

Appreciating Our Cultural Roots

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The Roots of Culture

- Rooted from a place of survival
- Stemming from locally available resources
- Blossoming with the values and beliefs of a people

The American Food Culture

The Standard American Diet

- Transplanted from nature to an industrial model
- Technology
- Values:
 - Low cost
 - Convenient
 - Fast, Fast, and Faster

Outcomes of the Modern Culture

- Chronic Disease
- Obesity
- Lack of connection or appreciation for food

Promoting a Cultural Shift

- Recreating social norms
- Evaluating personal values and beliefs
- Reflecting on old ways and world cultures
 - Local and seasonal foods
 - Preservation
 - Sol (whole) foods
- Culture evolves with time
- Community kitchens

Community Kitchens

- A place where people get together to cook, learn and support one another in the name of saving money, having fun and promoting good health.



Benefits of a Community Kitchen

- Nutrition education/ basic cooking skills
- Come-unity building
 - Strengthen Neighborhood
 - Connect with local farmers/businesses



Benefits of a Community Kitchen

- Social support
- Convenience/Low cost
- Safe environment to bring diverse cultures together
- Create new traditions and food ways



Creating Success

- Communicate – what are the needs, perceptions, goals, attitudes
- Let go of judgment
- Willing and open
- Share
 - Knowledge/skills
 - Resources
 - Responsibilities
 - Thoughts
 - Appreciation



How to Learn More

- Community Kitchens NW
 - www.communitykitchensNW.org
- Fresh Choice Kitchens –
• Vancouver, Canada
 - www.communitykitchens.ca
- Leika Suzumura
 - leika.suzumura@pcsea.com
 - 206-547-1222 ex 1021

