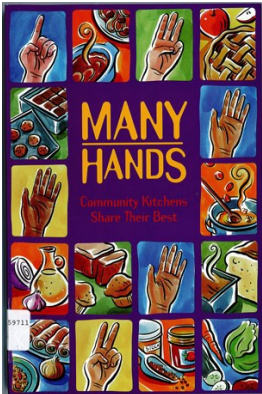
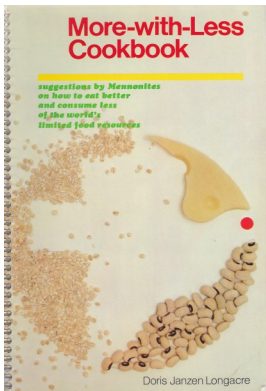


Community Kitchen Recipe Books available to borrow from



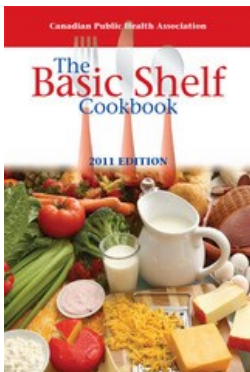
Many Hands: Community Kitchens Share Their Best

Vancouver Community Kitchen participants, working with Karen Barnaby, executive chef at the Fish House in Stanley Park, share their favourite recipes. Enjoy trying one of over 130 delicious recipes each scaled to accommodate both small and large groups. Karen Barnaby shares practical culinary tips, time-savers and cooking methods gained from her twenty-five year career as a Canadian chef.



More-with-Less Cookbook

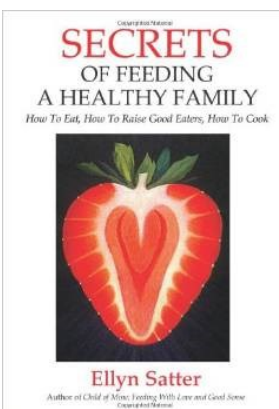
This best-selling cookbook by Doris Janzen Longacre advocates for people to eat more whole grains and more vegetables and fruits, with less meat, saturated fat, and sugars.



The Basic Shelf Cookbook

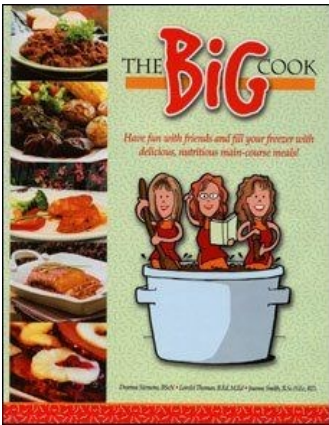
The Basic Shelf Cookbook is a very special cookbook because all the recipes can be made from one list of low-cost, nutritious ingredients that make up what we call "the basic shelf". Most of these ingredients can be kept for a long time in your cupboard without refrigeration.

The Basic Shelf Cookbook was originally developed in the early 1990s by the City of York Health Unit and is designed for anyone living on a budget. The recipes are nutritious, tasty and are quick and easy to make. You do not need to be an expert cook or have a lot of expensive equipment to prepare these recipes. Using these recipes will help you save money and you will still be able to enjoy healthy, nutritious foods.



Secrets of Feeding a Healthy Family

More a cooking primer than a cookbook, this book encourages singles, couples, and families with children to go to the trouble of feeding themselves well. Satter uses simple, delicious recipes as a scaffolding on which to hang cooking lessons, fast tips, night-before suggestions, in-depth background information, ways to involve kids in the kitchen, and guidelines on adapting menus for young children. In chapters about eating, feeding, choosing food, cooking, planning, and shopping, the author entertainingly helps readers have fun with food while not eating unhealthily or too often. She cites current studies and makes a convincing case for lightening up on fat and sodium without endangering ourselves or our children.



The Big Cook

Prepare 200 meals in a day! This is not an ordinary cookbook; it is much more than that. It is a 'cooking concept'. It comes complete with an outline of how to choose the recipes, make a grocery list, shop, do The Big Cook and store the meals. The 73 recipes are beautifully illustrated with full color pictures and are family favorites. Whether you are single or married; preparing meals for your family, your child in college or your elderly parent; or a working or stay-at-home parent, this book is for you.



Instant Chef series of cookbooks produced by Grant MacEwan Community College

- Instant Chef: Simple Meals for Small Budgets
- Instant Chef 2: Simple Meals for Small Budgets
- Instant Chef 3: Meatless Meals for Small Budgets
- Instant Chef 4: The Global Chef