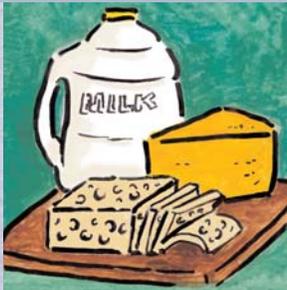
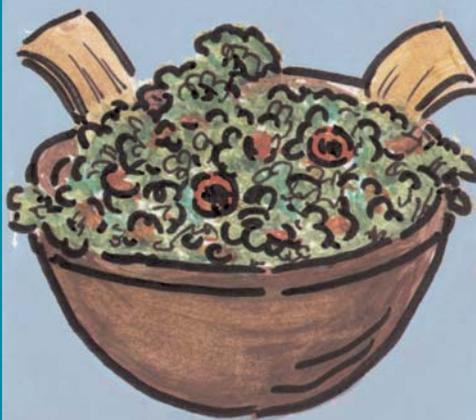
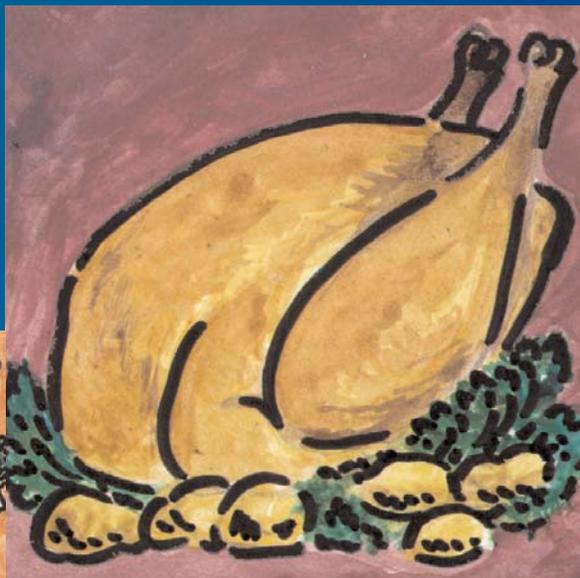


Winnipeg Cooks Together

A Handbook For
Community
Kitchens



Acknowledgements

Production of this manual has been made possible through a grant from Health Canada and support from the Winnipeg Regional Health Authority.

Many representatives of Winnipeg community kitchens have contributed to the production of this manual. Thanks to everyone who responded to the Community Kitchen Survey with creative ideas and suggestions. Thanks also to Joyce Slater and Sheryl Bates-Dancho for their advice and encouragement, and to the West Broadway Development Corporation for their administrative support.

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What is a Community Kitchen?

A community kitchen, sometimes called a cooking club or a collective kitchen, is a group of people who meet regularly to cook food and take it home to feed their families. It is not a soup kitchen or a cooking class. In a community kitchen, every member contributes by planning, preparing and cooking food. Participants usually pay some or all of the cost of the food and they may help shop for food or bring it from home.

There are a variety of reasons for joining a community kitchen and many benefits to membership. When people get together to cook, they are able to save money and produce more food than they could by working individually. Perhaps even more important is the fun of meeting other people and the experience of working together as a group to accomplish something. Community kitchens are a means of getting out of the house and getting involved in the neighbourhood. Along the way people pick up valuable information about nutrition, recipes, cooking and shopping tips, and keeping food safe. They also increase their menu planning and budgeting skills, make great connections with others, and learn about resources in their communities.



There are many variations of community kitchens, probably as many as there are groups running them. Members of each group decide how their kitchen will function. For example, one group might choose to cook vegetarian food while the focus of other groups might be cooking lower fat foods, inexpensive meals or gourmet food. Every community kitchen is unique. The only rules are the ones that the group makes.

The idea of a community or collective kitchen originated in Latin America but it has been embraced by a variety of community groups throughout North and South America. In Winnipeg there are currently more than twenty community kitchens.

Getting Started

Organizing a Group

The first thing to do is to organize a meeting of people who are interested in joining a community kitchen. If you do not have a ready made group, such as parents at a school or daycare or members of a church or other organization, you will have to find a way to let potential members know about the meeting. Some groups have found that using posters or flyers is a good way to reach a large number of people. Circulate the flyer as widely as possible within the community. Post it on bulletin boards at community centres, grocery stores and other places where people meet. See **Form A**, page 28 for a sample flyer. You may copy it and fill in the blank spaces with details of your group or use the ideas on it to create your own posters or flyers.

At the first meeting it will be important to explain the concept of a community kitchen. It may be helpful to provide some information about how other groups function. Encourage everyone to talk about their expectations for the group. A good group leader or facilitator will be helpful for this process. Eventually a shared vision must be created from the ideas expressed. Hopefully all members of the group will be committed to the shared vision, even if it is different from what they had originally expected or if all of their ideas are not incorporated.

Once you have a group of people together, it is a good idea to ask them to fill out a registration form. Use the Member Registration Form, **Form B**, page 29 or design your own form to gather the information you need.

Developing Policies and Procedures

Here are some questions for the group to answer as they work towards a shared vision:

- ▶ What kinds of food do we want to cook?
- ▶ How many servings of food does each person need?
- ▶ Will we all get the same amount of food or will some people pay more and take more food home?
- ▶ How important is nutrition?
- ▶ How will we decide what to cook?
- ▶ How often will we cook?
- ▶ How much will we pay towards the cost of the food? Can we pay the total cost or do we need to find a sponsor?
- ▶ Who will lead the group?
- ▶ How will we do the shopping?
- ▶ Do we need to provide childcare? Can we take turns looking after our children or do we need to find volunteers or hire someone?
- ▶ Do we need to plan time for socializing or will socializing while we are cooking be enough?
- ▶ Will we take home all of the food that we cook or will we eat something together before we leave?
- ▶ What will our standards of food safety/cleanliness be?
- ▶ Do we need transportation or can we make our own way to and from the meetings?
- ▶ Who will collect the money?
- ▶ When will the money be collected? What will we do if someone does not pay?
- ▶ What will we do if someone has paid and then is sick or forgets to come? Will we give that person a share of the food? Will they get a credit for the next cooking session? Should that person lose their contribution to the session?
- ▶ What will we do with money that has been collected or supplies/equipment that have been purchased when a person leaves the group or if the group decides to stop meeting?
- ▶ How will conflicts be settled?

Answering these and as many other “what if ” questions that the group can think of will make running the kitchen easier. The written answers will be the policies and procedures that the group agrees to follow. Later, when specific situations arise, the policies and procedures will guide the group.

The members may want to appoint someone in the group to be the leader or facilitator. If no one from the group is able to act in this role, you may want to contact service providers in your community. They may be able to provide someone to help you directly or they may help secure funding to hire someone. See **Appendix A**, page 39, for a community kitchen leader/facilitator’s job description. Use this as a starting point and modify it to suit the way your group decides to function.

Group Dynamics

Community kitchens are usually made up of a diverse group of people. Cooking as a group means making lots of choices and decisions, and spending a considerable amount of time together. Conflict can and will arise.

Probably the most difficult part of a facilitator’s job is to make sure that everyone is feeling part of the group and enjoying themselves, and that no one is going home unhappy.

For group harmony to exist it is important that all people are heard and have input into decision making. The decisions the group makes must be acceptable to everyone. This applies not only to meal planning, but also to decisions about how the cooking and cleaning tasks are assigned and how the food is divided.

If someone is bossy or overbearing they can disrupt the harmony of the group. The facilitator may need to speak with the person privately if their behavior seems to be ruining the experience for others. Problems and situations that arise will be unique given your group’s history, dynamics, and the personalities of the people involved. The development and occasional re-visiting of group rules (see next section) will help to guide your group through troubled times.

Remember that people attend on their own free time, often for the social interaction even more than for the food. Try to build in some time for people to relax and get to know one another and have some laughs. This is not a “cooking class” – community kitchens are about members sharing their skills and learning from one another. Cooking together can be a fun experience!

Setting Ground Rules

A ground rule is an agreement that people decide to respect. It tells what is and what is not allowed in the group. Ground rules are designed to create trust and help people to learn and work together (Nobody’s Perfect Leader’s Guide, Health and Welfare Canada 1988).

It is recommended that ground rules be established during your first planning session and that they be reviewed quickly at the beginning of each cooking session/meeting. You may wish to post the ground rules in a visible place before every session or meeting so members can easily refer to them.

Here are two different ways of establishing ground rules:

- ▶ List the ideas that you have for ground rules on a flipchart. Ask the group if they are in agreement with them. Ask the group if they have any others to suggest. Discuss each ground rule.
- ▶ Divide the participants into small groups. Ask them to list things that could have a negative impact on this program. List all ideas on a flipchart and ask them to turn this into a positive set of ground rules.

Possible ground rules for group sessions:

- ▶ Confidentiality – anything discussed stays within the group.
- ▶ Meeting Times – sessions start and end on time.
Everyone stays to the end.
- ▶ Respect for Others – during meetings, one person speaks at a time, others listen.
- ▶ Housekeeping – everyone helps with clean-up.
- ▶ Smoking – no smoking inside the building.
- ▶ Children – children are not allowed in the food preparation area.
- ▶ Fees – everyone pays at an agreed upon time.

Your group may choose to have more or different ground rules or establish more details on each rule. You are the ones who decide what will work best!



Finding a Location

The success of your community kitchen starts with choosing a location that is accessible (close to bus routes) and has everything you need. Facilities around your neighbourhood will vary from small and domestic (similar to your kitchen at home) to large and commercial (similar to a full-service restaurant or cafeteria).

When choosing a location, consider the following:

- ▶ **Size of the kitchen:** there should be enough room in the kitchen for all members of your group to work comfortably.
- ▶ **How often the kitchen is used by other groups:** there may be other groups using the facility. Days and hours of availability may be limited.
- ▶ **Water supply:** a constant supply of both hot and cold water is absolutely essential.
- ▶ **Equipment available:** a commercial dishwasher or three compartment sink is ideal, along with a stove, microwave, and adequate refrigerator & freezer space for food storage. Pots, pans, mixing bowls, dishes and utensils may also be available for your group to use, but be sure to ask in advance.
- ▶ **Other facilities as determined by group:** additional space needed for dining, child care, or resource materials should be considered.
- ▶ **Support of facility manager:** a person who understands and appreciates the value of a community kitchen will be more inclined to provide assistance and support to ensure your community kitchen runs effectively.

When visiting potential locations, take a note pad with you to write down details that might be forgotten later. This helps when you are considering your options and trying to decide on the best place for your group.

Finding a Sponsor

Sponsors can help by providing money to purchase equipment or food, kitchen space to cook and store food, and volunteers to drive participants, care for children or help with grocery shopping.

Local service clubs, churches or businesses may have funds available for projects such as a community kitchen or they may waive the rental cost of their kitchens. Speak with local community leaders, who may have suggestions about potential sponsors for your group. See **Appendix B**, page 40 for an example of a letter that could be sent to prospective sponsors.

