

THE TABLE COMMUNITY FOOD CENTRE

2014 PROGRAM STATISTICS & STORIES

THE TABLE CFC TOTALS:

- In 2014, 2,088 Perth and area community members (approximately 600 children and the remainder adults) were impacted by programs at The Table Community Food Centre: 1,362 through direct participation in CFC programs and an additional 726 through food hampers taken home to their families by Good Food Bank members.
- 851 program sessions were offered across the whole organization with an average attendance of 19.8 participants per session for a total of 16,879 client contacts.
- 11,899 healthy meals and 1,815 healthy snacks were served in the CFC and 1,989 healthy meals were sent home with participants.
- 10,407 hours of volunteer work were contributed by 116 volunteers (including 33 people who are also participants in The Table's programs).
- \$20,227.14 was spent on Ontario food products including direct purchases from 10 organic farms and 17 other farms and local food producers within 100 kilometres of Perth.
- 3,585 Food Bank visits were made: 2,514 standard visits, 204 emergency visits, 493 top-up visits, 343 delivery visits and 31 emergency delivery visits.
- 338 visits were made to the Advocacy Office by 134 distinct participants and 1,070 hours of work were contributed by the Community Advocates.
- 2,050 pounds of fresh produce were harvested in the community gardens. 31% of the harvest was brought home by the 60 garden members for use in their own kitchens and 69% was donated back to the CFC for use in food programming.

AFTER SCHOOL PROGRAM:

- 4 After School Program periods were held (1 in the winter, 2 in the summer and 1 in the fall).
- 61 distinct individuals participated in the After School Program (with an average of 16 participants per program period).
- 69 program sessions were offered (28 in the winter, 16 in the summer and 25 in the fall) with an average attendance of 11.4 participants per session for a total of 790 client contacts.
- 1,029 healthy meals and 1,128 healthy snacks were served and 267 healthy meals were sent home.
- 888.5 volunteer hours were contributed.
- Session themes included: kitchen safety and knife handling, food budgeting, breakfast for dinner, World Food Day, Fall Harvest Cook-Out, soil sampling, Mexican cooking, sprouting and indoor seed

- starting, social justice vs. charity, spaghetti dinner, Thai cooking, non-violent communication for kids, tea-making and ceremonies, edible perennials, plant life cycles and plant digestive systems.
- Nutrition knowledge and skills shared included: getting the most nutritional value from a tight budget, nutritional benefits of vegetables, using whole wheat flours instead of white, whole vs. processed foods, health and digestive benefits of spices, reducing refined sugars, nutritionally balanced snacks, reading food labels, and the health benefits of herbal teas and their traditional uses in different cultures.
 - Cooking knowledge and skills shared included: hand washing, using leftovers to make another meal, measurements (dry and liquid), bread making (including yeast, gluten development, and proper dough kneading), cooking with food bank ingredients, shopping for meals, Mexican cooking (fish tacos with hand-pressed corn flour tortillas, guacamole and *salsa fresca*), incorporating vegetables into baking (e.g. beet brownies and carrot pancakes), and safe stove use and knife handling.
 - Gardening knowledge and skills shared included: caring for crops in frost, harvesting vegetables and washing harvest before eating, putting garden beds to rest, composting (including what to put in and ratio basics, vermicomposting and making compost tea), intro to soil structure and science, planting indoor herb gardens to take home, growing tips (e.g. isolation, seed formation, pollinators), how water flows through different soil structures, harvesting baby greens so they continue to grow, and identification of edible perennials.
 - Special activities included: a march to town hall to help with serving soup to the community (made up of vegetable donations from local homes, farms and gardeners), a Good Food Bank tour and challenge that included a discussion of the reasons why some people are not able to access and/or afford healthy food, a holiday party, and a graduation celebration where the kids cooked for their parents.
 - Stories from the After School Program Coordinator:
 - The kids worked so cooperatively together to prepare serve and plate the meals for their families this evening. The menu was roast chicken (donated by the Schmidt family from their farm), Pierogi casserole, Caesar salad, zucchini chocolate cake with beet cream cheese icing and Asian pear garnish. One of the children had requested Asian pears throughout our session, and this was our last opportunity to have them included. He was very pleased to have had them with snack and dessert. He was so focused on serving this evening he would hardly sit down to enjoy his meal. He was in the kitchen from the start to finish on this day. We were especially proud of him for being such a dedicated kitchen help this night in particular.
 - We introduced the idea of “put-ups” instead of “put-downs” and created a box for kids to put them in. There are three in there already! The group decided on rules and goals. “Food Goals” included: try new things, grow a garden and learn how to cook. “Feeling Good Goals” included: cook for my family and teach an adult something.
 - Participant Quotes:
 - *“We are working on our food skills!”* - sung by one of the After School Program participants while the group was making and rolling out cookies.
 - When discussing the rule to respect each other and each other’s feelings, one After School participant said: *“We should also respect other things like the worms, and the plants.”*
 - One boy whispered to the After School Program Coordinator that he was *“running the chopping station.”* He was very proud that he was helping to direct things at the chopping table, but he was careful to whisper it so he didn't make anyone else feel badly.

