



KITCHEN ORIENTATION

Why Kitchens?

For thousands of years humans learned from and with each other in community, producing some of the most amazing food, art, and culture out of the necessity to survive. These relationships **wove a rich fabric of belonging** between each other and the world around us giving our lives meaning and purpose. During this time, **technology was predominantly tools used to feed ourselves and facilitate connection** i.e. fire, language, knives, etc.

As technology evolved, it created industries (Energy, Farming, Entertainment) and institutions (Education, Banks, Healthcare) that we've relied on to feed us. **Increased dependence on technology and institutions has outsourced much of what we relied on each other for.** As a result, **the fabric of our belonging is becoming increasingly frayed and disjointed;** our individual successes take precedence over the health of our relationships and our advances in technology create convenience while isolating many of us. More and more, we are forgetting how to be with one another and **ultimately, how to feed ourselves.**

We arrive to this work from a recognition that **our individual threads are at their most beautiful when they are woven together;** that once again, **our survival depends on our ability to learn and create with one another in community.** To do that, we believe we need to slow down and practice building relationships with ourselves, each other and the places we belong to. To us, **a better outer world requires a healthier inner world.** We believe this begins when people have space to be seen and time to better understand themselves within a web of relationships.

In these times, we feel it can be easy to be confused about where to go or what's even real. As technology advances, we believe it's paramount to use it to **remember how to feed ourselves** so that humans not only survive, but **know what it's like to thrive.**

Where do you go when you don't know where to go? For us, we go to the kitchen and we invite you to come cook with us. Here you'll find that all of us have unique stories, paths, and purposes; each one a reminder that **we are each other's best assets.**

KITCHEN ORIENTATION

What is a Test Kitchen?

The Kitchen is the heart of a Happi Home. It's the space where we gather, and ultimately create meals that nourish the communities we belong to. For those of us in the ongoing journey of creating home for ourselves, we need time and space to try new recipes, tools, and ideas; **we call this process the Test Kitchen.**

Test Kitchens provide the space for people to **experiment and be messy** with the ingredients of their life; this can look like verbally processing, creating meaningful connections, and developing ideas, passions, and habits.

In a modern world that is fueled by consumption, we can find ourselves filled with content and ideas we aren't even hungry for, creating the feeling of being **overfed, but malnourished**. Test Kitchens are in service to folks finding what they're truly hungry for through **free expression, inquiry, mutual mentorship, and mirror learning**. This makes space for the unlearning of limiting beliefs and behaviors while awakening to our innate ability to create our own nourishment.

We believe this orientation to understanding one's unique ingredients AND how they want to create with them are among the first steps in building a Happi Home. We share this offering with the intention of **inspiring the creation of cultures of care and communities of practice.**

What is it not?

A test kitchen is...

Not dogmatic - There are many tools, ingredients and ways you can create a meal, what we offer is just our recipe(s).

Not exclusionary - All ingredients are welcome, whether they're bitter, sweet, or bittersweet; salty, spicy, sour, or somewhere in between!

Not a debate - No recipe is right or wrong; when people share authentically, everybody wins.

Not about spilling the tea - This space asks for individuals to share authentically, but isn't for gossiping or sharing what isn't yours to share.

Not predictable - Each meal produces a unique flavor **every** time.

KITCHEN ORIENTATION

Test Kitchen → Community Kitchen

Where a test kitchen is adaptable to any assortment of participants and is usually used in one-off scenarios, community kitchens are **for groups of people who have a desire to connect with one another consistently**. This offers the chance for continuity between kitchens, which allows for a deepening of relationships, accountability between members (possibly in pursuit of goals or habit formation), and a sense of creating culture together. The container of the community kitchen, week after week, becomes where members come to witness and be witnessed, be held in their triumphs and struggles, and create tangible and non-tangible expressions of home together.

Community kitchens are an evolution of test kitchens and can be built off of existing test kitchens. For example, test kitchens can support you in finding folks that you might want to create a community kitchen with. While there's a natural progression between test kitchens and community kitchens, if you've got a group of folks who you want to be in a community kitchen with, there's no need to start with a test kitchen.