Nutrition and Healthy Eating

The members in your group need to decide how important nutrition will be in the selection of foods. See **Canada's Food Guide to Healthy Eating, Appendix C**, pages 41-42 to help plan cooking sessions using recipes that are healthy and well-balanced. Canada's Food Guide to Healthy Eating can help you make wise food choices. The rainbow side of the guide places foods into four groups: Grain Products, Vegetables and Fruit, Milk Products, and Meat and Alternatives. It also tells you about the kinds of foods to choose for healthy eating.

The bar side of the guide on page 42 helps you decide how much you need from each group every day. It shows you serving sizes for different foods. The number of servings you need every day from the four food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding.

Canada's Food Guide to Healthy Eating is based on these guidelines:

1. Enjoy a variety of foods.
2. Emphasize cereals, breads, other grain products, vegetables and fruit.
3. Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat.
4. Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
5. Limit salt, alcohol and caffeine.

Therapeutic Diets

You may have members or children of members in your community kitchen who have special diet needs. A few examples include a low-lactose diet for lactose intolerance, a diabetic meal plan for diabetes, a low fat diet for high cholesterol, or certain food restrictions for food allergies. If this is the case, the member needs to be knowledgeable about his or her specific diet needs and convey this to the group. **Is your community kitchen able to accommodate these special needs?** Make this decision during a member planning meeting. If you decide you are able to meet special diet needs, your group needs to plan how to do so.

Childcare

For safety reasons children must be supervised in a separate room away from the kitchen while their parents are cooking. In some groups, the participants take turns looking after the children. Other groups are fortunate to have volunteers who will provide childcare or a sponsor who will provide funding to hire childcare workers.



It is recommended that Manitoba Daycare Standard of Care be used when planning for childcare. This standard is one staff/caregiver to four infants (12 weeks to 2 years) and one staff/care giver to eight children (2 to 6 years). When hiring childcare workers or volunteer child minders it is suggested that a criminal record check and a child abuse registry check be done for each worker.

For a criminal records check, the worker must apply at the Winnipeg Public Safety Building at 155 Princess Street and pay a fee. There is no charge for the child abuse registry check. For information about the child abuse registry contact:

The Child Abuse Registry Unit

Child, Family and Community Development Branch
Child and Family Services Division
201 – 114 Garry Street, Winnipeg R3C 4V5
Phone: 945-6964

Childcare workers should always check the childcare area before the children arrive to ensure that it is clean and free of any poisonous substances or hazardous materials. It is a good idea to have a first aid kit in a location accessible to everyone.

If snacks are to be provided for the children, offer nutritious foods with low choking potential. For suggestions of appropriate snacks for preschoolers, see **Appendix D**, page 43.

In Winnipeg, the West Central Women’s Project trains childcare workers and provides this service to community groups in the West Central area. They have provided childcare workers for community kitchens. Call the project for more information at 774-8975.

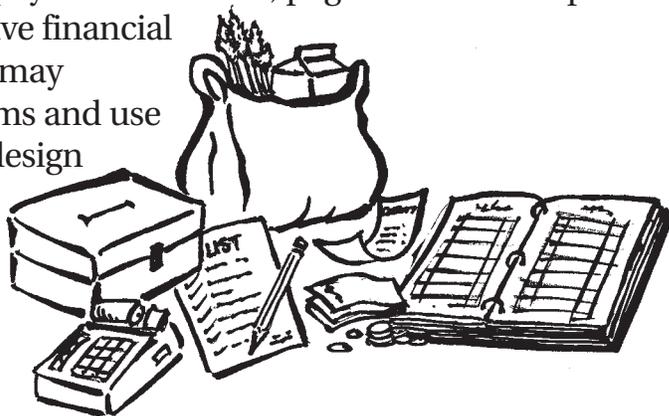
Transportation

Transportation can be a difficult issue for participants who do not live near the cooking site. Sometimes, members who have cars are willing to drive others in return for gas money. Some groups have sponsors who will arrange volunteer drivers. Remember when transporting children under age five years and under 23 kg (50 lb), the law requires an approved car seat. Participants who live nearby may find that a child's wagon or a sled (in winter) makes it easier to transport children and food.

Finances

It is important to keep records of the financial transactions of the community kitchen. The group should designate a treasurer to keep the financial records and look after the money. Participants need to be confident that community kitchen money, even if it is only a small amount, is secure. It may be a good idea to have financial records available at planning meetings so participants can review them.

For some community kitchens, the record keeping will simply be a matter of collecting money from the participants, paying the grocery bills and keeping track of any money that is left after shopping. For other groups, who may have money coming in from sponsors to pay for supplies, equipment or childcare and money going out to pay facility rental, equipment costs, wages for childcare or a facilitator, record keeping becomes more complicated. See **Form C**, page 30 for an example of a form to record participants' payments. **Form D**, page 31 is an example of a more comprehensive financial reporting form. You may photocopy these forms and use them as they are or design your own to suit your specific needs.



Basic Supplies

Some groups choose to buy a basic selection of ingredients before they start cooking. Other groups buy staples as they need them for recipes. Sometimes a sponsor is willing to provide funding to stock up on staples when they are not able to provide ongoing funding. For a list of basic ingredients to keep on hand, see **Appendix E**, page 44. It is a good idea to date packages when you buy them so you can keep track of how old they are. Be sure to use up older supplies first. See **Appendix F**, pages 45-47 for food storage guidelines.

You will be fortunate if the kitchen your group will be using has a good selection of cooking equipment and utensils. Often this is not the case. **Appendix G**, page 48 provides a suggested equipment list. If start up funding is available, purchase the equipment you think you will need. Otherwise, buy the equipment as you need it or ask participants to bring it from home.

Sometimes cleaning supplies are available in the kitchen for you to use. In other cases your group will need to provide cleaning supplies. **Appendix H**, page 49 is a list of suggested cleaning supplies.

Running a Community Kitchen

Maintaining the Group

Working with and maintaining a community kitchen group is a big challenge. Participants may have major stresses in their lives, and the issues that they face outside of the kitchen can get in the way of attendance or arriving on time for each session. Things such as transportation, childcare, and money can also be barriers to attendance.

Where possible, the facilitator of the group should try to help overcome the obstacles that prevent people who want to come from attending. An occasional phone call between sessions to encourage someone who is shy or to check on someone who has been away for a while is also appreciated!

The size and membership of your group will probably change from week to week or month to month. This is the nature of groups in general. People may come for a while, may take some time off and return, or stop coming entirely. Others will join if they are interested and hear good things about the kitchen. If your numbers are consistently low, you will need to do more advertising and outreach in the community.

It is a good idea to keep a record of members' attendance so you can look back and find out how successful your group has been. This information will also be helpful if you are seeking sponsorship. You may copy the attendance record, **Form E**, page 32 to use or design your own form.

Planning

Careful planning is necessary for the smooth running of a community kitchen. Good planning takes into account the preferences of the participants as well as their skills, the equipment available, the budget and the time needed to complete each recipe.

At a planning meeting participants bring recipes and cooking ideas. It is important that all suggested recipes and ideas are acknowledged. (You may want to keep a file of suggested recipes that have not been used yet.) The group chooses the recipes to cook and makes a shopping list. This is a good time to talk about how the previous cooking session went and find out if there is anything to be learned from the last session. For example:

- ▶ Did members like the food? Did they have the right amount of each recipe?
- ▶ Did they finish cooking on time?
- ▶ Were there any problems with the equipment (for example: oven too hot, burner on stove not working, etc)?
- ▶ Suggestions for next session.



If you need to change a selected recipe to make a larger quantity, use the **Your Recipe Form F**, page 33, to adjust the ingredient amounts before making your shopping list.

Appendix I, pages 50-51 **Ingredient Equivalents** gives some guidelines about how much food to buy to give a prepared amount. For example one large apple will give about 1 cup chopped apple. **Appendix J**, pages 52-55 **Buying Food in Larger Quantities** gives information on the number of servings a measured amount of food will provide and the amount to buy for 12 servings.

Appendix K, page 56 **Measurement Facts** will be helpful to convert a recipe from imperial to metric measures or vice versa.

Some groups have a separate planning meeting a week or so before they cook to select recipes and make up their shopping list. Other groups choose to take time during their cooking sessions to plan for the next session. A group might even choose to have one long meeting to plan for upcoming cooking sessions.

It is at the planning session that the group can modify the recipes to meet their goals. For example, make a recipe lower in fat or substitute ingredients in a recipe to reduce the cost. This is also the time to estimate the cost of the food to be purchased so that costs can be kept within budget. The **Shopping List Worksheet, Form G**, page 34 will help you do that. If you prefer a simpler shopping list to take to the store, you can transfer the information to the **Actual Shopping List, Form H**, page 35.

Shopping

Sometimes members of the group take turns buying the groceries. At other times that task is done by the leader or facilitator. Depending on the amount of food being bought, one or two people can usually manage the shopping.



Cooking

During the cooking, everyone works together. At the cooking session, the group leader distributes copies of the recipes, and participants agree on how the work will be divided. A working copy of each recipe, which has been adapted to the number of servings being cooked that day, should be given to the person who is cooking it. Using plastic page protectors keeps the recipes clean. The recipes that take the most time should be started first. To save time, it is also a good idea to check the recipes and preheat the ovens. If you are making soup or another recipe that requires a large quantity of boiling water, get it on the stove right away.

Before getting started it is a good idea to check that all of the ingredients needed for each recipe are available. If ingredients are missing, someone may have to go out to get them.

Depending on what is missing, the recipe may be modified to do without the missing ingredient or something else may be substituted. For example, a muffin recipe could easily be made without raisins but not made so easily without flour. **Appendix L**, page 57-58 gives some guidelines for ingredient substitutions.

Once the food is prepared and cooled, it is divided among the participants according to the agreed upon plan. Participants need to bring their own containers to take the food home. Large plastic containers such as ice cream pails work well.

It is recommended that an inventory of basic ingredients be done at the end of each cooking session. Take the inventory list to the planning sessions to refer to when making your shopping list. An **Inventory Form** is included as **Form I**, pages 36-37.

At this time it is a good idea to talk about how to store and safely reheat each food that has been prepared.

Everyone also helps with the clean-up. Most groups keep the dishwashing sinks filled and wash up as they go along. The facilitator should ensure that cleaning tasks are shared equally by the members of the group.



Food Safety

Foods that are not stored properly, or not prepared using clean hands and utensils, can cause serious illness for those who consume them. Children, seniors, pregnant women, and people whose health is compromised are especially at risk for foodborne illness (food poisoning). They can suffer extremely serious symptoms, including hospitalization or even death. To prevent anyone from getting sick from food prepared at the community kitchen, it is essential that group members are familiar with basic rules for proper food preparation and storage, and that everyone follows these rules carefully. The information passed along to members will go a long way to promote food safety, not only at the cooking sessions, but in the home as well.