- One of the participants who was helping with snack and lunch preparation and serving exclaimed: *"We should make a big meal and invite everyone from the community to come eat a big salad bar prepared by the kids at camp. Invite everyone for a free healthy meal!"*

COMMUNITY ACTION TRAINING:

- 2 Community Action Trainings were offered in 2014 (1 in the winter and 1 in the fall).
- 26 distinct individuals attended the trainings in total.
- 22 sessions were offered in total (14 in the winter and 10 in the fall, with the training continuing into January 2015) with an average attendance of 8 participants per session for a total of 177 client contacts.
- 169 healthy meals and 175 healthy snacks were served and 39 healthy meals were sent home.
- 98 volunteer hours were contributed to the trainings.
- Topics covered included: food stories, social movements, social determinants of health, power and authority, conflict resolution, goal setting, problem solving, mental health and advocacy, communication skills, intake and assessment, working in the Advocacy Office and self-care.
- Partner agencies involved included: Put Food in the Budget, Ontario Works, Ontario Disability Support Program, Legal Clinic, Lanark County Housing, Lanark County Mental Health and Algonquin College School of Social Work.
- Stories from the Advocacy Coordinator:
 - The group is getting closer and sharing more freely. Today they worked on goal setting and each member listed a goal they have and the obstacles they face. We then shuffled up the papers and passed them back out so that other group members could work out a plan for the goal they received. It was helpful for participants to brainstorm together about plans for each goal.
 - The group worked on an exercise called Empowering Talk. One of the fill in the blanks is: "I am gifted in" My heart melted a bit when one participant wrote: "I am gifted in listening to people, loving."
- Participant Quotes:
 - *"I know I am in the right place."*
 - *"I look forward to Monday nights all week."*

COMMUNITY ADVOCACY OFFICE:

- 338 visits (client contacts) were made to the Advocacy Office by 134 distinct participants.
- 157 sessions were offered with an average attendance of 2.2 visitors per session.
- 1,070 hours of work were contributed by 4 Community Advocates and 4 Mentor Advocates (or an average of 133.75 hours per Advocate).
- The most common types of issues brought to the Advocacy Office were: housing, legal, medical, income supports and employment.
- The most common types of support provided were: general advice (34.7 % of all supports provided), phone calls on behalf of a community member (20.4%), referrals to outside agencies and community supports (16.6%), photocopying documents (8.4%), supportive counselling (5.4%), writing letters (5.1%) and assisting with filling out forms (3.3%).
- Stories from the Community Advocates:

- A participant came in to give us an update on their homelessness. They have found a possible place to live and are very grateful for the help we gave them.
- A client found housing and phoned to say thank-you for all our help.
- Participant Quote:
 - *"You are a ray of sunshine in my otherwise bleak, dark, hopeless world."*

COMMUNITY GARDENS:

- 60 distinct garden members contributed 593 hours of work into the garden.
- 85 garden sessions were offered with an average attendance of 15 gardeners per session for a total of 1,309 client contacts.
- 47 healthy meals and 55 healthy snacks were served and 7 healthy meals sent home with participants during regular garden sessions and at special events.
- 635.5 volunteer hours were contributed during regular garden sessions and at special events.
- 2,050 kilograms of fresh produce were harvested in the community gardens. 31% of the harvest was brought home by the garden members for use in their own kitchens and 69% was donated back to the CFC for use in food programming.
- Session themes covered included: food forest design, observing before planting; deck building, soil preparation, weeding, transplanting, harvesting, rainwater harvesting, and season extension and overwintering crops.
- Gardening knowledge and skills shared included: using a field guide to identify plants, learning from existing plants when designing a garden, building hoop tunnels on raised beds, soil preparation, overwintering, broadcast seeding, transplanting, tying tomatoes, how to put up eavestroughing and build a stand for a rain barrel for a gravity fed watering system, suckering, hilling potatoes, putting cup covers over young plants to stop bunnies from nibbling, learning which veggies have insect damage, digging garlic and tying in bunches to dry, planting cover crops, and plant functions.
- In addition to regular community gardening sessions, 15 special garden events were held that were attended by a total of 482 people. These included: 4 gardening workshops, including Planning Your Veggie Garden, Seed Starting for Spring Planting, and Growing Raspberries; a Food Forest Planting Work Party; 7 elementary school visits; a Perth Veggie Garden Tour; a video recording by the Culinary Blog Feast ON; and 2 days at the Perth Garlic Festival.
- Stories from the Community Gardens Coordinator:
 - This was the first meeting of our Food Forest design team. Two representatives from the Permaculture Institute of Eastern Ontario are coaching us through the design process over five two-hour sessions. Today we set goals for the food forest, learned about layers and plant functions, and were introduced to the basic idea of edible forest gardening. Out of our group of seven, two of us have previous experience with food forests and five are new to the concept. People shared their excitement for this project, including a chance to learn, to help create a space that is open to all to enjoy, to plant for their community, and to see how the space is used to propagate new plants, provide a quiet, therapeutic space, act as an outdoor classroom, and provide a diverse range of foods. There was a sense of planting for the future and wondering how the forest will look 15 years from now and more.
 - One of our garden volunteers met an elderly man at The Table and has started gardening in his backyard. Our garden volunteer gets space to garden (he grows food for himself and the Salvation Army there) and the elderly man who owns the land gets some company. They chat and enjoy each other's company and now get together outside of the garden. It was

really nice to hear this story and to see how connections made through a community hub like The Table can spread.

- 20 Grade Four students visited the garden and split their time between weeding and laying pathways and learning about perennial foods in the food forest. Pairs of students each chose a plant to name and observe – they will return to their plant over their next two visits. When asked what they learned today students explained how we need more than one variety of pear to make fruit and how alder trees give nitrogen to other plants. Chocolate mint was a huge hit! I invited students to rub the leaves of their plants to smell and told them that everything there is edible, although they should ask before eating because different parts of the plant are edible at different times of the year. Then I offered for them to try a bite of chocolate mint to which they asked questions like: *“Can I swallow it?”* One young girl tentatively put a small leaf in her mouth and started to chew slowly, suddenly her eyes popped wide and she exclaimed: *“It’s minty!”* After that everyone wanted a taste of the plant, which meant that I had to intervene and explain that we can only eat so much of a plant before it will struggle to survive. One student left with a dandelion plant and root, excited to go home and make tea. Another student accidentally pulled a carrot that was sown last year and overwintered. He was so shocked and amazed he had to share with the group during our debrief.
- [At the Perth Garlic Festival], we sold ¾ of our garlic on day one of the festival. The food samples were a hit and people were asking if they could buy the salad dressing, or if we had a cookbook for sale. The event is attended by thousands of people from Perth, Ottawa, Kingston and vendors from as far as Niagara.
- Participant Quotes:
 - *“People working together is tremendous!”*
 - *“We are on the edge of something, we’re working to build a space that shows how we can work with the environment and provide food for free. I think kudos to us for doing this.”*

COMMUNITY MEALS:

- 426 distinct participants attended community meals.
- 144 meal sessions were held in total with an average attendance of 64 participants per session.
- 8,752 healthy meals were served and 647 meals sent home with participants in 2014 for an average of 22 healthy meals eaten by each meal participant over the course of the year.
- 2,495.5 volunteer hours were contributed to the regularly scheduled community meals and a few special events, such as a September lunch made from farmers’ market products and involving recipes from the Young at Heart cookbook, which was attended by 62 people.
- \$14,780.83 was spent on Ontario food products by the Community Chef in 2014 including direct purchases from 10 organic farms and 17 other farms and local food producers within 100 kilometres of Perth
- Stories from the Community Chef:
 - A group of people in their late teens and early twenties have begun coming to meals regularly and while they were unsure about the food at first, they are now good eaters!
 - Participants have begun asking for the recipes from the dinners.
 - Tonight the Marilyn Denis show filmed our meal!

