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## New Prairie Press

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Center for Engagement and Community  
Development

Rural Grocery Summit

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### The Commercial Kitchen and its Many Uses

Jeanne Roberts

*Plains Community Foundation*

Jonathan Elliot

*Plains Community Foundation*

Silvia Olvera

*Plains Community Foundation*

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## With the Commercial Kitchen, We Will Also:

- Prepare weekend meals for our senior citizens
- Hold Canning Classes
- Rent it out to entrepreneurs who need the use of a commercial kitchen to prepare their food items for resale.
- Pie Day
- Cookie Day
- Fresh Bread Day
- Enchilada Day
- Bierocks Day
- Cake Day
- Pizza Day
- Burrito Day
- Etc.

The Community Enhancement Foundation of Plains  
Grocery Store Project  
P.O. Box 143  
Plains, KS 67869

This is a project we have been working on for 10 years. Our goal is to make fresh, healthy food items available to the people of our community at affordable prices -- such a basic need that most people take for granted. We have tried to make it more than a grocery store and feel we have developed the best "fit" for the people of Plains, Kismet and the surrounding rural area. We have not done this alone; many people and organizations have been there with a helping hand and words of encouragement and for all of them we are deeply grateful!!

# Grand Avenue Market – Commercial Kitchen



Plains Kansas  
Widest Main Street  
in the USA



Keep the produce aisle looking bright & fresh

### **Spoilage/Shrinkage**

The kitchen will be used to prepare fresh food items like produce and meat that are nearing their expiration date into prepared dishes to sell to our customers.

### **Education**

**The FACS teacher along with her FCCLA students will teach:**

- \* Healthy snacking/eating classes to the younger students and adults.
- \* How to read and understand the nutrition labels on food products.
- \* The NuVal program that will be incorporated into the store



Before it becomes like this -- make it into prepared food items.

**The Meade County K-State Extension Agent will teach:**

- \* Safe food handling practices
- \* How to cook for those on special diets, such as heart healthy, diabetic, Gluten & Lactose free and those with allergies to foods ...etc.
- \* How to make recipes healthier by changing some of the ingredients.

**Community Members who are Talented Cooks with Teach:**

- \* Baking Classes
- \* Different Ethnic Cooking
- \* Candy Making
- \* Grilling

## **Make & Take Meals**

**The Kitchen will be used to hold a program like the "Dish It" or "Dream Dinners" offered in large cities but on a much scaled down version.**

\*On specified days, the grocery employees will prepare the ingredients such as cleaning & chopping. Customers who sign up to participate will then come in and put the ingredients together to make a meal. They can make one to take home to eat immediately or freeze for use later.

\*Friends will be able to schedule a time and make it a social gathering!



\*Customers who are too busy for this, can ask the store to prepare one or more for them.