Here are some general rules that must be followed at all times:

- ▶ **Do not handle food if you are sick.** There are other ways you may be able to help without having to handle food.
- ▶ **Do not smoke in the kitchen.** Aside from the obvious risks of contamination, smoking can easily transfer saliva to fingers, which will then contaminate any food or utensils that are touched.
- ▶ **Do not lick your fingers or any of the cooking utensils.** When you have a taste, use a separate bowl and spoon. Do not place the spoon back into the pot.
- ▶ **Keep kitchen area restricted to those participants doing the cooking.** For everyone's health and safety, unauthorized persons should not be permitted in the kitchen. Children should be supervised in an area outside of the kitchen.
- ▶ **Always wash hands after using the toilet, changing diapers, smoking, eating, sneezing or coughing, blowing nose, touching raw meat, or touching dirty dishes and equipment.** No exceptions! Individuals with poor personal hygiene practices are likely to contaminate food and equipment. This will pass along germs that are going to make everybody sick.
- ▶ **Avoid touching your face, hair or glasses, wiping your hands on your apron, biting your nails, etc.** If you do, please wash hands thoroughly.

These rules should be discussed with the group before cooking sessions begin. Individuals who find it difficult to follow these rules should be reminded that following the rules is important in preventing the spread of diseases. Ignoring them could have serious consequences.

Before you start:

- ▶ Ensure clothes and hair are clean, nails are clean and trimmed, and jewellery is removed.
- ▶ Wear a hat or head covering such as a hairnet or kerchief, full-length apron and shoes.
- ▶ Wash hands with soap and warm water for 30 seconds, then dry them using a paper towel.
- ▶ Wipe the counters and cutting boards with a bleach and water solution using approximately one capful of unscented bleach in four litres (one gallon) of water.
- ▶ Check the ingredients that will be used in the day's recipes to make sure they are not spoiled and that packages are in good condition. Torn packages and dented, swollen, rusted or leaking cans, sometimes mean that the food inside is contaminated. Please avoid using these items. Not sure? A good rule of thumb is: **"When in doubt, throw it out!"**
- ▶ Thaw frozen foods using one of the following methods: in the refrigerator; under cold running water; or in the microwave (be sure to cook immediately after). Never thaw foods at room temperature.

Cooking:

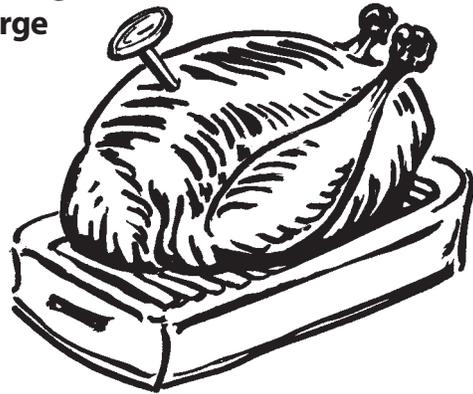
- ▶ Keep foods in the fridge until you are ready to start (fridge temperature should be 0 to 5°C or 32 to 41°F).
- ▶ Keep raw foods separate from cooked foods. Do not store raw meats above other foods since drippings will cause contamination of food products.
- ▶ Whenever possible, use separate cutting boards and utensils for raw meats and for vegetables. If using the same cutting board

for a variety of foods, be sure to wipe the board with your bleach and water solution in between the different food items.

- ▶ Cook meat dishes thoroughly to a **minimum** of 74°C (165°F). Never cook meats or dishes containing meats in two steps; always ensure adequate cooking the first time. A metal stem probe thermometer is an inexpensive and useful tool to ensure high enough temperatures have been reached to prevent foodborne illnesses such as Salmonella.

- ▶ Separate cooked foods into smaller containers (no larger than an ice cream pail), and place in the fridge or freezer immediately. (**Tip: to cool large quantities of food quickly, place the container in a sink with cold water. Stir the food to speed up cooling.**)

Containers previously used for chemicals or detergents, garbage bags or shopping bags should not be used. Used aluminum foil pans are not recommended because they are difficult to clean and residue may be left behind.



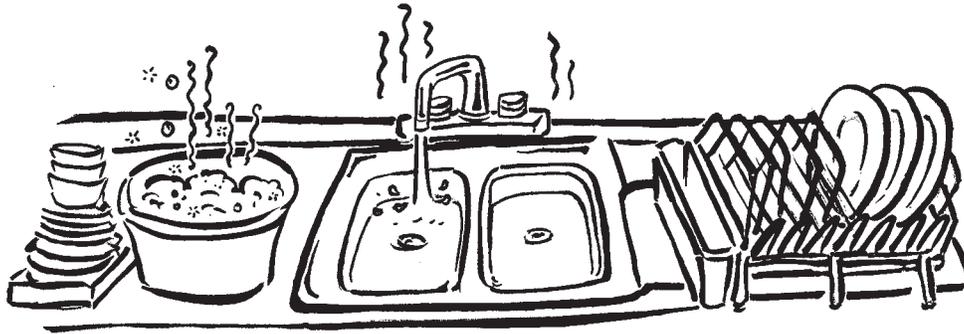
Cleaning up:

Wipe the counters and cutting boards with a bleach and water solution using approximately **one capful of unscented bleach in four litres (one gallon) of hot water.**

Scrape and rinse all dirty pots, pans and utensils, then clean and sanitize using one of the following methods:

1. automatic dishwasher, equipped with a sanitizing cycle; or
2. three compartment sink (if you only have one or two sinks, use large plastic dishtubs). The bleach solution in the third sink should be approximately **one capful of unscented bleach in four litres (one gallon) of hot water.** Test kits which measure the correct chlorine concentration may be available at your facility. They can also be purchased at restaurant supply stores.

Allow dishes to air dry in a drying rack before they are put away. Cloth towels are not recommended for drying because they get soiled quickly then pass germs back to the clean dishes. Drip racks installed above the sinks can be very useful for both air drying and storage of clean equipment.



- 1**
WASH
with
detergent
in hot
water
- 2**
RINSE
in clean
hot water
- 3**
SANITIZE
1 minute
in 1 capful
of unscented
bleach in
4 litres
(1 gallon)
of hot water

At Home:

- ▶ Refrigerate or freeze food as soon as you get home. A good rule of thumb is to use refrigerated leftovers within 2-3 days, and frozen leftovers within 2-3 months.
- ▶ To thaw frozen foods, take them out of the freezer one or two days before you want to use them, and place in the fridge to thaw. If using a microwave oven to thaw, be sure to use a microwave-safe container (margarine-type plastic containers should not be used in the microwave). Cook food thoroughly immediately after microwaving. Remember: never thaw frozen foods on the counter!
- ▶ Reheat meals until they are “steaming hot” all the way through.

Evaluation

It is a good idea to check with participants regularly to find out if the community kitchen is meeting their needs. A short informal discussion at a planning session can be helpful. A more detailed evaluation may identify concerns of members that are not voiced in a group. See **Form J**, page 38 for an example of an evaluation form. You may copy and use this evaluation as it is or use the ideas to create your own evaluation form.

Resources

Cookbooks

100 Meals for Under a Loonie

(1994) Nutritious recipes that taste good for under \$1 per serving. \$7 plus \$2 shipping and handling from Nanaimo Community Kitchens, 271 Pine Street, Nanaimo, BC V9R 2B7. Phone (250) 755-6256.

The Basic Shelf Cookbook

Updated and Revised (1995) Quick and easy recipes prepared from a list of low cost, healthy ingredients which have a long shelf life. Economical, nutritious, and delicious! \$6.95 plus tax, postage, and handling from the Canadian Public Health Association, Health Resources Centre, 400 Carling Avenue, Ottawa, ON K1Z 8R1. Phone (613) 725-9862, ext 165.

Community Kitchens Cookbook and Shopping Guide

(1993) Tested community kitchen recipes, nutrition and shopping tips. \$18 from Kamloops Foodshare c/o 231 Sunhill Court, Kamloops, BC V2E 2P5. Phone (250) 372-0815. E-mail: Laura.Kalina@interiorhealth.ca

Friendly Neighbourhood Cooking

(1997) Roberta Barnett-McPeek. A 50th Anniversary project of the Citizenship Council of Manitoba. Includes recipes from the community-based cooking and nutrition programs at the International Centre. Available for \$10.00 from the International Centre, 406 Edmonton Street, Winnipeg, MB R3B 2M2. Phone (204) 943-9158.

Many Hands – Community Kitchens Share Their Best

(1999) Collection of great recipes from community kitchens in Vancouver. Recipes are adapted for both small and large groups. \$14.95, including shipping and handling. To order, mail request with cheque or money order (payable to Greater Vancouver Food Bank Society) to Community Kitchens Cookbook, c/o Executive Director, Greater Vancouver Food Bank Society, 1150 Raymur Avenue, Vancouver, BC V6A 3T2.

One Pot Meals

Low cost, lower fat content recipes developed for people with diabetes. \$7.50 plus postage and handling from The Regina Home Economics for Living Project (H.E.L.P.) 735 Victoria Avenue, Regina, SK S4N 0R4. Phone (306) 347-7877.

Other Resource Books

Community Kitchen Leader's Guide

(1993) Provides practical information for setting up and running a community kitchen including promotion, funding information, and sample letters to possible support organizations. \$18 from Kamloops Foodshare c/o 231 Sunhill Court, Kamloops, BC V2E 2P5. Phone (250) 372-0815. E-mail: Laura.Kalina@interiorhealth.ca

The Food Experience: A Facilitator's Manual

(1990) Companion to *The Basic Shelf Cookbook*, this manual is an asset to anyone who wishes to work more effectively with low income people whose access to food is not secure. \$14.95 plus tax and postage from the Canadian Public Health Association, 400 Carling Avenue, Ottawa, ON K1Z 8R1. Phone (613) 725-9862, ext 165.

Food Security

Building Food Security in Canada – From Hunger to Sustainable Food Systems: A Community Guide (2nd Edition, 2001) Laura

Kalina. Packed with information on mobilizing a community around food security, it highlights current projects across Canada and offers tips to run your own successful project. \$20 from Kamloops Foodshare c/o 231 Sunhill Court, Kamloops, BC V2E 2P5. Phone (250) 372-0815. E-mail: Laura.Kalina@interiorhealth.ca

Online

There are an endless number of web sites related to community kitchens, community gardens, recipes and nutrition.

Some valuable sites include:

www.communitykitchens.ca

(from Vancouver)

www.foodshare.ca/kitchen07.htm

(from Foodshare in Toronto)

www.gov.mb.ca/health/nutrition/kitchens.html

(Manitoba Health's community kitchen page – includes a list of community kitchens in Winnipeg)

www.memlane.com/nonprofit/mhfsc/comkit.html

(Medicine Hat)

www.homecanning.com

(Bernardin's home canning site)

www.epicurus.com

(search engine for recipes)

www.saltspring.com/ekv

(food safety)

www.canfightbac.org/english/indexe.shtml

(food safety)

Videos

Stir It Up

(1995) This half hour video is a great introduction to community kitchens for people new to the idea. Available from the National Film Board of Canada, 1-800-267-7710, www.nfb.ca. In Winnipeg, the Centennial Library has a copy. Call their Reference Department at 986-6489 to see if it is checked in.

