



CK@CWU – BRING A
COMMUNITY KITCHEN TO
CAMPUS AND STUDENTS
WILL COOK!

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Joint Conference on Health

Community Kitchens (CKs)

What they
are

- An old idea, but new here
- A place for people to come together to cook, eat, and/or take food home to families
- Formal or less formal in structure

What they
do

- Improve food security and diets
- Build skills and confidence
- Build social support and inclusion
- Promote social justice and systemic change (food assistance programs do not)

Community Kitchen Values

- Healthy food preparation
- Economy of shared resources and effort
- Education about nutrition, health, and sustainable food practices
- Community involvement
- Local and family empowerment



It's not a soup kitchen. It's a *community* kitchen.

What's happening in our region?

Seattle-based group dedicated to helping people start Community Kitchens

COMMUNITY KITCHENS NORTHWEST



OUR FAVORITE RECIPES!

[Salads](#)

[Sauces](#)

[Soups](#)

[Side Dishes](#)

[Main Dishes](#)

[Desserts](#)

[Breakfast Treats](#)

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HOME



WE'RE COOKING UP COMMUNITY!

We do this by bringing people together in a common kitchen and prepare large amounts of food to share. In a Community Kitchen (CK), everyone gets involved in the cooking, and cleaning, and we all share the food that is made. Some kitchens cook for the purpose of taking ready-to-eat meals home, while other kitchens cook for the purpose of enjoying a community meal together. In addition to leaving a CK with food or a belly full, you gain cooking skills, fresh ideas, nutrition awareness, and perhaps best of all, new friends.

Mission

To create opportunities for people to cook together; building community strength through food and lasting skills for self empowerment.

The case for campus-based CKs

Convenient,
low cost or
free, nutritious
and non-
stigmatizing
cooking events
can improve
food security

- ❑ Food insecurity happens (but is typically hidden) on campuses and may be much higher than in the general population (Freudenberg et al, 2011; Robbins, 2010)
- ❑ CKs are attractive to people of all generations



It's not you cooking for *me*. It's *us* cooking together.

The case for campus-based CKs (cont'd)

Skill-building,
engagement

Improvement
of eating
habits

- Buying and preparing food is not a familiar skill or activity for young adults (Chenhall, 2010)
- Many students get the majority of their food from campus dining services – food that is associated with overweight and long-term health issues (Community Food Security Coalition, n.d.)



Is this what college students actually want to eat?

image credit <http://foodfitnesslife.com/dos-and-donts-of-the-freshman-fifteen/>

The Ellensburg CK & CK@CWU stories

- partnership and collaboration
- recognition of community need
- vision of potential benefit
- plan for long-term sustainability

How do we know students will cook?

- We added three food-related questions to our 2011 Health Behaviors survey
 - ▣ Since starting college, my eating habits have become
 - ▣ I would like to (check all that apply)
 - ▣ If CWU offered a place to cook low cost or free healthy meals, snacks or desserts with other people, I would use it

What they told us

- 86% would use a campus cooking venue at least once a quarter
- . . .
- . . .

How we're starting

- campus alcohol-free activities money
- “Dinner & a Movie” format
- use of Family and Consumer Sciences kitchen classroom
- considerations
 - ▣ per time lab/breakage fee
 - ▣ agreement that a staff person will supervise
 - ▣ what students really want out of a campus-based CK
 - ▣ impact/perceived impact on staff, other campus entities

Recruiting planners & participants

□ Invitation through university's email system

Like to cook? Hate to cook but want to learn more? Like to eat with friends? Want to eat more healthy meals? Like movies?

Interested in planning a completely new and cool student activity for winter 2012?

Email Dr. Becky Pearson at rpearson@cwu.edu or call her at 509-963-2493 to sign up for a focus group session to plan the first EVER Community Kitchen here at CWU!

We have funding, we have student interest, and we have PLANS to pilot a Community Kitchen series this winter. But it's FOR you, and we want it to do what YOU want it to.

If you're interested in helping plan CWU's first ever Community Kitchen, and you want to eat pizza while we talk about it, contact Dr. Becky Pearson right away!

One-hour focus groups will be held the 2nd or 3rd week in November, based on participants' availability! Call or email now to help us decide on dates and times that work best for everyone.

Knowing what students will really want

- Key to any campus activity
- Focus groups planned for November
 - ▣ Research questions
 - What does healthy eating mean to CWU students?
 - What do CWU students want from CK@CWU?
 - What would keep them coming back or prevent them/discourage them from returning?



The eating experience conditions our entire attitude toward the world.

-- Bruno Bettelheim

Building the evidence base to continue

Pre- and post-surveys

- Servings, confidence, affordability, other variables

Interviews and focus groups

- What does this do/mean for you? What could have worked better?

Photovoice

- Picturing what you eat and how; is it changing?

Integration and sustainability

- Are we becoming part of the campus community?
- Where will support come from in the future?



A healthy community produces healthy people.

-- Jabir Suluki



The foods a society eats and the way it prepares those foods tell us about our beliefs and culture, and serve as a way to bond us together.

-- Roland Barthes

Thank you

Food Access Coalition for Kittitas County

Central Washington University

Washington State WIC

Roger McCune and FISH Food Bank

Bill, Yvonne, Debbie, the Stephanies, Jennifer, Liz,
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Gail Farmer