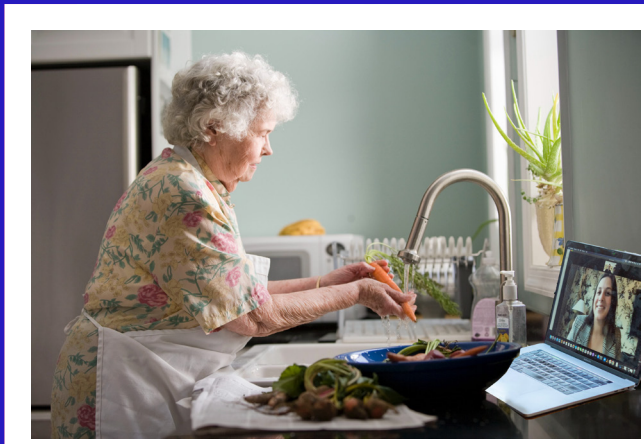


*This speculative design aims to connect people so they can rely on each other in times of need. The Rideau Hub wants to tackle food insecurity and social isolation, and sharing meals can solve both these problems while encouraging their values of safety, trust, and community.*

**Eating and cooking together encourage feelings of trust, purpose, and belonging, build connections, strengthen communication, create healthy eating habits, and reduce food waste**

(Chickahominy Falls, 2021; Pampered Chef, 2021)

Chickahominy Falls. (2021, September 21). Benefits of eating and sharing meals with community. <https://chickahominyfalls.com/2021/09/benefits-of-eating-and-sharing-meals-with-community>  
Pampered Chef. (2021, February 2). 4 ways cooking together builds stronger relationships. <https://blog.pamperedchef.com/at-home-cooking-together/>



The "Here and Far" events connect community members who cannot leave their homes with other members of the community through shared activities that can be completed in person at the Rideau Hub or at home online.

The community kitchen at the Rideau Hub is open to the neighbourhood and often hosts classes and workshops where community members can cook meals together. It acts as a place where people can meet new people and share different cultures through food.



"Meeting and Meals" are a series of weekly dinners in a bring what you can potluck-style where community members are encouraged to meet new people and facilitate new connections by eating together.



Volunteers deliver care packages to various community members with notes of encouragement in order to begin a narrative with those who may be shy or anxious. Notes can be exchanged as a first-step in connecting with the community.



The community garden is a place where people can plant different seeds and learn about how to grow food on their own. Members can tend to different plants and take home the fruits of their labour. The food grown at the garden will also be used in different community meals.

# Nourishing the Neighbourhood

*A future where the community is connected through food*

Hazel is a member of the community beside the Rideau Hub but unfortunately due to mobility issues she is unable to travel to the centre directly. She feels disconnected from the rest of the community and faces social isolation. Hazel signs up for one of the Rideau Hub's new "Here and Far" events designed to connect people at the community centre with people at home. The night before the event Hazel receives a package with the ingredients to make a simple meal and the link to the event's video conferencing tool. On the day of the event Hazel logs onto the video call and follows along with the cooking class being taught at Rideau Hub using the ingredients delivered to her the night before. Once the food has been cooked, everyone eats together and chat about the process and the finished meal, through this Hazel connects with Miranda, another community member, and they make plans to attend another event together.

Alan is a member of the community who's family is struggling with food insecurity. Like others in a similar situation, Alan is shy and reluctant to ask for help. He participates in the Rideau Hub's gardening program where he can take home some of the produce they have grown. There he meets Dan who invites Alan and his family to a community dinner made from the vegetables they have been growing. After attending a few community dinners and talking with Dan, Alan feels that he can trust the people at Rideau Hub and asks for help with his food insecurity program. Alan receives items from their food bank and continues to volunteer at the garden, connecting with new members of the community.

Emily Chang