Community Kitchens Video

(1993) A step by step description of what happens in a community kitchen - shows how participants benefit from both the educational and social aspects of their experience. \$35 from Kamloops Foodshare c/o 231 Sunhill Court, Kamloops, BC, V2E 2P5. Phone (250) 372-0815, E-mail: Laura.Kalina@interiorhealth.ca

Community Kitchens: Major Cooking for a Minor Sum

(1995) A 25 minute video that shows how people can pool their money, time and energy to create low-cost nutritious meals. \$20.00 from Single Parent Association of Newfoundland (S.P.A.N.), P.O. Box 21421, St. John's, NF, A1A 5G6. Phone (709) 738-3401.

There is an 8 minute video clip on community kitchens on-line at www.communitykitchens.ca/video.htm

Other Resources

Kids in the Kitchen Community Action Kit

Contains everything you need to start and run a cooking club for children 6 - 11 years old. Each kit contains a Kids in the Kitchen manual with lesson plans, recipes, and nutrition activities, some sample forms and letters for funders, parents, and community partners, as well as aprons and measuring spoons and cups. The cost is \$35 if mailed to you and \$25 if you pick it up. Call 940-3152 to get an order form or for more details on this great resource.

Kits are available only in Manitoba. The manual/cookbook is available on-line at:

www.wrha.mb.ca/fhcs/commcare/KidsInTheKitchen.pdf

Winnipeg Public Libraries

Winnipeg's Public Libraries carry many great recipe books, including *100 Meals for Under a Loonie* (Nanaimo Community Kitchens). The Centennial Library also carries the National Film Board community kitchen video *Stir it Up* (24 minutes). Call the Reference Desk at 986-6489 to check availability or reserve a copy online at www.city.winnipeg.mb.ca/library.

Free Recipe Pamphlets are available from...

Beef Information Centre

222-530 Century Street
Winnipeg, MB R3H 0Y4
Phone: 772-4867
Fax: 774-3264
www.beefinfo.org

Manitoba Turkey Producers

206-1460 Chevrier Boulevard
Winnipeg, MB R3T 1Y6
Phone: 934-1860
Fax: 489-4907
www.turkey.mb.ca

Manitoba Pork Council

28 Terracon Place
Winnipeg, MB R2J 4G7
Phone: 237-7447
Fax: 237-9831
www.manitobapork.com

Manitoba Egg Producers

#18 Waverly Square,
5 Scurfield Boulevard
Winnipeg, MB R3Y 1G3
Phone: 488-4888
Fax: 488-3544
www.mbegg.mb.ca

Flax Council of Canada

465-167 Lombard Avenue
Winnipeg, MB R3B 0T6
Phone: 982-2115
Fax: 942-1841
www.flaxcouncil.ca

Manitoba Milk Producers

36 Scurfield Boulevard
Winnipeg, MB R3C 2K3
Phone: 488-6455
Fax: 488-4772
www.milk.mb.ca

Manitoba Chicken Producers

1357 Kenaston Boulevard
Winnipeg, MB R3P 2N2
Phone: 934-6100
Fax: 489-4907
www.chicken.mb.ca

Canola Council of Canada

400-167 Lombard Avenue
Winnipeg, MB R3B 0T6
Phone: 982-2100
Fax: 942-1841
www.canola-council.org

Peak of the Market

1200 King Edward Street
Winnipeg, MB R3H 0R5
Phone: 632-7325
Fax: 774-7325
www.peakmarket.com

Community Kitchen Meeting

If you would like to:

- ▶ Save money on food
- ▶ Take home tasty meals for your family
- ▶ Meet new friends
- ▶ Share recipes

Please come to the information and planning meeting.

Refreshments will be served.

Where _____

When _____

Time _____

Or call _____ for information



Member Registration Form

Name _____

Address _____

Postal Code _____

Telephone: (Home) _____ (Other) _____

Number of adults in your household _____

Names and ages of children _____

Do you need childcare? Yes No

If yes, for which children? _____

Does anyone in your family have a food allergy? Yes No

If yes, to which foods? _____

What are your family's favourite foods? _____

Are there any foods your family does not eat? Yes No

If yes, please list. _____

Why are you joining the community kitchen? _____

Comments: _____

Financial Reporting Form

Community Kitchen _____

Date _____

Revenue (Money Coming In)

Carried Forward (money left over from previous sessions)	\$	_____
Participants Balance (from previous sheets)	\$	_____
Child Care	\$	_____
Other Income (for example donations, funding, etc.)		
_____	\$	_____
_____	\$	_____
_____	\$	_____
_____	\$	_____
_____	\$	_____
Total Revenue	\$	_____

Expenses (Money Going Out)

Supplies / Food	\$	_____
Childcare Costs	\$	_____
Other Expenses (for example custodial costs, honoraria, equipment purchase, rent, etc.)	\$	_____
_____	\$	_____
_____	\$	_____
_____	\$	_____
_____	\$	_____
Total Expenses	\$	_____

Balance

Total Revenue – Total Expenses = \$ _____

Inventory

Item	Date	Quantity	Date	Quantity	Date	Quantity
Refrigerator						
Eggs						
Milk						
Margarine						
Mustard						
Freezer						
Meat						
Vegetables						
Cleaning Supplies						
Paper						

Use this form to keep track of items you have on hand. Refer to it when working on your shopping list.

Community Kitchen Evaluation

1. What do you like about the community kitchen?

2. How could the community kitchen be improved?

3. Do you have any suggestions regarding the kinds of food and amounts of food that is cooked?

4. Do you feel the group works well together? If not, what changes would you suggest?

5. Are there recipes you would like to make or learn to make in the group? If yes, please list those recipes.

6. Has attending this group been beneficial to you? If yes, in what way? If not, why?

7. Comments

Community Kitchen Leader/Facilitator

Job Description

This is a sample job description that can be adapted to suit the needs of your particular group.

Duties and Responsibilities:

- ▶ Making people feel welcome and included in the group's decision making and task sharing.
- ▶ Assisting participants in creating and adhering to group rules, assisting in conflict resolution and maintaining harmony of the group.
- ▶ Promoting and publicizing the community kitchen group.
- ▶ Keeping inventory of supplies, organizing storage areas, etc.
- ▶ Facilitating planning sessions, choosing recipes with the group.
- ▶ Collecting fees and keeping records.
- ▶ Creating shopping lists based on recipes chosen and existing inventory.
- ▶ Shopping for the group.
- ▶ Facilitating cooking sessions: reviewing group rules, setting up work stations, delegating responsibility as well as participating in cooking and cleanup.

Address
City/Province
Postal Code

Mr./Ms. (Last Name)
Position/Title
Company Name
Company Address
City/Province
Postal Code

Date

Dear *Mr./Ms. (Last Name)*

I am writing to ask for support for our *(insert group name)* Community Kitchen. Our group meets regularly to cook low cost nutritious food and take it home to feed our families. This is not a soup kitchen or a cooking class. It is a group of people who believe that by cooking together they can save money and produce more meals than they could by working individually. Also, cooking together increases a sense of community and belonging.

Specifically I am asking for the following support for our Community Kitchen:

(use bullets and list each item separately – as example, your request may include use of a kitchen; \$ for basic supplies or ongoing support; or \$ to provide child care)

By supporting this project, you will be helping families in our community to make the most of their resources. If you would like additional information, please do not hesitate to contact me at *(insert your phone number and/or email address)*. I will contact you soon to to speak with you further about the project.

Thank you for your consideration.

Sincerely,
Name



Health
Canada

Santé
Canada

Appendix C

CANADA'S

Food Guide

**TO HEALTHY EATING
FOR PEOPLE FOUR YEARS
AND OVER**

Enjoy a variety
of foods from each
group every day.

Choose lower-
fat foods
more often.



Grain Products

Choose whole grain
and enriched
products more often.

Vegetables and Fruit

Choose dark green and
orange vegetables and
orange fruit more often.

Milk Products

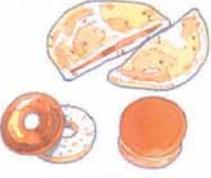
Choose lower-fat milk
products more often.

Meat and Alternatives

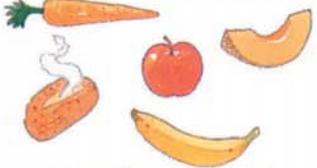
Choose leaner meats,
poultry and fish, as well
as dried peas, beans
and lentils more often.

Canada

Grain Products
5-12
SERVINGS PER DAY

1 Serving	2 Servings
 1 Slice  Cold Cereal 30 g  Hot Cereal 175 mL 3/4 cup	 1 Bagel, Pita or Bun  Pasta or Rice 250 mL 1 cup

Vegetables and Fruit
5-10
SERVINGS PER DAY

1 Serving		
 1 Medium Size Vegetable or Fruit	 Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup	 Salad 250 mL 1 cup  Juice 125 mL 1/2 cup

Milk Products
SERVINGS PER DAY
Children 4-9 years: 2-3
Youth 10-16 years: 3-4
Adults: 2-4
Pregnant and Breast-feeding Women 3-4

1 Servings		
 250 mL 1 cup	 Cheese 3"x1"x1" 50 g  2 Slices 50 g	 175 g 3/4 cup

Other Foods

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.

Meat and Alternatives
2-3
SERVINGS PER DAY

1 Serving		
 Meat, Poultry or Fish 50-100 g	 Fish 1/3-2/3 Can 50-100 g  1-2 Eggs	 Beans 125-250 mL  100 g 1/3 cup  Peanut Butter 30 mL 2 tbsps

Different People Need Different Amounts of Food

The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.



Consult *Canada's Physical Activity Guide to Healthy Active Living* to help you build physical activity into your daily life.

Enjoy eating well, being active and feeling good about yourself. That's **VITALITY**.

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Cat. No. H39-252/1992E ISBN 0-662-19648-1
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Choosing Snacks for Preschoolers

When providing snacks for preschoolers, here are a few simple guidelines to follow:

- ▶ Choose a variety of foods from Canada's Food Guide to Healthy Eating. Offer a choice from three of the four food groups.
- ▶ Serve colourful bite size portions.
- ▶ Serving sizes should be 1/4 to 1/2 of an adult serving.
- ▶ Avoid high sugar snacks or have the children brush their teeth after eating.
- ▶ Offer beverages such as water, milk, flavoured milk or juice.
- ▶ Be aware of any food allergies.
- ▶ Avoid foods that can cause choking such as: popcorn, nuts, seeds and raisins – serve small, soft pieces of food.
- ▶ Safety first – make sure the children are seated at all times when eating.
- ▶ Help the children wash their hands before eating.

Examples of appropriate snacks:

- ▶ Soda crackers, cheddar cheese and apple juice
- ▶ Whole wheat bread, peanut butter and milk
- ▶ Bran muffin, yogurt and orange juice
- ▶ Banana, yogurt dip and grape juice
- ▶ Graham crackers, milk pudding and grapes (cut in half)
- ▶ Macaroni salad, grated carrots and chocolate milk

Basic Ingredients

This is a list of basic ingredients to have on hand. With these ingredients you can make foods “from scratch”.

If start up funding is available, the basic ingredients can all be purchased at once. Otherwise, purchase them as they are needed.

