



Would you be interested in joining a Community Kitchen?

Langwarrin Community Centre is thinking about setting up a Community Kitchen, and is seeking expressions of interest.

Community Kitchens involve a small group of people coming together on a regular basis to plan for, prepare and cook a healthy and affordable meal.

They are often held in community facilities with a kitchen - such as a school, church or community centre. After preparing and cooking the meal together, participants of Community Kitchens then sit down and share the meal, or if there is any leftover food cooked in the Kitchen this can be taken home and shared amongst families.

Participants can run the group together, and all be involved in planning, organising, cooking and most importantly eating! All participants can have an equal say in how the Kitchen operates. There is also usually 1-2 'group leaders', also participants, who are there to help the group run smoothly.

Please view the following link for more information: <http://communitykitchens.org.au/>



If you are interested in a Community Kitchen being made available as an activity at Langwarrin Community Centre, please complete and return this slip to reception as soon as possible.

Name:

Email:

Phone:

1. How would you like to be involved in the Community Kitchen?

- I would be interested in participating in the Community Kitchen
- I would be interested in becoming a group leader of the Community Kitchen

2. Do you have any other comments or suggestions that you would like to share?