Community kitchens are in service to **cultivating and maintaining healthy and meaningful relationships**. As per our guiding principles, we believe **these relationships are the foundation on which a Happi Home is built**.

The Kitchen Agreements

Source Locally – Speak from personal experience. Ex: “I love tomatoes”, rather than “everyone loves tomatoes.”

Source Organically – Be authentic and honest in your communication. You're encouraged to express yourself the best way you know how. All of you is welcome.

Source What's in Season – Be spontaneous, share whatever's ripe and present. Try not to plan out what you will say before your turn (we know it's hard) because it hinders your ability to listen.

Come Hungry and Keep an Open Palette – Reserve the capacity to listen to others and stay curious about new flavors.

Messiness is Welcome – Both cooking and life are messy; this space is meant to hold it all. Your shares don't need to be fully thought out or eloquent, just let them spill out.

THE BASICS

The Cooking Process

These are the 5 elements necessary to create meals that nourish ourselves and the communities we belong to



01 THE CONTAINER

The structure and space where cooking happens (Physical / Virtual)



02 THE TOOLS

Technology (physical, digital, social, etc.)



03 THE JUICE

Energy - Attention, Emotion, Inspiration, etc. - Fuel



04 THE SUBSTANCE

The foundation / base needed to sustain life - Fiber

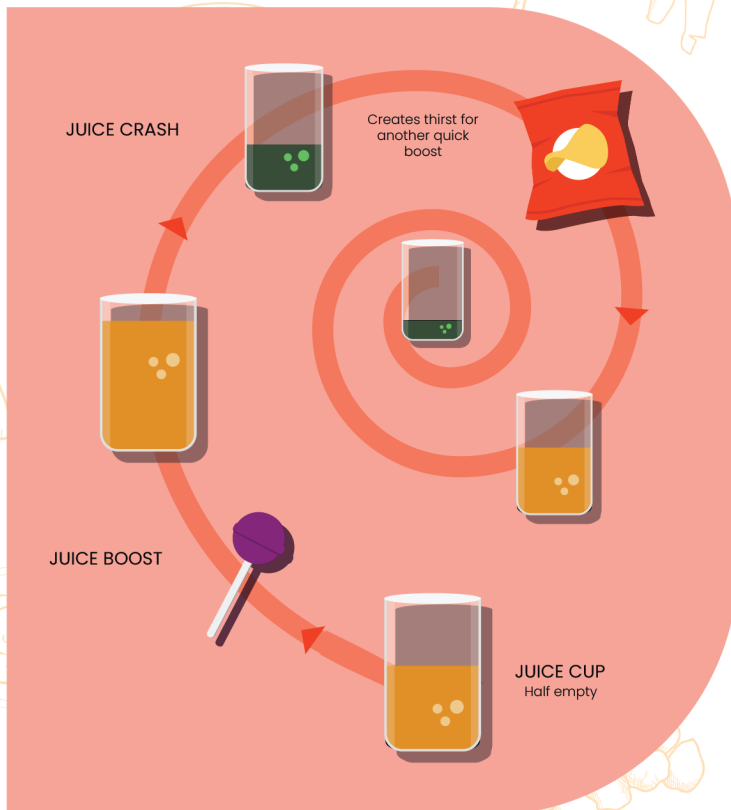
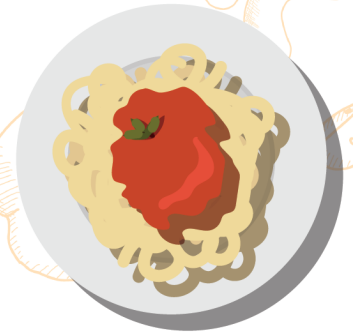


05 THE SAUCE

Unique expression resulting from cooking process - style, technique, culture - Flavor

THE MEAL

The culmination of the process that nourishes people and fuels them to continue to create



Thirst Trap (thūrst trap, noun)

A destructive pattern that manifests as a downward spiral where a toxic environment surrounding the individual drains them of their energy/juice. This deficit leads to a thirst for short term boosts to refill their juice cup from external sources, which temporarily satisfies, but results in a crash. This crash leaves the individual more thirsty and therefore more desperate to refill their juice cup. The Thirst Trap squeezes until there are no more resources to extract and the juice cup is empty.