Grain Products:

White Rice
Brown Rice
Elbow Macaroni
Spaghetti
Whole Wheat Flour
All Purpose Flour
Rolled Oats

Vegetables & Fruit:

Tomato Sauce
Tomato Paste
Canned Tomatoes

Meat And Alternatives:

Canned Beans, Peas And Lentils
Dried Lentils

Milk Products:

Skim Milk Powder

Fats And Oils:

Margarine
Vegetable Oil

Seasonings:

Salt
Pepper
Garlic Powder
Dry Mustard
Chicken Bouillon
Beef Bouillon
Vegetable Bouillon
Soy Sauce
Vinegar
Worcestershire Sauce
Ketchup

Herbs & Spices:

Basil
Oregano
Cayenne
Thyme
Chili Powder
Paprika
Cinnamon

Baking Ingredients:

Honey
White Sugar
Vanilla
Baking Soda
Cornstarch
Baking Powder
Brown Sugar

Food Storage in the Home

For Best Flavour and Nutrition

Cupboard

Unless otherwise specified, times apply to unopened packages.

Cereal Grains*

Bread crumbs - dry	3 months
Cereals - ready-to-eat	12 months
- opened	4-5 months
Cookies	6 months
Crackers	6 months
Flour - all purpose.....	6 - 8 months
- whole wheat	6 weeks
Granola	6 months
Oatmeal, rolled oats.....	6 -10 months
Pasta	2 years
Rice	2 years

Canned Foods**

Evaporated milk	9 - 12 months
Fish and shellfish	1 year
High acid foods (tomato-based, fruits, juices, sauerkraut).....	9 - 18 months
Home canned foods	1 year
Low acid foods (meat, poultry, stews, vegetables)	2 - 5 years
Soups	1 year

Dry Foods*

Beans, peas, lentils.....	1 year
Bouillon	2 years
Cocoa	1 year
Dried fruit	1 year
Gelatin	1 year
Jelly powder	2 years

* Once opened, store in tightly covered container, away from light.

** Once opened, store in refrigerator.

Mixes	- cake, pancake, biscuit.....	1 year
Potatoes	- instant.....	1 year
Pudding mixes	- instant.....	18 months
Skim milk powder	1 year
	- opened	1 month
Soup mixes	- dehydrated.....	18 months

Fats and Oils

Mayonnaise**, salad dressing**, sandwich spread**	8 months
	- opened.....	1 1/2 - 2 months
Vegetable Oils	1 year

Leavening Agents

Baking powder, baking soda.....		1 year
Yeast**	- compressed	7 weeks
	- dry	1 year

Miscellaneous Foods

Chocolate	- baking.....	7 months
Cornstarch	2 years
Mustard	- dry.....	2 years
	- prepared.....	6 months
Nuts	1 month
Peanut Butter	6 months
	- opened	2 months
Pectin	- liquid**	1 year
	- powdered.....	2 years
Vinegar	2 years

Spices and Herbs

Herbs	- leafy	6 - 12 months
Spices	- ground	1 - 2 years
	- whole.....	3 years

Sugars and Syrups

Honey	18 months
Jams**, Jellies**	1 year
Molasses	2 years
Sugar	2 years
Syrups	- corn, table	1 year
	- maple**	1 year

* Once opened, store in tightly covered container, away from light.

** Once opened, store in refrigerator.

Tea and Coffee*

Coffee	- ground.....	1 month
	- instant.....	1 year
Tea	1 year
Coffee whitener.....		6 months

Vegetables

Potatoes	- dark, cool room 50°F (10°C)	9 months
----------	-------------------------------------	----------

* *Once opened, store in tightly covered container, away from light.*

** *Once opened, store in refrigerator.*

Tips for Handling Shelf-Stable Items

1. Store shelf-stable products in a cool, dry place.
2. Do not store canned goods in any location such as a garage or cottage where the temperature may drop below 32°F (0°C) or go above 85°F (29°C).
3. Place newly purchased items behind older ones, so each item can be used within its recommended shelf-life.
4. Do not use cans or jars with dents, cracks or bulging lids.
5. Read the label carefully. If refrigeration is necessary for safety, the label must say “Keep Refrigerated.” If the item was purchased off the shelf, the product will probably not require refrigeration until opened.

Adapted from Winnipeg Hydro Home Economists

Suggested Equipment List

The following is a suggested list of equipment for a community kitchen. If start up funding is available, the equipment can be purchased right away. Otherwise, equipment can be bought as needed or as funding becomes available. Participants can also bring utensils from home.

- ▶ First aid kit (1)
- ▶ Measuring cups, liquid and dry – (4 sets)
- ▶ Measuring spoons – (4 sets)
- ▶ Mixing bowls (4 large, 4 medium)
- ▶ Mixing spoons (4)
- ▶ Cutting boards (4)
- ▶ Grater (1)
- ▶ Colander (1)
- ▶ Rolling pin (1)
- ▶ Vegetable peelers (2)
- ▶ Potato mashers (2)
- ▶ Whisks (2)
- ▶ Ladles (2)
- ▶ Spatulas (2)
- ▶ Paring knives (4)
- ▶ Chopping knives (4)
- ▶ Serving spoons (4)
- ▶ Roasting pans (2)
- ▶ Cookie sheets (4)
- ▶ Baking pans (2 square / 2 rectangular / 2 loaf pans)
- ▶ Stock pots (2 large / 2 medium)
- ▶ Frying pans (2)
- ▶ Wire cooling racks (4)
- ▶ Timer (1)
- ▶ Meat thermometer (1)
- ▶ Can opener (1)
- ▶ Oven mitts (2 pair)
- ▶ Aluminum foil / plastic wrap
- ▶ Containers (to take food home)
- ▶ Aprons (1 per person)
- ▶ Hair nets or hats (1 per person)

Suggested Cleaning Supplies List

- ▶ Hand soap
- ▶ Dish detergent
- ▶ Bleach
- ▶ Pot scrubbers
- ▶ Tubs for washing dishes (if 3 sinks are not available).
- ▶ Dish washing rack and drain board
- ▶ Rubber gloves (2 pair)
- ▶ Broom
- ▶ Floor mop
- ▶ Bucket
- ▶ Garbage bags
- ▶ Paper towels
- ▶ Tea towels and dishcloths
- ▶ Test Kit to measure chlorine concentration for dish washing (optional)

Ingredient Equivalents

Working in large quantities can sometimes be confusing. These charts will help you to calculate how much food you will need to buy.

Food	Amount	Will Give You:
apple	1 large	1 cup (250ml) sliced or chopped
bananas	3 – 4 medium	1-3/4 cup (425ml) mashed
beans, green / wax	1 lb (500g)	2-1/2 - 3 cups (625ml - 750 ml) cooked
cabbage (medium)	1 head	10 cups chopped (2500 ml)
carrots	4 medium	1 cup (250 ml) chopped
celery	1 bunch 2 medium stalks	6 cups (1500 ml) chopped 3/4 - 1 cup (175-250 ml) sliced
green pepper	1 medium	2/3 cup (150 ml)
lemon	1 medium	3 tbsp (45 ml) juice or 1-1/2 tsp (7 ml) grated rind
mushrooms	1 lb (500g) fresh 1/2 lb (250g)	5 – 6 cups sliced (1250 - 1500 ml) 2 – 3 cups sliced (500 - 750 ml)
onion	1 small 1 medium 1 large	1/4 cup (50 ml) chopped 1/2 cup (125 ml) chopped 1 cup (250 ml) chopped
potatoes	4 medium	2 cups (500 ml) mashed
rhubarb	2 stalks	3/4 cup (175 ml) diced
rutabaga & turnip	1 pound	2-3/4 cups, (675 ml) diced or 2 cups mashed (500 ml)
spinach & similar greens	1 lb fresh	1-1/2 to 2 cups (375-500 ml) cooked
tomatoes	2 large / 4 small	2 cups (500 ml) diced
zucchini	3	5 cups (1250 ml) sliced
barley	1 cup (250 ml)	3-1/2 cups (875 ml) cooked
bread	1 slice	2/3 cup (150 ml) soft bread crumbs or 1/3 cup (75 ml) dry bread crumbs

Food	Amount	Will Give You:
bulgar, uncooked	1 cup (250 ml)	3 cups (750 ml) cooked
cornmeal, uncooked	1 cup (250 ml)	4 cups (1000 ml) cooked
flour, all purpose	1 lb (500g)	4 cups (1 L)
graham crackers	12 squares	1 cup (250 ml) crumbs
macaroni, uncooked	1 cup (250 ml) 1 lb (500g)	2-1/4 cup (550 ml) cooked 10 cups (2500 ml) cooked
millet, uncooked	1 cup (250 ml)	3-1/2 cups (875 ml) cooked
rice, uncooked	1/3 cup (75 ml)	1 cup (250 ml) cooked
rolled oats, uncooked	1 cup (250 ml)	2 cups (500 ml) cooked
cheese	1 lb (500g) 1/4 lb (125g)	4 cups (1000 ml) grated 1 cup (250 ml) grated
milk, skim	1 cup	1/3 cup (75 ml) skim milk powder plus about 3/4 cup (200 ml) water
egg	1 large 5 large or 6 medium or 7 small	1/4 cup (50 ml) whole egg 2 tbsp (30 ml) white (unbeaten) 1 tbsp + 1 tsp (20 ml) egg yolk 1 cup (250 ml)
kidney beans, dry	1 cup (250 ml)	2-1/2 cups (625 ml) cooked
lima beans, dry	1 cup (250 ml)	2-1/2 cups (625 ml) cooked
navy beans, dry	1 cup (250 ml)	2-1/2 cups (625 ml) cooked
nuts	1/4 lb (100g)	3/4 cup (175 ml) finely chopped
split peas, dry	1 cups (250 ml)	2 cups (500 ml) cooked
brown sugar	1 lb (500g)	2-1/4 cups (550ml)
white sugar	1 lb (500g)	2 cups (500 ml)

Buying Food in Larger Quantities

Food	Amount for 1 Serving	Amount to Buy	Number of Servings	Amount to Buy for 12 Servings
Beef, Veal, Lamb, Pork				
Ground or boneless	3 oz (100 g) cooked	1 lb (500 g)	4	3 lb (1.5 kg)
Bone-in (small amount of bone steaks, roasts, ham, chops, etc.)	3 oz (100 g) cooked	1 lb (500 g)	3	4 lb (2 kg)
Bone-in (large amount of bone)	3 oz (100 g) cooked	1 lb (500 g)	2	6 lb (3 kg)
Liver	3 oz (100 g) cooked	1 lb (500 g)	4	3 lb (1.5 kg)
Fish				
Filets (meaty sides of fish)	3 oz (100 g) cooked	1 lb (500 g)	4	3 lb (1.5 kg)
Dressed whole fish (gutted and without head)	3 oz (100 g) cooked	1 lb (500 g)	3	4 lb (2 kg)
Canned Tuna	3 oz (100 g)	170 g	2	6 cans of 6 oz (170 g)
Canned Salmon	3 oz (100 g)	213 g	2	6 cans of 7 oz (213 g)
Meat Alternatives				
Tofu or Bean Curd	3 oz (100 g)	300 g	3	2.5 lb (1.2 kg)
Eggs	2	12	6	2 dozen

