

First community cooking club meeting a delicious success! By Zachary Roman (Caledon Citizen Feb1)

Attendees learned new plant-based recipes and made meals to donate to The Exchange.

There's a new "Community Cooking Club" in Caledon, and it has the recipe for success. On January 25, the club met for the first time in the community kitchen at the Palgrave United Church. The club is a collaboration between Gratitude for Food Caledon, a subcommittee of ecoCaledon, and the Palgrave United Community Kitchen (PUCK).

At the first meeting, club members learned how to make two different types of plant-based curry, shared a meal together, and [packaged meals to donate to The Exchange, Caledon's food bank.

Carolyn Vallejo, co-chair of ecoCaledon's Gratitude for Food subcommittee, said the first club meeting was a great time. "Cooking together is really fun, and there's that satisfaction of being able to give back to the community," said Vallejo. "That's why we're doing this, we love it."

Lucrezia Chiappetta, the other co-chair of ecoCaledon's Gratitude for Food subcommittee, said it was a successful day of cooking and that the group came together to make everything turn out great.

The Community Cooking Club (CCC) is being made possible thanks to funding from the 100 women Who Care Caledon. The club will continue to meet on the last Thursday of every month until June. Those interested in finding out more about the club or attending a future meeting can indicate their interest by calling 905-880-0303 or emailing infor@palgravekitchen.org.



GFFCCC participants January 25,2024

This article was printed in the Caledon Citizen Feb 1, 2024. PUCK has had such an overwhelming response to this wonderful project supported by 100 Women who Care Caledon! Thank you so much for your donation to nourishing our community. 100 servings have already been delivered to CCS The Exchange (anticipating another 300 by end of June). Our goal was 250 servings – it will be 500 servings of a whole food nutritious prepared meal that can be reheated and enjoyed.

Thank you for making this possible with your generous donation. Barb Imrie (PUCK CoOrdinator)