- Thanksgiving meal tonight... the place was alive with infants to the very old. People waited patiently for a seat. We had extra volunteers and things ran very smoothly. Many, many said it was the best Thanksgiving meal they had ever had.
- Participant Quotes:
 - *"Since we have been coming to the Community Meals, our son has become much more open to eating different foods such as vegetable soup, beets, mashed potatoes, salad, dried cranberries, chicken satay with peanut sauce. He used to be a very fussy eater at home. And since I have been eating this awesome food, I have been losing weight!"*
 - *"Thank you very much. I am restored!"*
 - *"Your meals always make me feel good right here."* (pointing to his heart).
 - *"I was feeling really down today. I arrived at the community meal and had a lovely meal and chatted with a few friendly people also eating here. Now I feel much better and able to handle the challenges I face at home. Thank you."*

DADS & KIDS IN THE KITCHEN, FALL 2014:

- 12 distinct participants attended the Dads & Kids in the Kitchen program in the fall of 2014.
- 10 sessions were held with an average attendance of 9.7 participants per session for a total of 97 client contacts.
- 136 healthy meals and 5 healthy snacks were served and 66 healthy meals sent home with participants.
- 60.5 volunteer hours were contributed to the program.
- Session themes included: Cuban cooking, healthy and easy Italian food, healthy and interesting versions of kids' choice recipes, and using seasonal food.
- Nutrition skills and knowledge shared included: reducing animal protein and how delicious a salad can be.
- Cooking skills and knowledge shared included: knife skills, proper hand washing, how to start a soup or stew with aromatics, the importance of reading a recipe, braising vegetables, economy of cutting a whole chicken instead of buying parts, the difference between dry and liquid measurements, and how to de-bone a chicken breast.
- Menus prepared included:
 - *picadillo* tacos, salsa *fresca* and pineapple salsa;
 - *sopa de chicharos*, Cuban salad with feta, *arroz con pollo* and Cuban fruit salad;
 - easy caesar salad, marinara sauce, magic meatballs, braised Brussels sprouts and butter tart muffins;
 - Moroccan chickpea salad with mint, butternut squash salad with cranberries and bulgur, carrot-potato pancakes, *tzatziki* sauce and chicken with panko coating;
 - radish *raita*, beet *raita*, winter squash with spices, tomato chutney, egg coconut curry, *tarka dal* and fragrant rice pilaf;
 - Italian sausage burgers with garlicky spinach, garlic cheese fingers, crunchy salad with lime juice and pasta with oven roasted tomatoes, mushrooms and red onions;
 - spinach salad with raw vegetables and buttermilk-herb dressing and *gnocci carbonara* with edamame;
 - jerk chicken, coconut rice with beans, pineapple coleslaw and Jamaican beef patties; and,
 - cucumber sushi, quinoa salad with oranges, beets and pistachios, TexMex shepherd's pie and Mediterranean baked potatoes.

- Story from the Community Chef:
 - A mom reported that her girl's confidence and self-esteem have grown immensely since starting the program.