Food	Amount for 1 Serving	Amount to Buy	Number of Servings	Amount to Buy for 12 Servings
Poultry				
Whole chicken	3 oz (100 g) cooked	2-1/2 lb (1250 g)	4	3 chickens 2-1/2 lb (1250 g)
Chicken parts - no bone or skin	3 oz (100 g) cooked	1 lb (500 g)	4	3 lb (1.5 kg)
Drumstick - thighs	3 oz (100 g) cooked	1 lb (500 g)	3	4 lb (2 kg)
Pasta				
Macaroni	1 cup (250 ml) cooked	375 g 1 kg	6 16	750 g
Egg Noodles	1 cup (250 ml) cooked	340 g	3-1/2	1.2 kg
Spaghetti	1 cup (250 ml) cooked	900 g	16	700 g
Canned Food				
All canned fruits and vegetables	1/2 cup (125 ml)	19 oz (540 ml) 28 oz (796 ml)	4 6	3 cans 2 cans
Frozen				
All frozen vegetables	1/2 cup (125 ml)	10 oz (300 g) 2 lb (1 kg)	3 10	4 pkgs 1-1/4 pkg
Dried peas, beans, lentils, etc.				
Large beans	250 ml (1 cup)	1 lb (500 g)	5	2-1/2 lb (1200 g)
Small beans	250 ml (1 cup)	1 lb (500 g)	5	2-1/2 lb (1200 g)
Lentils	250 ml (1 cup)	1 lb (500 g)	5	2-1/2 lb (1200 g)
Split peas	250 ml (1 cup)	1 lb (500 g)	4	3 lb (1500 g)

Food	Amount for 1 Serving	Amount to Buy	Number of Servings	Amount to Buy for 12 Servings
Bread				
Bread	1 slice	1 lb (500 g)	12-16 slices	1 (500 g) loaf
Rice and Grains				
Converted	1 cup (250 ml) cooked	1 kg	12	1 kg
Long Grain	1 cup (250 ml) cooked	1 kg	12	1 kg
Brown Rice	1 cup (250 ml) cooked	1 kg	16	1 kg
Couscous	1 cup (250 ml) cooked	340 g	6	680 g
Barley	1/2 cup (125 ml) cooked	1 lb (500 g)	20	10 oz (300 g)
Bulgur	1/2 cup (125 ml) cooked	1 lb (500 g)	15	12 oz (350 g)
Fresh Vegetables				
Beans, Green and Yellow	1/2 cup (125 ml)	1 lb (500 g)	4	3 lb (1.5 kg)
Broccoli	1/2 cup (125 ml)	2 lb (1 kg)	6	4 lb (2 kg)
Brussel Sprouts	1/2 cup (125 ml)	1 lb (500 g)	4	3 lb (1.5 kg)
Cabbage	1/2 cup (125 ml)	2 lb (1 kg)	6	4 lb (2 kg)
Carrots	1/2 cup (125 ml)	2 lb (1 kg)	8	3 lb (1.5 kg)
Cauliflower	1/2 cup (125 ml)	2 lb (1 kg)	6	4 lb (2 kg)
Corn	1 ear	1 ear	1	12 ears
Parsnips	1/2 cup (125 ml)	1 lb (500 g)	4	3 lb (1.5 kg)

Food	Amount for 1 Serving	Amount to Buy	Number of Servings	Amount to Buy for 12 Servings
Peas	1/2 cup (125 ml)	2 lb (1 kg)	6	4 lb (2 kg)
Tomatoes	1 medium	1 lb (500 g)	3-4	3 lb (1.5 kg)
Spinach	1 cup	1 lb (500 g)	6	2 lb (1 kg)
Potatoes	1 medium	1 lb (500 g)	3-4	3-4 lb (1.5-2 kg)
Squash	1/2 cup (125 ml)	2 lb (1 kg)	6	4 lb (2 kg)
Turnips	1/2 cup (125 ml)	2 lb (1 kg)	6	4 lb (2 kg)
Yams / Sweet Potatoes	1/2 cup (125 ml)	2 lb (1 kg)	6	4 lb (2 kg)
Lettuce (salad greens)	1 cup	1 lb (500 g)	6	2 lb (1 kg)
Mushrooms	1/2 cup sliced uncooked	1 lb (500 g)	10	1-1/4 lbs (600 g)
Milk and Milk Products				
Milk	1 cup (250 ml)	1 L	4	3 L
Cheese (Hard)	1-1/2 oz (45 g)	1 lb (500 g)	10	1-1/4 lb (600 g)
Cottage Cheese	1/2 cup (125 ml)	1 L	8	1.5 L
Yogurt	1/2 cup (125 ml)	1 L	8	1.5 L

Measurement Facts

Standard Abbreviations:

Imperial		Metric	
teaspoon	tsp	millilitre	ml
tablespoon	tbsp	litre	L
cup	c	gram	g
ounce	oz	kilogram	kg
fluid ounce	fl oz		
quart	qt		
pound	lb		

Imperial/Metric Equivalents:

Use this chart to convert a recipe from metric to imperial measures or vice versa.

1 qt = 1 L	1 tbsp = 15 ml
4 c = 1 L	1 tsp = 5 ml
1 c = 250 ml	1/2 tsp = 2 ml
3/4 c = 175 ml	1/4 tsp = 1 ml
2/3 c = 150 ml	1/8 tsp = 0.5 ml
1/2 c = 125 ml	1 lb = 500 g
1/3 c = 75 ml	1/2 lb = 250 g
1/4 c = 50 ml	

Imperial Measure Equivalents:

1 qt = 4 cups	1/4 cup = 4 tbsp
1 cup = 8 fl oz	2 tbsp = 1 fl oz
1 cup = 16 tbsp	1 tbsp = 3 tsp
1/2 cup = 8 tbsp	

Substitutes for Ingredients

This table is a guide for ingredient substitutions. It is possible to use another ingredient if a recipe calls for an item you do not have or if you prefer to use a healthier choice, such as a lower fat ingredient.

If you do not have this...	Use this instead...
1 cup (250 ml) butter	1 cup (250 ml) margarine or 2/3 cup (150 ml) oil
1 cup (250 ml) sour cream	1 cup (250 ml) plain low-fat yogurt
1 cup (250 ml) heavy cream	1 cup (250 ml) evaporated 2% milk or 2/3 cup (150 ml) skim milk plus 1/3 cup (75 ml) oil
1 cup (250 ml) buttermilk	1 cup (250 ml) skim milk plus 1 tbsp (15 ml) vinegar or lemon juice
2 tbsp (30 ml) flour (for thickening)	1 tbsp (15 ml) cornstarch
1 cup (250 ml) cake and pastry flour	1 cup (250 ml) all-purpose flour minus 2 tbsp (30 ml)
2 cloves garlic	1/4 tsp (1 ml) garlic powder
1 head garlic	10 - 15 cloves garlic
1 tsp (5 ml) dry mustard	1 tbsp (15 ml) prepared mustard
1 small onion	1 tsp (5 ml) onion powder
1/2 tbsp (7 ml) chopped fresh parsley	1 tsp (5 ml) dried parsley flakes
1 tbsp (15 ml) fresh herb, chopped	1 tsp (5 ml) dry herbs or 1/2 tsp (2.5 ml) powdered herbs
1 cup (250 ml) creamed cottage cheese	1 cup (250 ml) low-fat cottage cheese
1 tbsp (30 ml) baking powder	1-1/2 tsp (7 ml) cream of tartar mixed with 1 tsp (5 ml) baking soda
1 tsp (5 ml) lemon juice	1/2 tsp (2 ml) vinegar
1 cup (250 ml) bread crumbs	3/4 cup (175 ml) cracker crumbs

If you do not have this...	Use this instead...
1 cup (250 ml) white flour	1 cup (250 ml) cornmeal
1 cup (250 ml) brown sugar, packed	1 cup (250 ml) white sugar
1 square unsweetened chocolate	3 tbsp (45 ml) cocoa plus 1 tbsp (15 ml) margarine or butter or vegetable oil
1 cup (250 ml) packed tomatoes	1/2 cup (125 ml) tomato paste plus 1/2 cup (125 ml) water
1 cup (250 ml) tomato juice	1/2 cup (125 ml) tomato sauce plus 1/2 cup (125 ml) water
2 cups (500 ml) tomato sauce	3/4 cup (175 ml) tomato paste plus 1/2 cup (125 ml) water
1 can (10-3/4 oz) tomato soup	1 cup (250 ml) tomato sauce plus 1/4 cup (50 ml) water
1 cup (250 ml) yogurt	1 cup (250 ml) buttermilk
1 - 10 oz (284 ml) can cream of celery soup prepared according to label directions	2-1/2 cups (625 ml) medium white sauce (made with flour and milk) plus 1/4 cup (50 ml) chopped celery
1 - 10 oz (284 ml) can cream of chicken soup prepared according to label directions	2-1/2 cups (625 ml) medium white sauce plus 2 chicken bouillon cubes
1 - 10 oz (284 ml) can cream of mushroom soup prepared according to label directions	2-1/2 cups (625 ml) medium white sauce plus 1 cup chopped mushrooms

Recipe Favourites

One of the things a community kitchen needs is good recipes. Because Winnipeg has many active community kitchens, we knew they would have a wealth of tested recipes. So we sent out a call to all of the community kitchens asking them to share a favourite recipe. All of the recipes that were submitted are included in the following pages. Thank you to the community kitchen cooks for sharing their recipes. Thanks also to Manitoba Egg Producers who provided not only a recipe but some financial support as well.

Because community kitchens sometimes cook large quantities of food we asked for recipes from Winnipeg schools and colleges that have a cooking program. Thanks to the Kildonan-East Collegiate Commercial Cooking Program, Red River College Culinary Arts Program, Tec Voc High School Commercial Cooking Program and Winnipeg Technical College Commercial Cooking Program who responded to our request for larger quantity, low cost recipes.



Cauliflower Casserole

Serves 6 – 8.

1	medium cauliflower, broken into florets	1
1 cup	sour cream	250 ml
1 cup	shredded cheddar cheese	250 ml
1/2 cup	crushed cornflakes	125 ml
1/4 cup	chopped green pepper	50 ml
1/4 cup	chopped sweet red pepper	50 ml
1 tsp	salt	5 ml
1/4 cup	Parmesan cheese	50 ml
	paprika	

Place cauliflower and a small amount of water in a saucepan. Cover and cook for 5 minutes or until crisp-tender. Drain.

Combine cauliflower, sour cream, cheddar cheese, cornflakes, peppers & salt; transfer to a greased 2 quart (2 litre) baking dish.

Sprinkle with Parmesan cheese & paprika.

Bake, uncovered at 325°F (160°C) for 30 – 35 minutes.

Recommended by: **Andrews Street Community Kitchen**

Cous Cous Salad

Serves 6, 12, or 18

You can use other vegetables, such as cooked broccoli, cauliflower or zucchini in place of or in addition to the vegetables already in the salad.

