

# ABORIGINAL COMMUNITY KITCHEN LEADERSHIP WORKSHOP

A community kitchen is a group of people who get together regularly to cook and eat together or cook and bring food home. Groups most often cook in community centers, neighbourhood houses, apartment building or hotel common rooms, schools, housing co-ops or people's homes. In this workshop, you'll find out more about leading a 'traditional' community kitchen using First Nations foods, teaching methods and supports. Learn different ways a group can work together and learn how you can lead or start a community kitchen. Experience a community kitchen first hand!

Participants registering for this workshop must meet the following criteria:

- Live or work in the Vancouver Coastal Health Region; and,
- Be associated with an Aboriginal program (such as the Aboriginal Strategic Health Initiatives Program)

Facilitated by:

**Jessica Chenery** a passionate community development practitioner who embodies an Indigenous ancestral line to the central Vancouver Island area, shíshálh and Penelakut First Nations

**Diane Collis**, Manager, Fresh Choice Kitchens, The Community Kitchen Program of the Greater Vancouver Food Bank Society

**WHEN:** Friday, March 9 9:00 am - 2:30pm

**WHERE:** Vancouver Food Bank, 1150 Raymur Ave. Vancouver, BC  
For directions, visit the "Contact Us" section of our website <http://www.communitykitchens.ca>

**REGISTRATION:** Contact Leah Karpan, AHIP Assistant,  
ph: 604-875-5600 EXT. 63295,  
Email: [leah.karpan@vch.ca](mailto:leah.karpan@vch.ca)

*Registration is limited to 15 per class and lunch will be provided.*



This workshop made possible through a partnership with Fresh Choice Kitchens, The Community Kitchen Project of the Greater Vancouver Food Bank Society (<http://www.communitykitchens.ca>) and The Aboriginal Health Initiatives Program of Vancouver Coastal Health (<http://aboriginalhealthinitiative.vch.ca/>)