

Only one way to do it...

The Association of Collective Kitchens of Québec (RCCQ)

Founded in 1990, the RCCQ is a non-profit organization whose purpose it is to promote and consolidate emerging and existing collective kitchens in Québec. The following values, as outlined in the RCCQ's *Base d'unité politique* (Basis for Political Unity), guide collective kitchens' actions:

- Solidarity
- Democracy
- Equality and social justice
- Autonomy and empowerment
- Respect and human dignity,

The RCCQ: Services for Everyone

On a daily basis, the RCCQ staff is there to welcome you, provide information, point you in the

right direction and provide you with access to the RCCQ's resource centre and Web Site. In addition, the RCCQ offers training sessions to help you to set up a collective kitchen group or consolidate existing collective kitchen groups.

Services for RCCQ Members

- Training session on starting up a collective kitchen
- Training session on collective kitchen group facilitation
- «À la carte» training sessions: empowerment; group member roles and authority; becoming a spokesperson; economic; political and social issues; and other topics of interest to members.
- Provincial newsletter: *Croque-Notes* (in French)
- Technical support
- Political representation
- Contact and communication between members.

For more information

Contact the collective kitchen nearest you:



You can also obtain information by contacting:

REGROUPEMENT DES CUISINES COLLECTIVES DU QUÉBEC

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Collective
Kitchens...
They're about **More**
than Just **Cooking**