FOODFIT:

- 39 distinct participants attended the FoodFit program in 2014.
- 42 sessions were held with an average attendance of 8 participants per session for a total of 322 client contacts.
- 380 healthy meals and 334 healthy snacks were served and 284 healthy meals sent home with participants.
- 305 volunteer hours were contributed to the program.
- Session themes included: introduction to healthy eating and whole foods, simple salads, healthy proteins, whole grains, soups and stews, sweets from the earth, reading and understanding food labels, healthy menu make-overs, healthy breakfasts, making meals without recipes/ improvisation, fitness assessment, smart shopping, reducing sodium, and yoga and mindfulness.
- Nutrition skills and knowledge shared included: easy ways to incorporate vegetables into meals, identifying whole foods, using the healthy plate model, identifying serving sizes, power foods, benefits of eating more fruits and vegetables, how to make healthier protein choices, knowledge about hidden sugars in processed foods, using daily values in Nutrition Facts panel on labels, the importance of eating breakfast, 12 ways to add legumes to your diet, healthy pyramid, discovering whole grains, healthier eating pantry list, and healthier versions of comfort/junk food.
- Cooking skills and knowledge shared included: knife skills, how to cut and seed an avocado, vinaigrette cooking demonstration, cooking with fish and choosing fresh fish from the grocery store, making stock from scratch, sautéing greens, making homemade salad dressings, how to make a fast, simple and healthy lunch, making smoothies, how to roast vegetables, recipes for healthy protein choices, tasty and nutritious wraps, making healthier snacks to satisfy sweet and salty cravings at home, steeping herbs for teas, and common herbs and how to use them.

GOOD FOOD BANK:

- 726 distinct households (representing 1,645 individuals: 1,100 adults, 545 infants and children) visited the Good Food Bank in 2014.
- A total of 3,585 Food Bank visits were made by the 726 households: 2,514 standard visits, 204 emergency visits, 493 top-up visits, 343 delivery visits and 31 emergency delivery visits.
- 234 of the 726 households only visited the Food Bank once during the year, while 492 households visited the Food Bank more than once, with an average number of visits among repeat visitors being 4.9 visits over the course of the year.
- 315 households visited the Good Food Bank for the first time in 2014. This represents 43.3% of all households that visited the Good Food Bank.
- 5,422 volunteer hours were contributed to the program.
- \$5,446.31 was spent on Ontario food products for the Good Food Bank in 2014.

GOOD FOOD FOR A HEALTHY BABY:

- 14 distinct participants attended the Good Food for a Healthy Baby Community Kitchen program in 2014.
- 10 sessions were held with an average attendance of 5.5 participants per session for a total of 93 client contacts.
- 132 healthy meals and 124 snacks were served in the program and 63 healthy meals sent home with participants.
- 84 volunteer hours were contributed to the program.
- Session themes related to cooking included: baked oatmeal, making veggie chili and cornbread, baby food making, making hummus, making homemade granola bars, and healthy sandwich options. Other non-cooking themes included: breastfeeding, babies and pets, the Ontario Works LEAP Program (guest speaker), preterm labour and postpartum depression.
- Nutrition skills and knowledge shared included: adding fruit and nuts to oatmeal, the nutritional value of beans, loading veggies into chili, high protein meals, substituting yogurt for mayonnaise, introducing babies to solid foods, the benefits of making your own baby food, cheap protein in beans, legumes and seeds, and making healthy snacks at home.
- Cooking skills and knowledge shared included: soaking and baking oatmeal, cooking with goat cheese, making whole wheat pita bread, making baby food, making regular and beet hummus, making granola, how to cut up a whole chicken, one-tray meals to save time, using honey and maple syrup instead of sugar, freezing homemade snacks to make them last longer, using dried/soaked chick peas for falafels, and how to drain cucumbers for a dip.
- Stories from the Community Kitchens Coordinator:
 - A former program participant is pregnant again with her second child and was excited to come back to the program. She came today with her two-year old son and husband.
 - A participant from another prenatal group joined ours today. She's looking to meet more people in the Perth area and heard that we had a good group.
 - One participant mentioned that she's cooking more than she ever has since she started coming to our programs. She also comes to FoodFit.
 - We had a new participant in the group today. She's new to town and six-months pregnant and mentioned that she was starting to feel very overwhelmed being in a new place and not knowing many people or where to find pregnancy resources. At the end of the program she said she was so happy that she came and that it felt really good to be connected to the group now.
 - One of our regular moms showed up today in tears. She was feeling really overwhelmed with her six-month old who has suddenly decided not to eat. She said she just needed to talk about it with people who would understand.
- Participant Quotes:
 - *"I haven't ever eaten so well since I've been coming here."*
 - *"This is something I would have ever tried if I didn't come here and I really like it!"*

SOCIAL JUSTICE CLUB:

- 29 distinct participants participated in the Social Justice Club in 2014.
- 42 sessions were held with an average attendance of 7 participants per session for a total of 306 client contacts.

