

COMMUNITY KITCHENS



Community kitchens involve small groups of people who meet regularly at a venue to prepare one or more meals together. Individuals can enhance their knowledge and skills in food selection, shopping and preparation

BENEFITS



Increase fruit and vegetable consumption



Improve cooking skills



Convenient and affordable recipes



Reduce fast food consumption



Enhance social support



Increase sense of community



Improve social skills



Improve food access

OPPORTUNITIES



Access to resources



Partnerships with key organisations



Public health strategies



Volunteers and facilitators

CHALLENGES



Continued Funding



Size of kitchen



Lack of transportation to venue for participants



Finding volunteers and facilitators

References:

1. Rosier K. Food insecurity in Australia: What is it, who experiences it and how can child and family services support families experiencing it? 1 ed: Australian Institute of Family Studies; 2011.
2. Frankston Community Kitchens Pilot Project Report [Internet]. Peninsula Health 2008.
3. Iacovou M, Pattison D.C, Truby, H., Palermo, C. Social health and nutrition impacts of community kitchens: A systematic review. Public Health Nutrition. 2013;16(3):535-43.
4. Lee, J., McCartan, J., Palermo, C., & Bryce, A. (2010). Process evaluation of community kitchens: Results from two victorian local government areas. Health Promotion Journal of Australia, 21(3), 183-8. doi:10.1071/HE10183