

Kitchen Restore improves health and quality of life



Left: Extension Master Food Volunteers deliver kits to Olathe Head Start, one of our partner organizations. Above: Each kit includes pots, pans, servingware, a can opener and more.

“Give a man a fish, you feed him for a day. Teach a man to fish, you feed him for a lifetime.”

This proverb embodies our mission at Johnson County K-State Research and Extension, which focuses on teaching, building skills, increasing knowledge, and enhancing confidence within our county residents on a variety of topics.

But what happens if someone doesn't have a fishing pole, or a net, or any equipment necessary

to implement what we are teaching them? The Johnson County Extension Master Food Volunteer program recognized this as an area of concern within our community around food and nutrition which lead to the creation of the Kitchen Restore Project in September 2021. The mission of this project is to improve the nutrition, health, and quality of life of Johnson County residents through the provision of basic kitchen items to those with

minimal or no resources for cooking. Our goal is to enable individuals to have the resources to prepare at home the healthy meals that we team them. Each kit includes basic kitchen items requested by the client like pots, pans, plates, and cooking utensils; a booklet that contains healthy recipes, food safety information, helpful information for eating on a budget, and a list of local food banks; as well as a food thermometer.



January to June 2023: Kits went to 86 households, benefitting 80 children and 120 adults.



Single kit value:

\$100 (approximate)

≈ **\$8,600** invested in the community

The Kitchen Restore Project since its inception has reached all corners of the county from Gardner to Desoto, Shawnee, Olathe, Overland Park and beyond. Our list of partners is also widespread and includes organizations like Catholic Charities, Johnson County Community College, Olathe Head Start, Shawnee Community Services, SafeHome, Johnson County Aging and Human Services, and many more who serve our communities. The reasons why someone requests a kit vary from situation to situation and may be due to lost items in a disaster like a house fire, experiencing homelessness and are now moving into a new place, replacing broken or worn-out items, previously owned but no longer have such as situations leaving an unsafe home, and the list goes on.

To learn how to partner with us or make a donation to the Kitchen Restore Project, visit tinyurl.com/JoCoKitchen.

Recipient feedback:

“Thank you! We got a baking set that we love and we’re able to make hidden veggie pasta.”

“I can COOK now! I love it and I am so appreciative! Thank you so much!!!”



Monthly donation drives at the **Johnson County Northeast Office**

For donation dates and times, visit tinyurl.com/JoCoKitchen.

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Johnson County

Virtual cooking classes connect homebound older adults



Extension Master Food Volunteers lead participants through recipes, nutrition information, and food safety information in an online class format.

During the pandemic, there was an increase in virtual communication and programming. After the pandemic many people transitioned back to in person programming, yet there was still a large population of homebound older adults wanting ways to stay connected and participate in activities. Since May 2022, we have delivered six virtual cooking class to older homebound adults through a partnership with Johnson County Area Agency on Aging (AAA) and Aging and Human Services (AHS).

This program is unique in that participants sign up with AHS to attend the class and receive the recipe booklet and all the supplies needed to make the recipes demonstrated in the live class. The Extension Master Food Volunteers (EMFV) then lead the participants through the recipes, nutrition information, and food safety information.

All residents of Johnson County have access to view the recordings and can download the shopping list and recipe book for each class online at www.jocogov.org/department/aging-and-human-services/johnson-county-area-agency-aging/aaa-classes.

Class participant:

“This gave me a whole new way of looking at life. I love it and plan to stay with it. Thank you so much.”