- 207 healthy meals and 17 healthy snacks were served in the program and 19 healthy meals sent home with participants.
- Stories from the Advocacy Coordinator & Meeting Minutes:
 - Today, we discussed projects on the go: the New Year's Eve dinner, open mic, workshop on the work that reconnects and the next movie night. We also talked about projects we would like to dedicate our energies toward next year. Lots of good discussion around smaller projects we can start in an effort to build up to something bigger.
 - Today, the group just sat together and talked about a variety of things in the news, about the news itself, how to know what is the truth anymore and who to trust. We touched on lots of different topics.
 - A discussion [took place] on the development of a new funding proposal regarding the indoor and outdoor training of farm workers and all that would entail. A decision was made to put aside fifteen minutes in all future meetings in order to brainstorm and develop a proposal on this topic.
 - Today, the group decided to get serious. We assigned a secretary to take meeting minutes. Every other meeting will be a formal meeting with an agenda and minutes. The other meetings will be less formal and more for open discussions and sharing. Sam will create the agenda and members are encouraged to send items to be added. The group decided to create a Facebook page and also a rideshare group on Facebook.
 - Today the group met out in the garden. We sat in a circle and took turns just sharing how we were all feeling. Some of it was around the work we have been doing and some of it was about how we were feeling in the world and examining the state of the world and how overwhelming it can feel to try and make change in such a broken system. One of the best group meetings we have had.
 - We talked about the last minute details for Hunger Awareness Week. We are having lunch with Nick on Tuesday! We wrote an article for the paper after none of the people we invited to take the Do the Math Challenge acknowledged the invite. We are pleased they printed it. We discussed making shirts for club members with our personal favourite *memes*.
 - We had a record number of people turn out today. Worked out the specifics of the upcoming Poor People's Inquiry.
- Participant Quotes:
 - *"I like these informal meetings. They are a good way to bond with each other."*

THE TEST KITCHEN:

- 30 distinct participants attended The Test Kitchen program in 2014.
- 35 sessions were held with an average attendance of 10 participants per session for a total of 365 client contacts.
- 246 volunteer hours were contributed to the program.
- 625 healthy meals and 15 healthy snacks were served in the program and 347 healthy meals sent home with participants.
- Nutrition skills and knowledge shared included: reducing sodium in recipes (e.g. using lime juice instead of salt), replacing sugar with dates and other fruits in baking, making a protein rich soup, fat replacements for baking, adding protein to salads, reduced sugar and sodium canning, adding legumes into the diet, and vegetarian proteins.

- Cooking skills and knowledge shared: using leftover chicken in soup, using vegetables in baking for moisture, massaging kale for salads, cooking with miso, kneading and folding biscuits to get lovely layers, cooking barley, sautéing spinach and removing excess water, using seasonal produce, knife skills, place setting, blanching greens, shucking corn, using fresh pumpkin, maki sushi making, natural food dyes (e.g. beets), making fresh pasta by hand and with a pasta machine, making gravy, and how to prepare tofu.
- Recipes prepared and eaten as a group included: spicy peanut rice noodles, green tomato cake, jambalaya with quinoa, pumpkin mousse, roasted garlic soup, apple fennel salad, broccoli cheese bake, greens and mushroom noodle soup, mashed potatoes and parsnips with mushroom gravy, carrot-beet cake, Thai garlic soup, homemade whole wheat pumpkin pasta, and chicken fajitas and guacamole.
- Stories from the Community Kitchens Coordinator:
 - A number of participants tasted fennel for the first time and really enjoyed it.
 - This was the first time tasting and cooking with miso for many participants and it was a hit! Almost everyone tried it.
 - We used a long-time participants' recipe today. It was his birthday and he thrilled that it turned out so well.
 - Anne Waters, an Ottawa food blogger and friend of The Table, joined us today. She helped out with the naan bread and had a great time. One of our participants had some great news today - she's been offered a job in a local restaurant! She's developed a love of cooking since getting involved in our programs and also just completed a food-related coop program. She barely made it through the door before announcing the great news. Everyone was thrilled for her!
 - Two new participants joined today. They came with their worker who told me after the program that this was the most excited she has seen both of them in months.
- Participant Quotes:
 - After saying how good everything was one participant was amazed to find out that our dessert contained tofu. She said: *"I have never liked anything about tofu. You are broadening my mind."*
 - *"I don't even like the taste of fast food anymore after eating so much [healthy food] at The Table. There's too much salt and it makes my body feel bad."*
 - *"This was a great refresher. I haven't canned in 25 years and am motivated to start again."*

