



# RETROSUBURBIA

THE DOWNSHIFTER'S GUIDE TO A RESILIENT FUTURE

## CHAPTER 10: FACILITIES FOR FOOD

### QUESTIONS:

- How well designed is your kitchen for cooking and preservation activities? Can you make any changes?
- Describe a kitchen you know that feels and works really well – what makes it this way?
- Is there a cool place you can use (or retrofit) for some things instead of putting them in the fridge?

### ACTIVITIES:

- Set up an outdoor sink (or a whole outdoor kitchen area!)
- Make a Coolgardie safe
- What kitchen equipment do members of the group own but not use regularly (eg grain grinder, preserving kit)? Are there members who regularly have extra room in their freezer? Make a plan to share equipment to save space and increase food preparation options.

