## Cooking and Eating Together

### What is it?
Community cooking clubs, cooperatives and shared/community kitchens provide opportunities for residents to prepare, cook and eat delicious and healthy foods together and build relationships by sharing meals.

Shared kitchen spaces can provide a hub for community activity (social events, education, advocacy and skill building). Armed with tools such as healthy local ingredients, a fully equipped kitchen, seasonal or favorite recipes participants learn and hone cooking skills.

### Benefits
- Opportunities to learn to cook unfamiliar foods from a CSA, farmers market, or food box program.
- A space to discuss food, health and other important community issues
- Builds relationships among residents
- Builds meal planning and food preparations skills
- Can provide jobs or support start-up local food businesses.

### Challenges
- Requires a kitchen space which can be expensive
- Requires a licensed kitchen if foods produced will be sold or provided to shared-meal programs
- The kitchen space needs to be managed and maintained.
- The effort requires a high level of coordination and outreach.