

**Implementing a community  
building project:  
allowing for flexibility in  
implementation, and capturing  
the complexities in the evaluation**

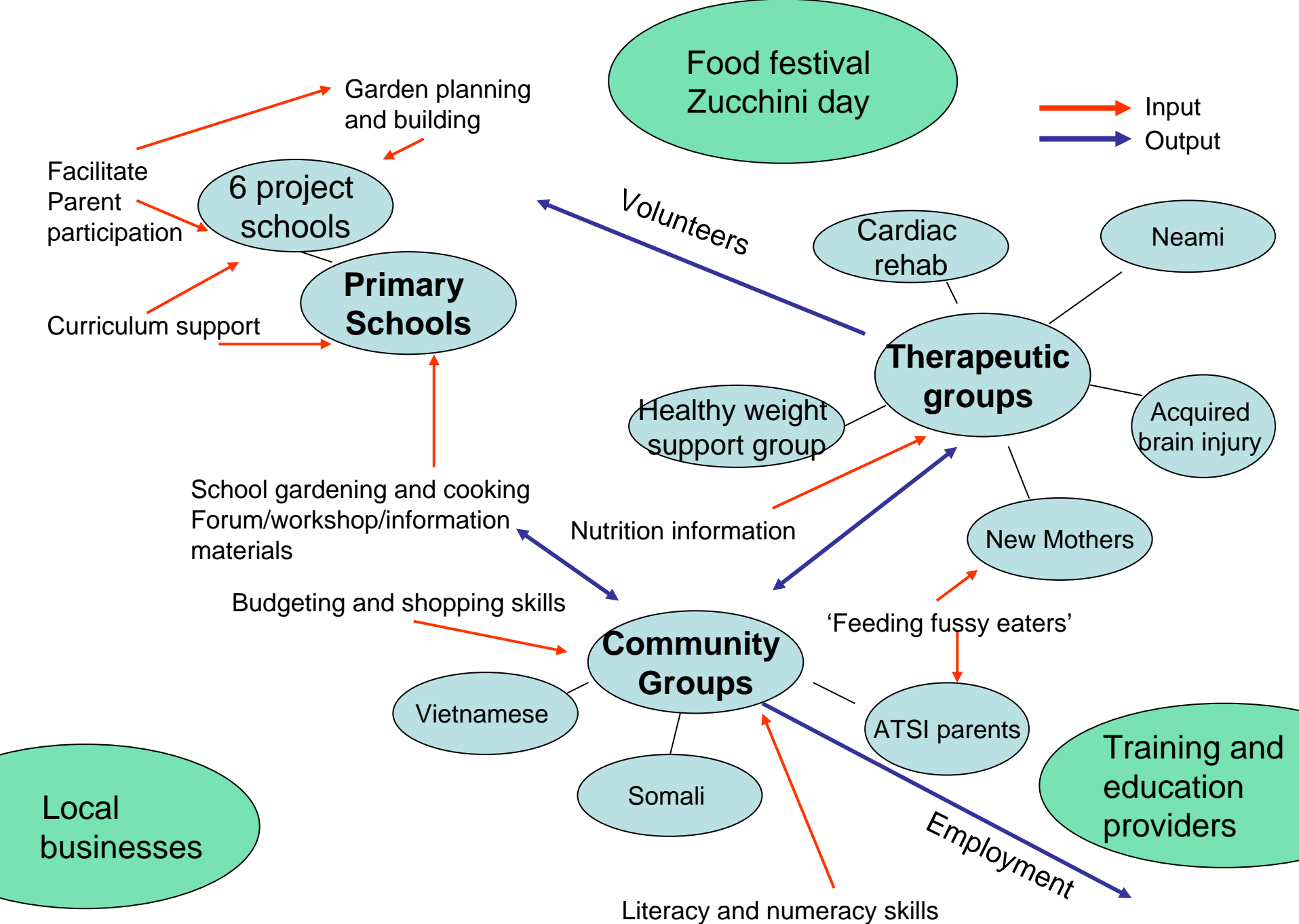
Maarten Post

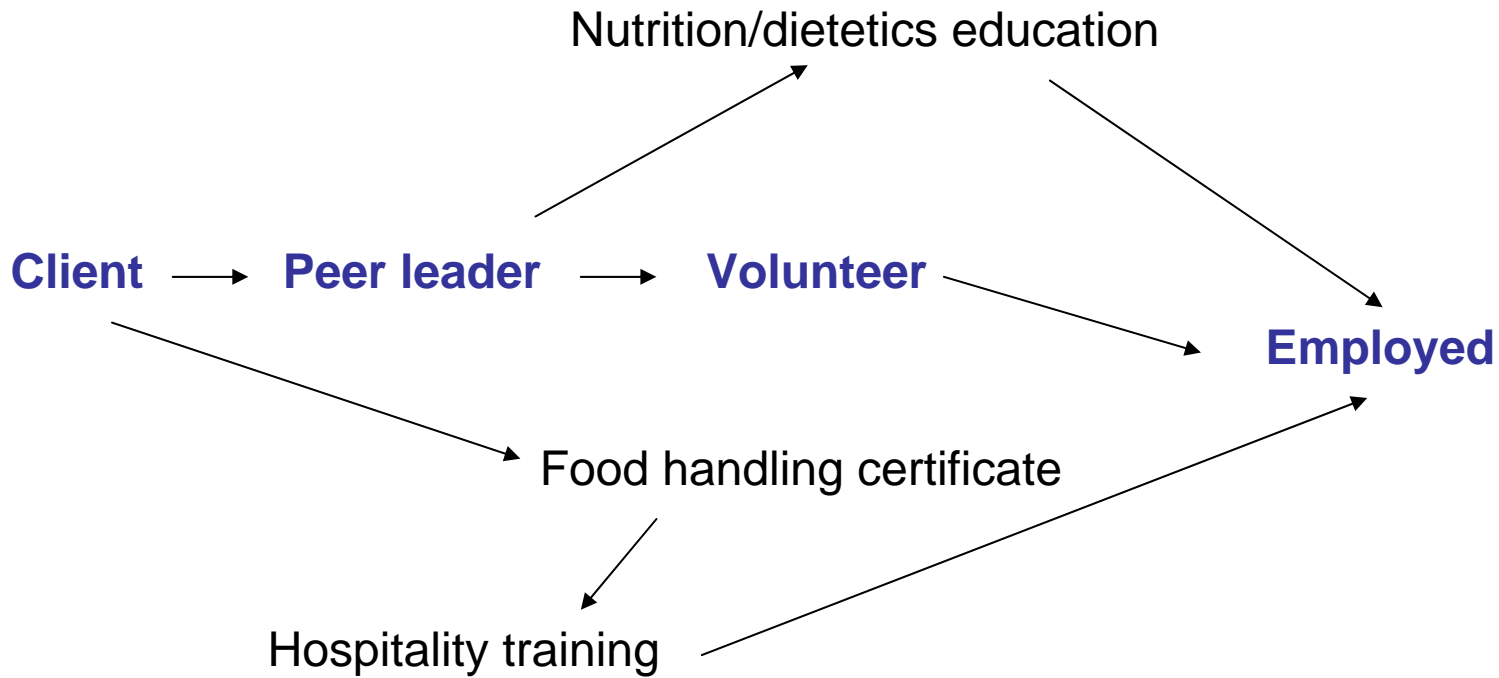
Emma Hughes

***Plenty Valley Community Health***

# Components of the Community Kitchens project

- Variety of community kitchen and kitchen-garden models and locations
- Community development framework
- City of Whittlesea residents
  - Schools, community, PVCH and other clients
- Partnerships with local agencies
- Project worker and both paid and volunteer cooking facilitators
- Participatory Action Research evaluation





# Project objectives

- **Community building**
  - Reduce social isolation and increase social connectedness
  - Improved social skills and team work experience
  - Increased acceptance of cultural diversity
- **Healthy eating and food security**
  - Enjoyable experiences of food preparation and eating together
  - Appreciation of social role of food
  - Increased knowledge of nutrition, recipes, cooking techniques
  - Increased ability to pass on healthy eating knowledge
  - Increased food purchase and preparation at home
  - Decrease purchase of takeaways
- **Life skills and employability**
  - Improved literacy, numeracy, budgeting
  - Improved leadership and facilitation skills
  - Increased access to food handling, hospitality and nutrition/dietetics training
  - Increased resourcefulness and problem solving skills