



# Integrating Literacies in Collective Kitchen Programs

## Introduction

Adult participants in community programs or training courses may have difficulties with some of the literacy requirements of their program. Integrating literacies means addressing these difficulties and providing support for people to use and practice literacies while learning the program content. Integrating literacies is also way to reduce barriers and widen access to participation and learning.

This workshop was prepared for facilitators of Collective Kitchen programs. In Collective Kitchens, people meet to prepare meals together. They also plan menus and shop for food. The workshop approach could be adapted for facilitators of other community learning programs.

## Workshop intentions

- Practice participatory approaches and create a supportive learning environment
- Build relationships
- Share about the context and realities of collective kitchens and of participants
- Share about collective kitchens' participants' literacies: skills, strategies and challenges
- Share what is being done and what might be done to support literacies in collective kitchens

## Supplies

- Flip chart paper and markers
- Handout: Literacies in Collective Kitchens (p. 5).
- Examples of easy to read and more difficult to read materials (recipes, food labels, nutritional information, unit pricing) <sup>1</sup>
- Integrating Literacies Handouts (Available on the Widening Access for Adult Literacies website)
- Examples of easy to read recipes and recipes that are more difficult to read. <sup>2</sup>

Time: 2.5 hours

Developed by Mary Norton, 2008.

Widening Access for Adult Literacies Project.

<http://www.wideningaccessforliteracies.ca>

<sup>1</sup> See the Links page on the Widening Access for Adult Literacies website.

<sup>2</sup> See *English Express* for easy to read recipes.

<http://www.advancededucation.gov.ab.ca/englishexpress/articles/artList.asp?type=r>.

Choose a recipe (e.g., chili) then do an internet search for a similar recipe that is more difficult to read.

## Workshop Plan

Activity	Time/ Resources
<p>Settling in</p> <ul style="list-style-type: none"> <li>• Facilitator introduction</li> <li>• Review workshop intentions; invite feedback along the way.</li> <li>• Note participatory model and encourage participation.</li> <li>• Invite participants to introduce themselves and their collective kitchen and to talk about:               <ul style="list-style-type: none"> <li>• What do you like most about coordinating a kitchen?</li> <li>• What do you find most challenging?</li> </ul> </li> <li>• Ask participants about what drew them to the workshop and about what questions they have on the topic. Relate their responses to the agenda.</li> </ul>	<p>30 min</p>
<p>Integrating literacies</p> <ul style="list-style-type: none"> <li>• Introduce the idea of “literacies”: various ways that people use reading, writing and related skills to get things done. People may have a range of strategies to deal with print in various settings.</li> <li>• Note that many adults in Canada have not had opportunities to develop and use the literacies skills needed for some reading and writing tasks. Adults with literacy challenges may attend programs such as collective kitchen programs.</li> <li>• Integrating literacies means recognizing that participants may have literacy/learning challenges, and introducing approaches to help them use and practice literacy skills.</li> </ul>	<p>20 min</p>
<p>What happens in collective kitchen programs?</p> <p>Invite participants to respond to the following questions:</p> <ol style="list-style-type: none"> <li>1. From your experience, why do people participate in collective kitchens?</li> <li>2. As a coordinator, what do you see as the benefits to collective kitchens?</li> </ol> <p>Compare or add, as appropriate from the following: *</p>	<p>20 min</p> <p>Flip chart paper Markers</p>

<ul style="list-style-type: none"> <li>• Make nutritious, interesting meals; increase nutritional knowledge and encourage healthy eating</li> <li>• Meet new people and taste new foods; social support</li> <li>• Learn menu planning, healthy eating, budgeting, smart shopping and basic cooking skills; buying nutritional food within budget; using staples</li> <li>• Food safety</li> <li>• Save money</li> </ul>	
<p>What literacies are used/needed in collective kitchens?</p> <p>Have participants work in pairs or small groups. Each group works together to fill in the handout.</p> <p>When handouts are complete, invite discussion about:</p> <ul style="list-style-type: none"> <li>• What skills and strategies do participants have?</li> <li>• What are some challenges that people have?</li> <li>• What are you doing now to reduce the challenges/help people deal with them?</li> </ul>	<p>30 min</p> <p>Handout: Literacies in Collective Kitchens</p>
Break	15 min
<p>Supporting people to practice and extend literacies</p> <p>Invite participants to tell about what they are doing to support literacies. Provide an overview of approaches:</p> <ul style="list-style-type: none"> <li>• Talk about literacies. Many people have challenges with literacy. Participants can help each other.</li> <li>• Use recipes/materials that are written in clear language</li> <li>• Before reading recipes or other material, brainstorm and talk about what people know. Write ideas on a flip chart so people can see the words.</li> <li>• Encourage peer support /paired reading.</li> <li>• Use a chart to calculate how to increase or decrease measurements.</li> </ul>	<p>10 min</p> <p>Handout Increasing/ Decreasing</p>
<p>Easy to read materials</p> <p>Hand out or show a recipe that is easy to read. Invite discussion about what makes the recipe easy to read (e.g., short sentences, vocabulary, pictures).</p> <p>Handout or show a recipe that is more difficult to read. Invite discussion about what makes it harder to read and how to make it easier.</p> <p>Refer people to handouts about writing in clear language. Invite people to browse easy to read resources.</p>	15 min

Feedback/evaluation	10 min
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## References

Alberta Health Services Calgary and Area.

<http://www.calgaryhealthregion.ca/programs/nutrition/services/foodsecurity/collectivekitchen.htm>

Take a bite out of your grocery bill. Credit Services Counselling of Alberta

[http://www.creditcounselling.com/assets/files/pdf/Grocery\\_Bill.pdf](http://www.creditcounselling.com/assets/files/pdf/Grocery_Bill.pdf)

Handout. Literacies in Collective Kitchens

	Practical skills	Reading	Writing	Math	Talking/asking	Other
Planning						
Preparation						
Cooking						
Other						

What skills and strategies do participants have?

What are some challenges that people have?

What are you doing now to reduce the challenges/help people deal with them?

## Handout. Increasing/Decreasing Measurements

Amount	/ 2	/ 4	x 2	x 4
1 cup	$\frac{1}{2}$ cup	$\frac{1}{4}$ cup	2 cup	4 cup
$\frac{3}{4}$ cup	$\frac{3}{8}$ cup	$\frac{3}{16}$ cup	1 $\frac{1}{2}$ cup	3 cup
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup	$\frac{1}{8}$ cup	1 cup	2 cup
1 tbs	$\frac{1}{2}$ tbs	$\frac{1}{4}$ tbs	2 tbs	4 tbs