FOR 6 SERVINGS

2 cups	cous cous	500 ml
1 tbsp	olive or vegetable oil	15 ml
2 cups	boiling water	500 ml
1/3 cup	olive or vegetable oil	75 ml
1/4 cup	lemon juice	50 ml
1	garlic clove, minced	1
2 tsp	cumin	10 ml
1/2 tsp	turmeric	2 ml
	salt and pepper to taste	
1/2 cup	grated carrot	125 ml
1-1/2 cups	finely chopped tomato	375 ml
1 cup	finely diced, peeled and seeded cucumber	250 ml
1 cup	finely chopped parsley	250 ml
1 cup	finely chopped red or white onion	250 ml

FOR 12 SERVINGS

4 cups	cous cous	1 L
2 tbsp	olive or vegetable oil	30 ml
4 cups	boiling water	1 L
2/3 cup	olive or vegetable oil	150 ml
1/2 cup	lemon juice	125 ml
2	garlic cloves, minced	2
4 tsp	cumin	20 ml
1 tsp	turmeric	5 ml
	salt and pepper to taste	

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1 cup	grated carrot	250 ml
3 cups	finely chopped tomato	750 ml
2 cups	finely diced, peeled and seeded cucumber	500 ml
2 cups	finely chopped parsley	500 ml
2 cups	finely chopped red or white onion	500 ml

FOR 18 SERVINGS

6 cups	cous cous	1.5 L
3 tbsp	olive or vegetable oil	45 ml
6 cups	boiling water	1.5 L
1 cup	olive or vegetable oil	250 ml
3/4 cup	lemon juice	175 ml
3	garlic cloves, minced	3
2 tbsp	cumin	30 ml
1-1/2 tsp	turmeric	7 ml
	salt and pepper to taste	
1-1/2 cups	grated carrot	375 ml
4-1/2 cups	finely chopped tomato	1.125 L
3 cups	finely diced, peeled and seeded cucumber	750 ml
3 cups	finely chopped parsley	750 ml
3 cups	finely chopped red or white onion	750 ml

Place the cous cous in a bowl and work in the oil with your fingertips.

Pour the boiling water over the cous cous, cover tightly and let stand until the water is absorbed. When cool enough to handle, fluff up with your fingers before continuing. The cous cous can be prepared up to one day in advance. Cover and refrigerate.

Beat the olive oil, lemon juice, garlic, cumin, turmeric, salt and pepper together. Pour over the cous cous and mix well. Add the carrot, tomato, cucumber, parsley and onion. Toss well. Adjust the seasoning and serve.

Reprinted with permission from *Many Hands, Community Kitchens Share Their Best*, 1999.

Recommended by: **North Kildonan Mennonite Church Cooking Club**

Vegetarian Chili

Serves 10

1 lb	pinto beans	500 g
1 lb	black beans	500 g
1/2 lb	kidney beans	250 g
1/2 lb	chick peas	250 g
2 tbsp	vegetable oil	30 ml
1 lb	chopped onions	500 g
1	red pepper, chopped	1
1	green pepper, chopped	1
1 tsp	oregano	5 ml
2 tsp	ground cumin	10 ml
2 tbsp	chili powder	30 ml
4	garlic cloves, minced	4
3 cups	tomato, coarsely chopped	750 ml
	salt	
1 tbsp	pepper	15 ml
2 tbsp	lime juice	30 ml
2 cans (4.5 oz)	green chilies, chopped	2 cans (127 ml)
4 cups	vegetable stock or water	1 L

Soak peas and beans overnight and discard water. Cook beans and peas separately until tender (2 - 3 hours).

Cook onion in vegetable oil on low heat until transparent, then add red and green peppers.

Add spices, garlic, and green chilies. Add stock or water, lime juice and tomatoes.

Add beans and simmer to stew-like consistency. Season.

Recipe provided by: **Red River College, Culinary Arts Program**

Potato "Lasagna"

Serves 6, 12 or 18

An interesting version of lasagna, and a bit fussy to make. For a vegetable version, double the mushrooms and omit the meat. To prevent the potato slices from turning brown, keep them in a bowl of cold water. Drain well before using.

FOR 6 SERVINGS

10 oz	ground pork or beef	300 g
1/2 cup	chopped onion	125 ml
2	garlic cloves	2
1-1/2 cups	sliced mushrooms	375 ml
2 cups	tomato sauce	500 ml
2 tbsp	chopped parsley	30 ml
1 tsp	oregano	5 ml
3	medium potatoes, peeled and cut into 1/4 inch (.5 cm) slices	3
1 cup	grated Mozzarella cheese	250 ml
2 tbsp	grated Parmesan cheese	30 ml

FOR 12 SERVINGS

20 oz	ground pork or beef	600 g
1 cup	chopped onion	250 ml
4	garlic cloves	4
3 cups	sliced mushrooms	750 ml
4 cups	tomato sauce	1 L
4 tbsp	chopped parsley	60 ml
2 tsp	oregano	10 ml
6	medium potatoes, peeled and cut into 1/4 inch (.5 cm) slices	6
2 cups	grated Mozzarella cheese	500 ml
4 tbsp	grated Parmesan cheese	60 ml

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FOR 18 SERVINGS

30 oz	ground pork or beef	1 kg
1-1/2 cup	chopped onion	375 ml
6	garlic cloves	6
4-1/2 cups	sliced mushrooms	1.125 L
6 cups	tomato sauce	1.5 L
6 tbsp	chopped parsley	90 ml
1 tbsp	oregano	15 ml
9	medium potatoes, peeled and cut into 1/4 inch (.5 cm) slices	9
3 cups	grated Mozzarella cheese	750 ml
6 tbsp	grated Parmesan cheese	90 ml

In a large frying pan over medium-high heat, sauté the meat, crumbling with a fork until browned. Add onion, mushrooms and garlic. Cook until the onion and mushrooms are tender. Stir in the tomato sauce, oregano and parsley. Heat thoroughly and remove from the heat.

Preheat the oven to 375°F. Grease 1 (2) (3) 9 by 13-inch baking dish(es). Arrange half of the potato slices on the bottom. Top with half of meat mixture. Sprinkle with half of the Mozzarella cheese. Top with remaining potatoes and sauce.

Cover tightly with foil and bake for 50 to 60 minutes, until the potatoes are tender.

Uncover and top with remaining Mozzarella and Parmesan cheese. Return to oven for 5 minutes until the cheese is melted. Let rest for 5 minutes before serving.

Reprinted with permission from *Many Hands, Community Kitchens Share their Best*, 1999.

Recommended by: **Chalmers Community Kitchen**

Lentil Spaghetti Sauce

Serves 12

This sauce can also be used in lasagna, on pizza or with meatballs.

2 large	onions chopped	2 large
3 stalks	celery, chopped	3 stalks
5	garlic cloves, chopped	5
2-1/2 tbsp	oil	37 ml
2-1/2 cups	red lentils, washed	625 ml
1-2/3 cups	water	400 ml
2 cans (19 oz)	tomatoes	2 cans (540 ml)
3 cans (5-1/2 oz)	tomato paste	3 cans (156 ml)
2-1/2 tbsp	parsley, chopped	37 ml
1-1/4 tsp	dried oregano	6 ml
1-1/4 tsp	salt	6 ml
pinch	cayenne pepper	pinch
garnish	grated Parmesan cheese	garnish

In a large saucepan on medium high heat, cook onion, celery, and garlic in hot oil for about 5 minutes, or until tender.

Add lentils and water. Add tomatoes, tomato paste and seasonings. Cook covered for about 15 minutes, or until lentils are soft and mushy.

Serve over cooked spaghetti. Sprinkle with Parmesan cheese.

Reprinted with permission from **Community Kitchens Cookbook and Shopping Guide**, Laura Kalina, Kamloops Foodshare, 1993.

Recommended by: **St. Matthews Maryland Community Kitchen**

Hamburger Casserole

Serves 4

1 pound	ground beef	500 g
1 medium	chopped onion	1 medium
1 can (28 oz)	tomatoes	1 can (796 ml)
2 cups	uncooked pasta	500 ml
1 cup	frozen vegetables	250 ml
1 cup	grated Cheddar cheese	250 ml
1 tsp	basil	5 ml
1 tsp	oregano	5 ml
1/4 tsp	pepper	1 ml
1/2 tsp	salt	2 ml

Preheat oven to 350°F (180°C).

Cook pasta in boiling water for 8 minutes.

In a frying pan, cook the ground beef until no pink colour remains. Drain off the fat and add the onions. Cook until tender.

Place the cooked ground beef and onions into an 8" x 8" (20 cm x 20 cm) casserole dish. Add in the tomatoes, cooked pasta, basil, oregano, pepper and salt. Add the vegetables. Stir well and sprinkle cheese on top of the casserole.

Bake for 20 – 25 minutes.

Notes:

It is important that the noodles be cooked before going into the oven. Fusilli pasta works best.

This recipe is a favorite among children.

Reprinted with permission from **Friendly Neighbourhood Cooking**,
Citizenship Council of Manitoba.

Recommended by: **International Centre Community Kitchen**

Easy Tuna Primavera

Serves 4

Preparation & Cooking Time: 30 minutes

8 oz	dry spaghetti, broken in half	250 g
3 cups	broccoli florets	750 ml
2	large carrots, cut in thin strips	2
1 can (10 oz)	cream of chicken soup	1 can (284 ml)
3/4 cup	milk	175 ml
1/4 cup	grated Parmesan cheese	50 ml
1 cup	shredded Mozzarella cheese	250 ml
1 can	(6 oz/120g) flaked light tuna, drained	1 can

Cook spaghetti according to package directions. Add broccoli and carrot strips for last 5 minutes of cooking time. Drain and rinse; set aside.

Combine soup, milk and Parmesan cheese in saucepan. Heat to a boil at medium, stirring often. Stir in tuna and Mozzarella cheese. Cook until cheese melts.

Add spaghetti-vegetable mixture; toss to coat.

Note:

Substitute cream of mushroom or celery soup for cream of chicken soup. Green peas may be used instead of broccoli.

Recommended by: **Heritage Community Kitchen Club**

Beefy Macaroni Bake

Serves 4

1 package (375 g)	macaroni	1 package (375 g)
3/4 lb	ground beef	375 g
1 small	onion, chopped	1 small
1 cup	tomato sauce	250 ml
1/2 cup	canned beef broth	125 ml
1/2 tsp	salt	2 ml
3/4 cup	parmesan cheese, grated	175 ml
1/8 tsp	ground nutmeg	.5 ml
1-1/4 cups	milk	300 ml
3 tbsp	butter	45 ml
2	eggs, beaten	2

Preheat oven to 350°F (180°C)

Cook macaroni as directed on package, drain.

Meanwhile, cook and stir beef and onion in heavy skillet until beef is brown, drain off fat. Stir tomato sauce, beef broth and salt into beef/onion mixture. Heat to boiling, reduce heat. Simmer uncovered until liquid is almost absorbed.

Spread half of the macaroni in greased baking dish, cover with beef mixture. Mix 1/4 cup (50 ml) cheese and nutmeg, sprinkle over beef. Add remaining macaroni.

Cook and stir milk and butter in a saucepan until butter is melted. Remove from heat, stir milk mixture gradually into beaten eggs, pour mixture over casserole, and sprinkle with remaining grated cheese.

Bake uncovered 30 – 35 minutes.

