



# CAN-DO KITCHEN

We play an active role  
in creating a vibrant  
regional economy  
through our support of  
small-scale, local food  
entrepreneurs.



With your  
help, we can  
do more!



THE CAN-DO CAMPAIGN

“ Locally grown food is gaining in popularity due to its positive effects on the economic, environmental and social health of communities.”

— The Michigan Economic Development Corporation

Since 2008 the Can-Do Kitchen (a program of Fair Food Matters) has been nurturing entrepreneurial aspirations and helping to grow the local food movement in Kalamazoo.

We provide a shared-use, licensed kitchen facility aimed at incubating start-up food businesses, increasing the availability of locally grown and produced foods, and

fostering the sharing of cooking and food

preparation skills among community

members. In just a few years, we’ve

provided dozens of food entrepreneurs the

opportunity to expand production

without having to invest in the

costly infrastructure that can impede

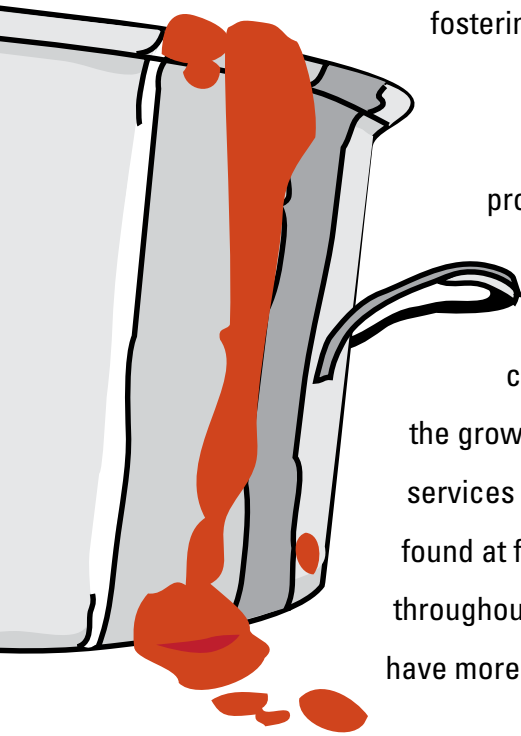
the growth of small businesses. Because of the

services we offer, our clients’ products can be

found at farmers’ markets, stores and festivals

throughout the region. This means more people

have more access to local food.



We can't stop there. **We can do more.** Our vision for the Can-Do Kitchen includes community cooking classes, catering services, food-preserving, youth development, and partnering with social service agencies to create deep and impactful roots within the community. We can strengthen the local food system, **but we can't do it alone.**

