

**Activity Name:** CHIUS and Positive Living Community Kitchen Program (Jan - March 2014)

**Activity Credit Level:** Exposure

**Activity IPE Points:** 35

CHIUS (Community Health Initiative by University Students) and Positive Living Society Community Kitchen program focuses on providing and educating Positive Living members (persons living with HIV) about healthy eating while providing an opportunity to socialize and develop culinary skills. The educational components of the project focus on:

- Eating Well (within a tight budget)
- Nutritional Value
- Increasing Fiber Intake
- Decreasing Salt Intake
- Decreasing Fat Intake
- Portion Sizes and Fiber, Salt, and Fat content in various foods

**Dates:**

January 29, February 12, March 19. 5:30pm–8pm.

**Location of Positive Living Society Kitchen space:**1107 Seymour Street, Vancouver

**What you'll do**

Enrich life of Positive Living members: bring experience, respectful curiosity and energy to a community kitchen. Work within an interprofessional team of 3 students (1 student from Dietetics), and will be supported by Registered Dietitian and 2 community kitchen facilitators

You will be:

- selecting a recipe that is affordable, nutritious and health
- researching to prepare for educational components listed above
- purchasing food items
- delivering an informal, fun, entertaining, and inspiring dinner for 5-10 members, where you will be leading the clients to cook the recipe with you. While cooking the recipe, you will be sharing your research with the clients
- distributing and collecting feedback forms to clients for quality improvement.

**Expected time commitment for students per community kitchen:**-Orientation: 1hr

- Group Planning: 2 sessions (1 hr/session)
- Individual Research Work: 1-2 hrs
- Community Kitchen: 2.5 hrs
- Post activity Group Reflection: 1hr.

**Helpful Qualifications:**Interest to work with vulnerable populations & background in nutrition an asset.

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**Requirements for students/residents-Must complete a Criminal Record Check**

- Must be a UBC student/resident
- Must be 19 years or older
- Must read, sign and submit FAQ document

**To apply:**

-Email CHIUS community kitchen at [chiusprogramming@gmail.com](mailto:chiusprogramming@gmail.com) with your name, contact email and phone, and a max of 150 words on why you are interested in this activity and why you may be an ideal candidate by December 15, 2013.

-When you will be selected by CHIUS programming committee, you will receive an email confirmation of your selection pending completion of the 'Confirmation by Program' form. Please send this form to Jessica Chang at [j810731@gmail.com](mailto:j810731@gmail.com) and copy Carrie De Palma at [depalmac@mail.ubc.ca](mailto:depalmac@mail.ubc.ca)

-When your form is received by Jessica Chang, you will receive a final confirmation to participate.

**Please read the FAQ in the documents section of the Activity Summary**

Contact: [chiusprogramming@gmail.com](mailto:chiusprogramming@gmail.com).