**March 8, 2018**

**Burnaby Neighbourhood House – Nutritional Link Final Report**

**Project Name: Community Kitchens**

The Community Kitchens (CK) project was designed to provide a two-session learning kitchen for vulnerable seniors in our community. Working with a committee of agencies in Burnaby called “Food First”, we recruited a multicultural group of seniors who could most benefit from the program. The core elements of the CK were:

* Target seniors from a variety of backgrounds who needed support around nutrition because of factors such as income, lack of knowledge of healthy eating and ongoing health issues (diabetes, heart disease, etc).
* Create a safe space where participants would learn about healthy eating and ask questions.
* Support the development of social connections in the group.
* Cook meals to serve from a variety of cultural backgrounds; ensure that all participants were able to take food home.
* Actively involve participants in menu choices, meal planning and gaining skills around shopping and meal prep on a limited budget.

Both sessions of the CK were filled (10 participants each). Each session provided at least two additional meals for each participant. In addition, participants were able to access other food to take home, including bread, vegetables etc.

As part of the Burnaby Neighbourhood House shared outcomes, all of our programs are evaluated to ensure that we are achieving the desired outcomes. Below, see the summary of the surveys implemented in this program

Community Kitchen

**Participant Feedback Survey (18 returned)**

***Since becoming a participant in the Community Kitchens program…***

1. I have learned information about the Canada Food Guide.

TRUE 18/18 FALSE

1. I am more aware of healthy and unhealthy foods.

TRUE 18/18 FALSE

1. I know where to find inexpensive and healthy foods in my neighbourhood.

TRUE 18/18 FALSE

1. I cook more healthy food at home since I joined the Community Kitchen.

TRUE 15/18 FALSE 3/18

1. I have been connected to another service by the program leader.

TRUE 12/18 FALSE 6/18

1. I am aware that the leader could help me in connecting with another service or agency that would support me in meeting my needs.

TRUE 18/18 FALSE

1. The meals that I bring home from the program have helped me to reduce food expenses.

TRUE 18/18 FALSE

1. I have learned new cooking skills since being in Community Kitchens.

TRUE 18/18 FALSE

1. I have shared a recipe or cooking idea with the group.

TRUE 18/18 FALSE

1. I have become more involved in my community since joining Community Kitchens.

TRUE 15/18 FALSE 3/18

1. I feel less lonely since I joined Community Kitchens.

TRUE 16/18 FALSE 2/18

***When I am in the Community Kitchens program….***

1. I feel welcome.

1……………..2………………..3………………….4………………….5

Never Sometimes Always

18/18

1. I participate in making decisions with the group about menu plans, shopping, etc.

1……………..2………………..3………………….4……………….….5

Never Sometimes Always

1/18 17/18

1. I enjoy the group and its activities.

1…….….………2………..……….3…………….………4……….……..5

Never Sometimes Always

2/18 16/18

1. The leader is friendly and helpful

1…….….………2………..……….3…………….………4……….….…..5

Never Sometimes Always

18/18

***Please feel free to add other comments below:***

I really enjoyed in community kitchen, tried a variety of dishes from other countries, also learned and tried healthy food (fruit and vegetables). I am happy since meet nice people in the group, nice program leader, and other people in involved like volunteers and other people from other department/groups within BNH.

I am very happy and feel free in this place because I had very good friends here. I meet many people and got chance to know about different kind of information and different countries culture, food and many things. Specially leader is very cooperative and nice with everybody.

Thank you Linn for your leadership in the kitchen. I have loved your practical advices in the cooking and your recipes esp. barley soup and salad. Thank you for the Christmas party and the gifts and all your information that you have shared with us. I am richer now, I have more friend in Canada.

I enjoy the Community Kitchens program. Helped me and family with the food and recipes. Thank you leader Lynn Leong. I need this program Edmonds Community Kitchen. Do not go please. We miss you.

I hope this class can continue and help people in this community. There are many new immigrants and seniors that can benefit from learning to cook healthy meals in an inexpensive way. The class should be expanded to more classes to help more people. The childcare was excellent during the classes. The teacher was great!

I get lots of ideas from group conversation.

In addition to the formal survey implementation, staff gather informal feedback from the group on an ongoing basis in order to adjust the program if necessary.

**Budget:**

**Budgeted Actuals**

Staffing $3,000 $2, 983

Food $1,200 $1,600

Administration $250 $250

Transportation $300 $300

In Kind

Rent $1,500 $1,500

Food First Support $1,000 $1,000

**Totals $7,800 $7633**