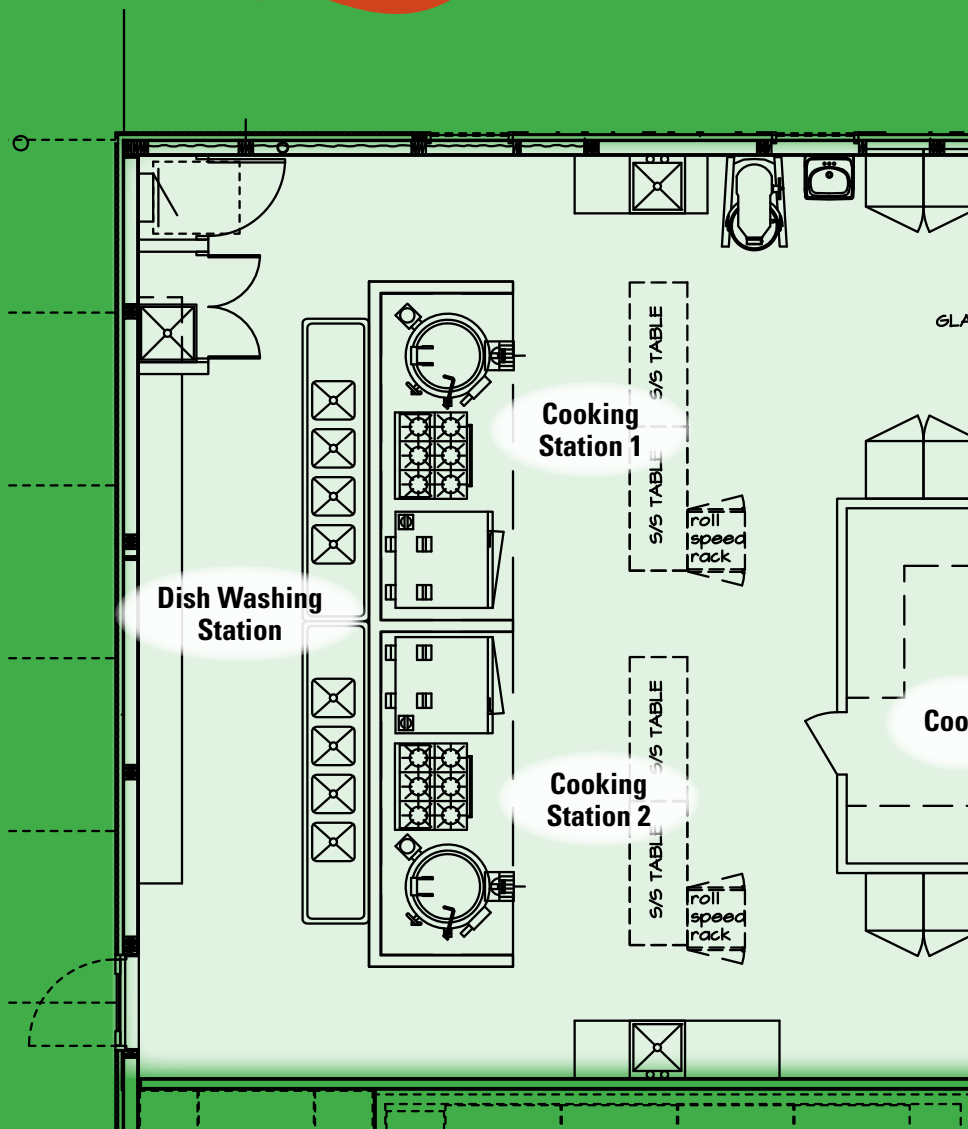
## Economic Impact

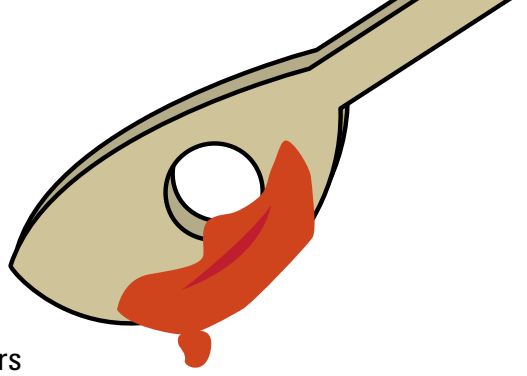
By providing licensed, commercial kitchen space paired with an incubator program for food entrepreneurs, the Can-Do Kitchen acts as a catalyst for regional economic activity. As we support our clients in building strong business foundations, they grow and need to hire employees to support their production. They begin investing in specialized equipment for their product, utilizing our regional restaurant equipment and service industry. As demand for their products increase, food stores push for better packaging and branding; clients invest in their business by contracting with designers and marketing firms. Furthering the impact, small food producers use locally grown and produced ingredients when possible, keeping their dollars in the community.



## A New Location

Our new kitchen at 507 Harrison will not only provide more opportunities for food entrepreneurs, but will create a spark in the local food movement as Fair Food Matters and the People's Food Co-op link together. For ten years, the two organizations have engaged in complementary work by supporting grassroots, community-based efforts to address various food, justice and environmental issues facing Kalamazoo. With both organizations seeking infrastructure expansion, a natural synergy emerges.

