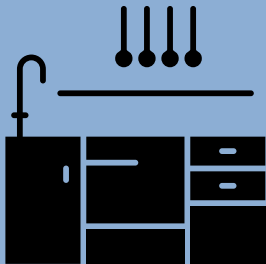
- Gather a group of like-minded students who share your vision.
- Assign roles: organizers, fundraisers, and outreach coordinators.
- Reach out to campus clubs or food groups for support.



## 3

### Find a Space

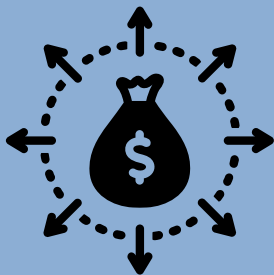
- Look for existing kitchens on campus or in nearby community centers.
- Ensure the space has essential equipment like stoves, fridges, and prep areas.
- Work with campus administration or community organizations to secure access.
- Be aware of any fees to rent space or equipment



## 4

### Create a Plan

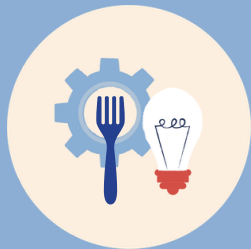
- Program Structure: Will it be open cooking sessions, workshops, or meal prep nights?
- Budget: List potential costs (ingredients, equipment, promotion) and funding sources.
- Schedule: Decide how often events will take place.



## 5

### Secure Funding and Resources

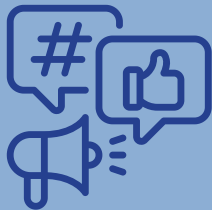
- Apply for grants through your university or local nonprofits.
- Host fundraisers like bake sales or cooking demos.
- Partner with local businesses for donations (e.g., ingredients or equipment).
- Apply to the Concordia Food Coalition Food Group Development Program



## 6

### **Spread the Word**

- Use social media to promote your program.
- Create posters, flyers, and zines to distribute around campus.
- Collaborate with campus clubs or student influencers to reach more people.



## 7

### **Launch Your Program**

- Host a kickoff event like a potluck or cooking demo to generate interest.
- Keep it simple for your first session and gather feedback to improve.



## 8

### **Build Sustainability**

- Recruit volunteers to keep the program running.
- Document your progress and create guides for future organizers.
- Stay flexible and adapt based on participant needs and feedback.



# INSPIRATION



The Loaded Ladle Kitchen, located at **Dalhousie University in Halifax, Nova Scotia**, is more than just a community hub for free meals—it's a vibrant space that fosters collaboration and education through food.

While the kitchen primarily supports the Loaded Ladle's mission of food sovereignty and sustainability, it also offers opportunities for student groups and community organizations to use the space for cooking workshops.

## Kitchen Rental

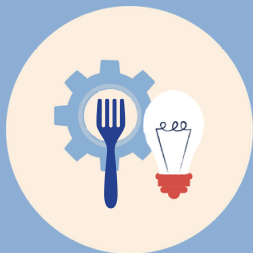
**Through its Community Cook-Along Program**, the Loaded Ladle allows groups of up to 12 participants to engage in hands-on cooking sessions.

This initiative is perfect for **students looking to host workshops that focus on skill-sharing, cultural cuisine, or plant-based cooking**.

The kitchen is fully equipped with essential appliances and tools, making it easy to prepare meals in a collaborative and educational environment.

Rental of the kitchen is aligned with the Loaded Ladle's values, so **events should emphasize food justice, sustainability, or accessibility**. Groups interested in booking the space must submit a proposal outlining the purpose of their workshop and how it supports these principles.

## The STIR Program



*Get Support for your  
Campus Food Project!*

Formerly known as the new Food Group Development Program is designed to support campus-community food initiatives to form a resilient food system at Concordia and beyond.

### What can the CFC offer?



- Facilitating peer to peer **mentorship** between food groups
- Facilitating **communication** channels between organizations
- **Advocating** for student groups on the FAWG
- Providing **partnership** opportunities
- Securing new and/or **improved spaces** for food projects
- Targeted **technical training**, like MAPAQ, financial literacy, bookkeeping, etc.

## What can the CFC offer?



**Mentoring & Partnerships**



**Comms & Marketing**



**Experts & Specialists**



**Technical Trainings**



**Funds & Fundraising**



**Research & Resource Database**



**Local & Sustainable Sourcing**



**Space Acquisition & Support**

**Scan Here to Apply!**



### Who Can Apply?

1. Any students with an Idea for how to approve the food system
2. Any existing food project requesting support.

**For any questions, please email [foodgroups@concordiafoodcoalition.com](mailto:foodgroups@concordiafoodcoalition.com)**

# GET STARTED!

**PREFORM  
CENTRE  
KITCHEN**



**Get MAPAQ  
Certified!**



**Students Guide to  
Cooking for Yourself**



**Safety and Hygiene Tips:  
A quick guide for food  
safety and kitchen  
etiquette**



# 5 Steps to Advocate for: ***MORE Community Kitchens!***

For students, especially those facing food insecurity or seeking community engagement, on-campus community kitchens can be invaluable. They provide a platform for learning, collaboration, and cultural exchange, enriching the campus experience beyond academics.

To advocate for the establishment of community kitchens on campus, students can take the following steps:

## **Research and Proposal Development:**

**1** Gather data on the benefits of community kitchens, including their impact on food security and community building. Develop a comprehensive proposal outlining the need, potential benefits, and logistical considerations for a campus community kitchen.

## **Engage with Student Government and Organizations:**

**2** Present the proposal to the student government and relevant campus organizations to garner support. Collaborate with groups focused on student welfare, diversity, and inclusion to build a coalition advocating for the initiative.

# 5 Steps to Advocate for: ***MORE Community Kitchens!***

## **Raise Awareness and Mobilize Support:**

3

Organize events, workshops, and information sessions to educate the campus community about the benefits of community kitchens. Utilize social media platforms and campus publications to reach a broader audience and encourage student participation.

## **Collaborate with Faculty and Administration:**

4

Engage faculty members who have an interest in community health, nutrition, or social work. Seek meetings with campus administrators to discuss the feasibility of the project, potential locations, funding sources, and integration into existing campus services.

## **Pilot Programs and Feedback:**

5

Propose starting with a pilot community kitchen to assess its impact and gather feedback. Use the insights gained to make necessary adjustments and strengthen the case for a permanent facility.

# **Inside you'll find:**

***Concordia campus kitchens***

***How Community Kitchens Help Students  
Lead and Learn***

***Funding and Cooking Resources***

***How to Start a Community Kitchen  
Program***

***The STIR Program***

***Inspiration from:  
The Loaded Ladel Kitchen***

***Funding and Cooking Resources***