

Welcome to Unison eVoice, a monthly bulletin that profiles programs and partners at Unison.

Program Profile **Community Cooking Connections Project**

Staff Lead: Tennur Makarnaci



Tennur moved to Toronto in August 2006 from Turkey. When she first moved she didn't know anyone in the city and was looking to get involved in her community. She came across North York Community House (NYCH) and began volunteering. Tennur spent the next 3 years volunteering and working with NYCH on a part time basis. As a result of her enthusiasm and hard work Tennur was hired as the Community Kitchen Animator for the Community Cooking Connections Project at Unison. Tennur is currently working on her nutrition certificate at George Brown College.

What is the Community Cooking Connections Project?

Unison's Community Cooking Connections Project began in November 2009 with funding from the Ministry of Health Promotion. The project supports start-up and sustainability of resident-led community kitchens. To do this, Tennur works with community and resident partners to develop and provide resource materials, training tools, educational activities and programming support. The project targets low income families, children and youth, seniors with chronic health issues and diverse communities. It aims to build food security by helping people access healthy eating options. It also reduces isolation by bringing people together to cook and eat as a group.



Two new resources are now available to help community kitchens grow:

- 'Community Kitchen Start Up Kit Manual' (translated into Spanish, Somali, Vietnamese and Portuguese)
- 'Community Kitchen Facilitator Training Program'

Please contact Tennur for more information on these resources: tennur.makarnaci@unisonhcs.org or check out the website (under development) <http://cookingconnections.ca/>

What is a community kitchen?



A community kitchen is a group of people who come together regularly to cook and eat healthy, nutritious, affordable and culturally appropriate meals. Community kitchens help people learn and share skills, make new friends, engage in conversation and reduce costs of food by purchasing as a group. In a community kitchen, the creation of a meal becomes a social activity that benefits everyone's health and social wellbeing.

**Do you want to join a community kitchen?
Check the attached list for a community kitchen near you!**

Jane Street Hub - Now Open!

Congratulations to the Jane Street Hub on opening this October! As some of you may know, Unison has recently opened a fourth location in the **Jane-Trethewey neighbourhood** at **1541 Jane Street**. This Jane Street Hub brings together five community agencies as well as Unison Health and Community Services. This month, the community partner profiled is one of our hub members.

**You are invited!
Hub Open House
Thursday
November 11th
from 4-6pm
at 1541 Jane Street
(corner of Trethewey).**

Community Partner Profile

North York Community House

Staff: Maria Macri

Maria has been working at NYCH for just over three years, developing and implementing physical activity programming for youth, adults, and senior women. She brings a background in kinesiology and health science with a popular education-based approach to teaching about healthy active living. Maria encourages the use of performance arts and multimedia as a powerful way to make messages about healthy living stick. Working at NYCH allows Maria to interact with different cultures and ages and eat lots of delicious food! Every day is a new day with the Get Moving! Program.

If you have any specific questions about the Get Moving! Program, please email Maria at mmacri@nych.ca



Maria Macri, Get Moving! Program Coordinator (centre, front)

Women's Programs @ the Jane Street Hub

North York Community House (NYCH) has been providing a range of programs and services for newcomers, seniors, women and children, youth and their families since 1991. NYCH is thrilled to be able to offer its services out of the new Jane Street Hub. Although a children's after-school program is already up, running and thriving, the focus of Hub activity for NYCH will be a variety of programs serving women such as:

- Get Moving! Active Living Program
- Community Kitchen Program
- Women's Conversation Circles
- Leadership and Capacity Training

All programs help isolated newcomer women (young, adult, senior) to develop social networks, increase self-confidence and connect to community resources. Women can meet these goals through regular physical activity, sharing a nutritious meal, or learning a new skill.

How can I get involved?

Each program will operate at different times throughout the year. All programs are free with childminding services provided. To register or to find out more information please call North York Community House at (416) 645-7575 Ext. 2514 or visit the website: www.nych.ca

For questions and comments, please contact
Jen Quinlan 416-787-1676 ext.255 or jen.quinlan@unisonhcs.org
Gillian Kranias 416-787-1676 ext. 254 or gillian.kranias@unisonhcs.org



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Local Community Kitchens

Kitchen Name	Location	Contact Person
Multicultural Women's Cooking Group (ISSRA)	2375 St.Clair Ave	Zakiyya Mohideen 416 767 1531 zakiyya@issra.ca
Syme Woolner Community Kitchen	2468 Eglinton Ave Unit 3	Angela Dayes 416 766 4634 x 228 adayes@symewoolner.org
Mount Dennis Community Kitchen	71 Guestville Ave	Jean Marie Boutot 416 662 7976 jmboutot@hotmail.com
Bala School Community Kitchen	6 Bala Ave	Jean Marie Boutot 416 662 7976 jmboutot@hotmail.com
Hispanic Seniors in Action (York Hispanic Centre)	1651 Keele St	Carmen Miloslavich 416 828 9561 cmiloslavich@yahoo.com
Bathurst-Finch Community Kitchen	425 Patricia Ave	Jenny Lyttle 416 787 1661 x 229 jenny.lyttle@unisonhcs.org
Self Reliance Community Kitchen (North York Community House)	700 Lawrence Ave W Suite 226	Elizabeth Barahona 416 784 0920 x 223 EBarahona@nych.ca
Turkish Cooking Circle	1651 Keele St. 3 rd floor kitchen	Tennur Makarnaci 416 456 8243 tennur.makarnaci@unisonhcs.org
Roselawn Community Kitchen (St. Clair West Services for Seniors)	855 Roselawn Ave Recreation Room	Nico Cassidy 416 787 2114 x 238 nicoc@servicesforseniors.ca
Doug Saunders Community Kitchen (St. Clair West Services for Seniors)	1775 Eglinton Ave W	Nico Cassidy 416 787 2114 x 238 nicoc@servicesforseniors.ca
Outlook Community Kitchen (St. Clair West Services for Seniors)	55 Outlook Ave	Nico Cassidy 416 787 2114 x 238 nicoc@servicesforseniors.ca
Spanish Community Kitchen (St. Clair West Services for Seniors)	2562 Eglinton Ave W	Nico Cassidy 416 787 2114 x 238 nicoc@servicesforseniors.ca
Vietnamese Women's Association Toronto Community Kitchen	9 Boon Ave	Minh Trang Nguyen 416 539 0152 x 118 mtnguyen@vwat.org
Community Kitchen of York (York Hispanic Centre)	1652 Keele St.	Rocio Arguelles 416 651 9166 yorkhc@gmail.com
121 Humber Boulevard Community Kitchen	121 Humber Blvd	Miriam Figueroa 416 926 1985 Miriam@futurewatch.net
York Square Community Kitchen	2468 Eglinton Ave W	Miriam Figueroa 419 926 1985 Miriam@futurewatch.net