YOUNG AT HEART COMMUNITY KITCHEN:

- 22 distinct participants attended the Young at Heart Community Kitchen program in 2014.
- 30 sessions were held with an average attendance of 8 participants per session for a total of 238 client contacts.
- 408 healthy meals were served in the program and 201 healthy meals sent home with participants.
- 156 volunteer hours were contributed to the program.
- Nutrition skills and knowledge shared included: baking with whole grains, adding proteins to salad, substituting sweet potatoes in recipes, the benefits of quinoa, using honey in place of sugar, baking vs. frying, and the health benefits of salmon (e.g. Omega-3 fatty acids).
- Cooking skills and knowledge shared included: quick pickling, stuffing sweet potatoes, blanching beans, short-cut cabbage rolls, how to cut Brussels sprouts for a salad, making a roux, baking eggs and latkes instead of frying, using sesame seeds in a crust, poaching eggs in a sauce, poaching fish,

hard boiling eggs, toasting nuts, safe canning theory, using seasonal foods, basic cheese making, and pastry making.

- Menus prepared and eaten as a group included:
 - Arizona squash soup, beet and goat cheese salad and Irish brown bread;
 - *Picadillo*-stuffed sweet potatoes, crunchy salad with lime juice and anise-almond biscotti;
 - cabbage roll toss, potatoes *boulangère* and apple bread;
 - smoked fish pie and broccoli stalk salad with radishes and celery;
 - chicken and dumplings, sweet potato and cranberry salad and hot cross buns;
 - potato latkes, baked eggs with parsley yogurt sauce and warm mushroom and arugula salad;
 - spinach and ricotta pasta bake, Mediterranean chopped salad and raspberry oat bars;
 - roasted chicken with wild leeks and potatoes, spring greens salad with radishes and pumpkin seeds and orange and oat scones;
 - salmon cakes, quinoa-apricot salad and rhubarb--gingersnap crumble; and,
 - Israeli couscous salad, simple green salad and *soupe au pistou*.
- Stories from the Community Kitchens Coordinator:
 - The group and guests were thrilled with the sweet potato recipe. It came from the Dads and Kids recipe library and everyone wanted a copy to take home. One participant commented that he's going to have to get a new deep freeze to store all the delicious recipes he gets at our group and wants to make at home.
 - I had one participant ask me to write a reference letter on his behalf to explain all the skills he's learned in our group.
 - Everyone was amazed with the banana "ice cream" made with one ingredient -- frozen bananas! Numerous people who were skeptical to start said they would make it again at home.
 - Our strata turned out to be a little too salty. One participant commented that before coming here he would have thought it was fine, but now he knows what too much salt tastes like.
 - A participant and her grandmother "guest-starred" today to teach us how to make pasta. The group agreed that although it was more labour-intensive than using store-bought pasta, the result was well worth the effort.
 - A longstanding participant developed a recipe for clam mushroom chowder, which was tweaked by our Community Chef and the previous Community Kitchens Coordinator for nutrition and taste. He proudly shared his creation with the Young at Heart group today, which everyone enjoyed.
- Participant Quotes:
 - *"I went to my doctor and he asked me if I eat a healthy diet. I was proud to say 'Yes, of course I eat healthy. I eat and cook at The Table!'"*
 - *"I've always liked salads but never used to make them for myself until I started making them here all the time. It's so fun to make them big salads for lots of people."*
 - Participant talking about why he likes Young at Heart: *"It's really good because you get all the experience you need. The skills I learned here have helped me get a job."*