

KINGSTON COOKS

2024

We love food. Food is so many things for so many people. It is our culture, family, identity, community, values, and nutrition.

Whatever food is to you, it is surely something to be celebrated. That is why we launched a series of free, hands-on, community cooking workshops and meals, Kingston Cooks!

Guided by Eat Well Kingston and our 6 Guiding Principles, including Shared Agreements, with food sponsored by a local grocer, Sunflower Markets, we had a blast cooking this year!

HIGHLIGHTS

4

FREE Workshops

12

Nutritious recipes

32

Attendees

145

Pounds of produce

SHARED AGREEMENTS

1. Joy is the most important nutrient.
2. Our approach to encouraging a healthy lifestyle is weight-neutral.
3. Avoid good vs bad food dichotomies, and no food shaming.
4. Healthy can have many definitions.
5. We honor the personal aspects of everyone's health journey through supportive community care.
6. We respect the health of our planet and our local food system just like our own.

INSPIRING HEALTHY EATING & CULINARY CONFIDENCE



92%

Learned something new



88%

Felt more confident cooking
~ 10% improvement from 2023!



83%

Intended to make at least 1 recipe
19% improvement from 2023!

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Please do more of these- I really enjoyed meeting everyone and sharing a meal!

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Cooking Workshop Participant

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Fabulous workshop. What a service to the community! Very lovely staff, impressive kitchen and instructor.

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Cooking Workshop Participant

OUR 2024 WORKSHOPS

All hosted in collaboration with our veggie & fruit of the month campaign, Kingston Eats

March: Kid-Friendly Cooking Cabbage & Mangos

Led by: Aditi Goswami of Calcutta Kitchens

Menu

Okonomiyaki (Japanese Cabbage Pancakes)
Mango Dessert
Cabbage Soup

June: Cooking with Tots Lettuce & Berries

Led by: Tracy Snyder of Family of Woodstock

Menu

Garden Salad
Raspberry Vinaigrette
Mixed Berry Cobbler



August: Farm Fresh Cooking Tomatoes & Melon

Led by: Jodi Silberstein of Full Heart Foods

Menu

Cantaloupe Gazpacho
Harvest Ratatouille
Watermelon & Peach Sorbets

December: Holiday Season Winter Squash & Citrus

Led by: Jodi Silberstein of Full Heart Foods

Menu*

Winter Arugula Salad
Roasted Root Veggie Soup
Chocolate Coconut Peanut Butter Balls



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**Participants at the December workshop also took home groceries for the salad + soup*

<https://livewellkingston.org/kingston-cooks/>

**Live Well
KINGSTON**