



New skills, new tastes, new ideas... **CIBC COMMUNITY KITCHEN**

Community kitchens are a community development tool: they help people share knowledge, ideas, culture, lifestyle and food and they promote the benefits of locally grown and produced foods and sustainably harvested products.



Goals of the CIBC Community Kitchen:

- enable people to connect and share
- enable the development of food independence skills such as food growing and harvesting, meal planning, budgeting, food preparation, preserving and cooking
- support the development of other life skills such as communication, interpersonal, teamwork, leadership and literacy and numeracy skills
- improve the motivation of participants to cook at home
- build confidence and self-esteem
- improve access to healthy food including locally grown, produced and harvested food
- develop and strengthen community connections and partnerships
- increase access to employment and volunteering opportunities