ARBI’S Community Kitchen

Why our own program?
There are several reputable community kitchen programs in Calgary. We have modeled ours after them, and tailored it to the unique needs of our clients to maximize success. Our program:

- Runs as frequently as possible (weekly)
- Runs for a shorter duration (~3 hours)
- Is simplified (i.e., grocery shopping is not required)
- Utilizes our adapted kitchen and tools

Who participates?
ARBI’s program has been designed with certain guidelines for participation. The client:

- Lives at home and may apply skills in own kitchen
- Has an interest in cooking
- Has goals to improve culinary related ADL skills

Participants learn and practice:
- The ability and desire to find healthy, inexpensive recipes.
- Identifying when to replace mainstream tools with adapted ones, like this cutting board.
- Using kitchen tools successfully and safely.
- Contributing to family meal and associated intrinsic rewards: “It feels good to contribute,” says Lukasz, pictured above. “Every Friday, my family knows that I have dinner covered.”
- Learned adaptations for equipment and techniques.
- Confidence to transfer skills at home: “It is so, so good...Hugo is so proud of what he makes,” says Hugo’s wife, Maria, pictured above, middle.
- For young clients, cooking offers the joy of contributing, and for the older clients, the good feelings associated with being in a providing role. For both, it is good to enjoy a pastime with others.

We’re starting to collect images for a photo wall recognizing client achievements. Carla, pictured above, gets it started. “I feel more confident trying out new recipes at home,” she says.

TARGETED OUTCOMES:
- We’re starting to collect images for a photo wall recognizing client achievements. Carla, pictured above, gets it started. “I feel more confident trying out new recipes at home,” she says.