Common characteristics

- Instant Gratification
- Fast-Paced
- Gives impression of "independence"
- Lacks diversity
- More consumption than creation which produces **scarcity**

THE BASICS

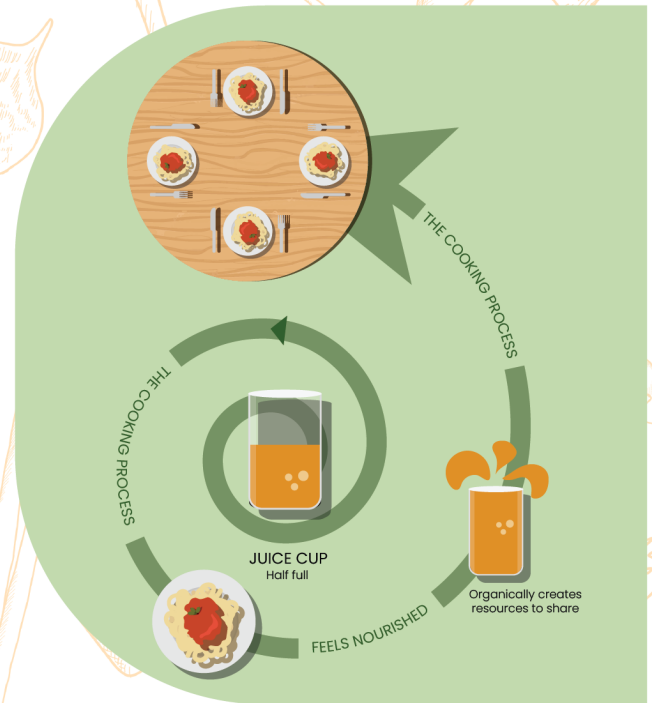
Sauce-sustainable Spiral

(sæs'teɪnəbəl spaɪərəl, noun)

A constructive pattern that manifests as an upward spiral, where the individual harnesses their energy or juice to create nourishment for themselves and the people around them through the cooking process. In turn, this both increases their capacity to create more nourishment for themselves AND inspires and supports others to cook for themselves as well. The Sauce-sustainable Spiral expands (possibly forever) until everyone, both human and non-human, are fed and thriving.

Common characteristics

- Delayed Gratification
- Slow(er)-Paced
- Embraces interdependence
- Thrives through diversity
- Balance of consumption and creation produces **abundance**



Kitchen Lingo

- **Juice Cup** - The container for all the energy you have in a given moment. Different activities can either fill or deplete your cup.
- **Is the juice worth the squeeze?** - Is the reward of this action worth the effort or consequences?
- **Drink the Kool-Aid** - To accept dogmatic teachings without question and relinquish one's ability to think for and listen to themselves, usually for the benefit of belonging, meaning, and purpose.
- **Lost in the Sauce** - A state of uncertainty or confusion in regard to the world around you and your place in it.
- **Drip** - Someone's sense of style or personality being expressed
- **Chop it up** - To have casual conversation that takes place before cooking starts
- **Let it simmer** - Give time to allow the ingredients to come together
- **Stir the pot** - Shaking things up when things feel stagnant
- **On the back-burner** - Temporarily suspended or on hold. This makes space for the things that are front of mind to get attention.
- **Compost it** - Releasing something that is no longer feeding you so you can focus on what's ripe and cookin' on your stove
- **Let them cook!** - Give someone the space to be in their process or share their perspective
- **Too many cooks (in the kitchen)** - When too many people are adding ingredients simultaneously which leaves no space for anyone to fully share
- **Full plate** - A feeling of limited capacity, whether it be from workload, emotional and relational stressors, or even just a lot of cool stuff happening