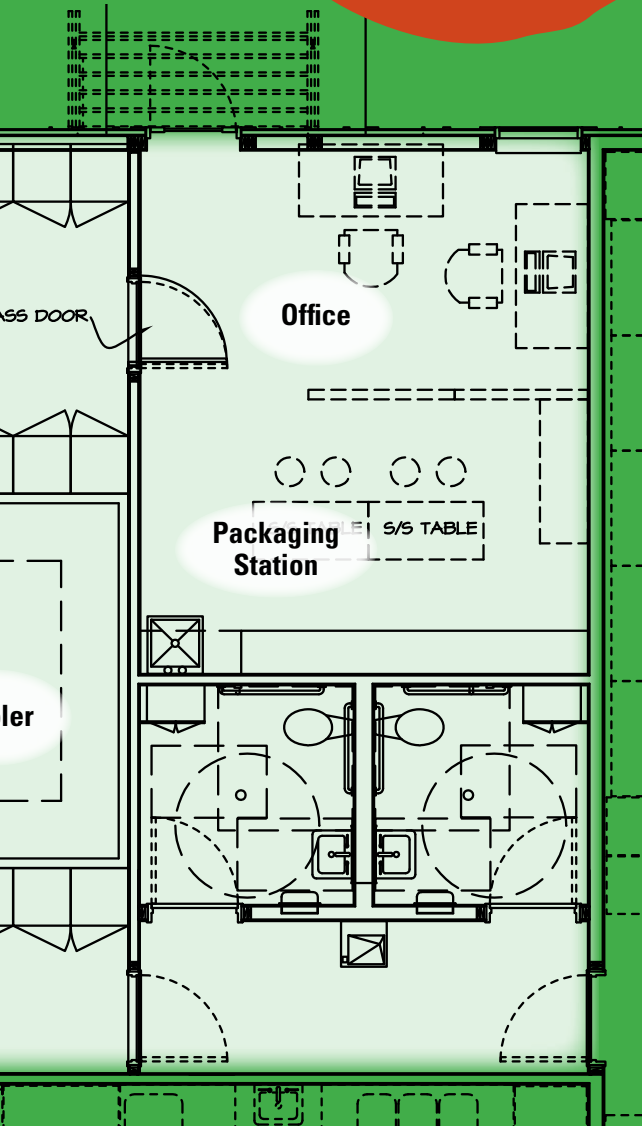




Even more real connections between growers (100-Mile Market), food producers (Can-Do Kitchen) and grocery store (Co-op) will make 507 a local food hub in an up-and-coming part of Kalamazoo.

**“The goal of the Riverfront Development Plan is to make the river a focus for activity and economic catalyst.”**

— 2010 Kalamazoo Master Plan



## Features

- Four convection ovens
- Walk-in cooler and freezer
- Wireless internet
- 60-quart mixer
- Two cooking stations
- Open 24/7
- Expands usage to four times current capacity

# Can-Do Kitchen Budget

EQUIPMENT	Hood .....	27,117
	Ranges, ovens, kettle .....	26,180
	Mixers .....	9,013
	Coolers .....	23,488
	Tables .....	2,224
	Sinks .....	7,217
	Shelving .....	4,124
	Small equipment .....	3,107
	Installation .....	2,420
SMALLWARES	Pots, pans .....	1,350
	Boards, knives .....	464
	Bowls, collanders .....	227
	Utensils .....	397
OFFICE	Furniture .....	550
	Equipment .....	1,400
DESIGN/BUILD	Kitchen/interior design .....	6,500
	Interior build .....	22,300
	Electrical work .....	1,000
OPERATING COSTS	Program enhancement .....	21,261
	Stablizing capital .....	5,791
MISCELLANEOUS	Advertising costs .....	500
	Legal costs .....	1,000
	Informational piece .....	2,000
	Donor meetings .....	300
	Outdoor signage .....	2,000
	Contingencies .....	18,000
<b>BUDGET TOTAL</b>	.....	<b>\$189,930</b>

**Working with the Michigan Small Business Technology & Development Center, the Can-Do Kitchen expects to be self-sustaining within the first six months after opening in its new location.**

## We Can Do More!

In our current 600-square-foot kitchen we are supporting 24 clients, working an average total of 90 hours per month. In our future 1,400-square-foot facility, with 300 square feet of storage, two cooking stations, one packaging station, and more specialized equipment, we anticipate serving dozens more.



*Michigan Made*

## We Can, Can You?

Please consider making an investment to our community's food system and economic promise through a donation to the Can-Do Kitchen capital campaign. Fair Food Matters is a 501(c)3 non-profit organization, and all contributions are tax-deductible to the fullest extent of the law.

To make a donation or find out more, please contact us:

Fair Food Matters

323 North Burdick Street

Kalamazoo MI 49007

269.492.1270

[info@fairfoodmatters.org](mailto:info@fairfoodmatters.org)

## **A SUCCESS STORY**

### **Mike's Famous Michigan Bean Dip**



*"I have been making my Bean Dip for more than 30 years. I took it to parties and pot-lucks and summer barbeques. Everyone I know loved it.*

*I'd thought about selling it for the past 10 years, but I didn't know how to get started.*

*The Can-Do Kitchen provided me with the opportunity. I contacted Lucy and set up an appointment. Together, we worked on standardizing and batching my recipe.*



*I sampled it out at the Farmers' Market, where it was so well received that I started selling it. **Mike's Famous Michigan Bean Dip** is now carried in nine stores throughout West Michigan."*



**"It is a special mixture of refried beans and spices — not to mention peanut butter — and when you taste it, you're bound to come back for more."**

**— William R. Wood  
Kalamazoo Gazette**

**With your help, we can create more local successes like Mike's.**

### Three Goals of the Can-Do Kitchen

- Incubate small food businesses
- Facilitate the sharing of cooking skills throughout our community
- Increase availability of locally made foods



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### Can-Do Kitchen Staff



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323 North Burdick Street  
Kalamazoo MI 49007

Fair Food Matters is a 501(c)3 non-profit organization that was founded in 2001 to help community members make good choices about how we feed ourselves and one another. Today, Fair Food Matters serves tens of thousands of community members each year, through urban and community garden programs; a commercial kitchen incubator; culinary entrepreneurship; and local food events and advocacy.

**Our mission:** To build, educate and advocate to support local food throughout Southwest Michigan.

**Our vision:** We envision thriving local communities worldwide growing and distributing safe, nutritious, locally produced foods that foster healthy communities, environments and economies.

#### **Fair Food Matters Board of Directors**

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