Recommended by: **Flora House Community Kitchen**

Spaghetti and Meatballs

Serves 6

SAUCE

1/2 cup	chopped onion	125 ml
1	garlic clove, minced	1
3 tbsp	oil	45 ml
1 can (28 oz)	tomatoes (crush in blender)	1 can (796 ml)
1 can (5-1/2 oz)	tomato paste	1 can (156 ml)
1 tbsp	parsley	15 ml
2 tsp	salt	10 ml
1/4 tsp	pepper	1 ml
1 cup	water	250 ml
1	green pepper, chopped (optional)	1

Saute onion and garlic in oil. Add rest of ingredients. Simmer over low heat for 2 hours. Add meatballs.

MEATBALLS

1 lb	ground beef	500 g
1 cup	fine dry bread crumbs	250 ml
1/2 cup	grated Parmesan cheese	125 ml
1 tbsp	parsley	15 ml
1/8 tsp	garlic powder	.5 ml
1/2 cup	milk	125 ml
2	eggs, beaten	2
1-1/2 tsp	salt	7 ml
1/8 tsp	pepper	.5 ml

Blend together. Make into 1-1/2 inch (4 cm) balls. Brown in frying pan until meatballs are cooked through and the juices run clear. Add to sauce.

Recommended by: **Weston Mothers' Morning Out Community Kitchen**

Saucy Salmon Loaf

Serves 5

Preparation: 15 minutes

Cooking: 35 minutes

15 oz	pink salmon, drained (reserve broth)	426 g
2 cups	soft bread crumbs (about 3 slices)	500 ml
1/4 cup	finely chopped onion	50 ml
1/3 cup	chopped fresh parsley	75 ml
3/4 tsp	dried tarragon or savory	3 ml
3	eggs	3
1/4 tsp	each salt and pepper	1 ml
3/4 cup	hot liquid (salmon broth and milk)	175 ml

CHEESE SAUCE

2 tbsp	butter	30 ml
2 tbsp	all-purpose flour	30 ml
	salt, dry mustard and cayenne pepper, to taste	
1-1/4 cups	milk	300 ml
1/2 cup	shredded Cheddar or Swiss cheese	125 ml

Preheat oven to 350°F (180°C).

In a large bowl, flake salmon with a fork, crushing skin and bones. Add breadcrumbs, onion, parsley and tarragon or savory. Mix well. Place mixture in a well greased 9 x 5 inch (23 x 13 cm) loaf pan.

In a bowl, beat together eggs, salt and pepper until eggs are just blended. Stir in hot liquid. Pour over salmon mixture in loaf pan. Bake 30 to 35 minutes or until firm. Loosen loaf with a spatula and turn out of pan.

Meanwhile, make cheese sauce. In a small saucepan, melt butter over medium heat. Stir in flour and seasonings. Stir in milk. Cook, stirring constantly, until sauce thickens and comes to a boil. Cook 1 minute longer. Remove from heat. Add cheese and stir until smooth. Serve with salmon loaf.

Recipe sponsored by **Manitoba Egg Producers**

Mediterranean Chicken

Serves 12

3 (2-1/2 to 3lb)	whole chickens	3 (1 – 1.5 kg)
2 tbsp	olive oil	30 ml
2 cups	finely chopped onions	500 ml
4	minced garlic cloves	4
1 can (19 oz)	diced tomatoes	1 can (540 ml)
7 cups	canned tomato sauce	1.75 L
3/4 cup	dry red wine or apple juice	175 ml
2 tbsp	balsamic or wine vinegar	30 ml
1/4 tsp	salt	1 ml
1/2 tsp	pepper	2 ml
1/4 tsp	allspice	1 ml
1/4 tsp	paprika	1 ml
6	garlic cloves	6
5	bay leaves	5
2 lb	rotini pasta	1 kg
1/2 cup	grated Parmesan cheese	125 ml
1/4 cup	chopped black olives	50 ml

Remove the skin from the chickens. Cut each chicken into 8 pieces. Heat half of the oil and sauté the pieces of chicken (approximately five minutes on each side) at medium temperature. Set aside.

Prepare the sauce: heat the rest of the oil and brown the onions and garlic. Add the next eight ingredients. Wrap the cloves and bay leaves in cheesecloth and add to the sauce. Bring sauce to a boil then add the pieces of chicken. Let simmer uncovered for approximately 45 minutes. Remove the chicken pieces, and coat them with a little sauce. Keep warm.

Cook the pasta for 2 minutes in boiling water and strain. Finish cooking the pasta in the sauce, for approximately 8 to 10 minutes. Remove the cloves and bay leaves wrapped in cheesecloth. Serve 2 pieces of chicken with 1 cup (250 ml) of pasta. Garnish with Parmesan cheese and chopped black olives.

Recipe provided by: **Winnipeg Technical College, Commercial Cooking Program**

Spaghetti Casserole

Serves 10

1 lb	spaghetti	500 g
1 lb	lean ground beef or chicken	500 g
4 cups	spaghetti sauce	1 L
1 can (19 oz)	stewed tomatoes, preferably Italian style	1 can (540 ml)
1 tsp	basil	5 ml
1/2 tsp	dried leaf oregano	2 ml
2	green peppers (seeded and chopped)	2
3 tbsp	butter	45 ml
1/3 cup	milk	75 ml
3 tbsp	flour	45 ml
1/2 tsp	salt	2 ml
1/2 tsp	dried mustard	2 ml
1/4 tsp	ground black pepper	1 ml
2 cups	grated Cheddar cheese	500 ml
1/2 cup	grated Parmesan cheese (optional)	125 ml

Grease a 9" x 13" (23 x 33 cm) casserole dish or two slightly smaller dishes.

Cook spaghetti in large pot of boiling water for 6 minutes.

Meanwhile, in a large non-stick frying pan, cook meat over medium-high heat, stirring often with a fork to keep separated or until it loses its pink colour; about 5 minutes. Remove from heat and drain off any fat. Stir in spaghetti sauce, tomatoes, basil, oregano and green pepper.

Drain spaghetti well and mix with meat sauce. Turn into casserole dish and press into an even layer. Turn oven on to a low temperature and place casserole dishes on a cookie sheet and put in oven to keep warm.

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Melt butter in a saucepan set over medium heat. Stir in flour. Add milk and stir constantly until mixture is thickened, about 7 minutes.

Remove from heat and stir in dry mustard and black pepper. Then stir in 1 cup (250 ml) of Cheddar cheese until melted.

Pour cheese sauce over spaghetti mixture. Sprinkle with remaining cup (250 ml) of Cheddar and Parmesan cheese.

Bake uncovered in centre of oven at 350°F (180°C) until cheese is melted and casserole is heated through, about 20 minutes.

Note

If preparing ahead of time, unbaked casserole can be refrigerated for 1 day or can be frozen. A frozen casserole will take 30 minutes to bake.

Recipe provided by: **Tec Voc High School, Commercial Cooking Program**

Swiss Steak

Serves 25

25	beef round steaks (approx. 1/3 lb or 150 grams each)	25
1 cup	oil	250 ml
1 cup	onions (very finely diced)	250 ml
2/3 cup	flour	150 ml
10 cups	beef stock	2.5 L
2/3 cup	tomato puree	150 ml
2	bay leaves	2
	salt	
	pepper	

Dry the meat so it will brown more easily. Heat the oil in a heavy skillet until very hot. Brown the steaks well on both sides. Transfer the browned steaks into a roasting pan.

Add the onion to the fat in the skillet and sauté until lightly browned. Stir in the flour to make a roux (equal amounts of fat and flour). Cook until the roux is browned. Stir in the stock and tomato puree and simmer until the sauce thickens. Add the bay leaves and season to taste with salt and pepper. Pour the sauce over the steaks.

Cover and braise in the oven at 300°F (150°C) until tender, about 2 hours.

Recipe provided by: **Kildonan-East Collegiate, Commercial Cooking Program**

Pumpkin Pie Cake

Makes 9 x 13 inch (23 x 33 cm) pan

BASE

1	white cake mix (reserve 1 cup for topping)	1
1/2 cup	margarine (softened)	125 ml
1	egg	1

Mix and press into a 9 X 13 inch (23 x 33 cm) pan.

FILLING

28 oz	pure pumpkin	796 ml
3	eggs	3
1/2 cup	brown sugar	125 ml
1/4 cup	white sugar	50 ml
2/3 cup	evaporated milk	150 ml
2 tsp	ginger	10 ml
2 tsp	cinnamon	10 ml
1/4 tsp	nutmeg	1 ml
1 tsp	mace	5 ml

Beat together and pour over base.

TOPPING

1 cup	reserved cake mix	250 ml
1/2 cup	brown sugar	125 ml
1/4 cup	margarine (softened)	50 ml

Mix into crumbs and sprinkle over filling. Bake at 350°F (180°C) for 1 hour. Cool and serve with whipped cream.

Recommended by: **Victor Mager Community Kitchen**

Super Banana Cookies

Makes about 3 dozen cookies.

These are especially good the first day you make them. They can be frozen.

2/3 cup	margarine	150 ml
1 cup	sugar (white or brown)	250 ml
2	eggs	2
1 cup	mashed bananas	250 ml
2-1/2 cups	flour	675 ml
pinch	salt	pinch
2 tsp	baking powder	10 ml
1/2 tsp	baking soda	2 ml
1 cup	chocolate chips	250 ml
1 tsp	vanilla	5 ml

Cream margarine and sugar. Add eggs and mix well. Add mashed bananas, vanilla and dry ingredients. Stir in chocolate chips.

Drop by spoonfuls onto an ungreased cookie sheet. Bake at 375°F (190°C) or about 10 to 15 minutes, until golden brown.

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Recommended by: **Norwood Resource Centre Community Kitchen**

Apple & Spice Bread Pudding

Serves 8

2 tbsp	margarine	30 ml
2	medium apples (cored & chopped)	2
3 cups	day-old white/brown bread (cut into cubes)	750 ml
1/2 cup	raisins	125 ml
4	eggs	4
2 cups	milk	500 ml
1/3 cup	brown sugar, packed	75 ml
1 tsp	vanilla	5 ml
1/2 tsp	cinnamon	2 ml
1/4 tsp	nutmeg	1 ml

In a small saucepan over medium heat, melt margarine. Stir in apples. Cover and cook over medium heat until slightly softened, about 5 minutes.

Grease a shallow baking dish. In dish, combine apples, bread cubes and raisins.

In a medium bowl, beat together eggs, milk, brown sugar, vanilla, cinnamon and nutmeg until sugar is dissolved. Pour over apple mixture. Cover and refrigerate several hours or overnight.

Preheat oven to 350°F (180°C). Bake pudding until knife inserted in center comes out clean, about 40 – 55 minutes. Serve hot, warm or chilled.

For a delicious treat, serve pudding with warm cinnamon sauce.

WARM CINNAMON SAUCE

1 cup	corn syrup	250 ml
1/2 tsp	cinnamon	2 ml

Stir together cinnamon and corn syrup in a saucepan over medium heat until warm. Pour over pudding. This sauce is also great over ice cream.

Recommended by: **Lord Selkirk Community Kitchen**