

ABOUT THE PEOPLES COOK

ThePeoplesCook unites cross-cultural cooking & interdisciplinary art to promote well-being.

The Peoples Cook invites audiences to feed & be fed. We encourage participants to take an active role in an exchange of food, stories & recipes, reconnecting culture and art to nourish each other

The Peoples Cook tours the world, bringing the funny to foodie in cities such as Chicago, Phoenix, Philadelphia and San Francisco, among others.

We work in diverse communities, and create cross-cultural, interdisciplinary, participatory arts activities. We incorporate local artists and community members into our residencies to spark & sustain dynamic community engagement.

a taste of our programs



Power to the People Happenings

participatory events from small to large scale to get people cooking, thinking, and nourishing themselves - all with samples of food, music, and comedy.

Happenings can be online, on video, as well as live.



Viva la Soul Power! PopUp Performance

delight diners with an interactive art installation, an integrated performance, and a delicious, full meal.



Cook, Eat, Together Workshops

participants learn practical cooking skills while telling cultural stories. Suitable for students ages 7 – 70.

Our residencies last from 2 weeks to 6 months, depending on the chosen programming activities. We take a multi-platform approach, offering various programs to suit your needs. A typical residency incorporates at least 2, if not all, of our programs.

did You know

We are currently the subject of a pilot study at Arizona State University where professors from Nursing & Health Innovation, the School of Nutrition & Health Promotion, and the School of Theatre & Film are measuring whether art can affect the attitudes and behaviors towards health in participants ?



Currently Touring

Viva La Soul Power!

a storytelling and performance project promoting cooking as a cultural movement to combat the rising epidemic of Type 2 Diabetes and improve the world's health.

in 2012,
we served

X 5000+

people from diverse communities in terms of culture, race, gender, age and geographic location from cities all over the U.S.



More? Questions? Connect!

Sandy Agustin

214.702.6657 • we@thepeoplescook.org

David Dimaano

773.519.3283 • djddouble@gmail.com

Cook. } Eat. } Together.



In the **Cook, Eat, Together Workshops** participants learn practical cooking skills while telling cultural stories. We've taught students ages 7 – 70, and are happy working with intergenerational groups. We use ingredients found exclusively in the nearby geographic area, ensuring success in repeating the recipes at home.

Classes are a minimum of 1.5 hours and a maximum of 3 hours. We conduct them in furnished kitchen settings (in homes, instructional kitchens, professional kitchens, etc.) or we can bring our portable kitchen equipment to any space that has access to a sink (for example: community rooms, classrooms, galleries or theaters). We can design workshop sessions of varying lengths, including single-day workshops and multi-week series.

We use a cross-curricular approach to our culinary education, including:

- 💡 Collaborative cooking: participants work together in groups to make a balanced meal
- 💡 Food Literacy: participants use food & cooking as inspiration for creative writing exercises related to the 5 senses and cultural/personal stories
- 💡 Following recipes: students team up and follow 'mystery recipes'
- 💡 Balanced Meals: using the Plate Method, students construct meal plans that are balanced between 50% Vegetables, 25% Starch & 25% Protein; they are graded based on adherence to this method and how delicious the food is!
- 💡 Food & Performance: using traditional performance tools, students learn techniques to engage & teach their communities about healthy eating.
- 💡 Cultural History & Storytelling: using history and culture we explore how food shapes communities. Examples include the Black Panther free breakfasts, Cesar Chavez & the United Farm Workers, and Gandhi's salt march in India.

Cook. } Together. Eat.



Pilot Study

The Peoples Cook and the *Cook, Eat, Together* curriculum is currently the subject of a pilot study at Arizona State University (ASU), where professors from Nursing & Health Innovation, the School of Nutrition & Health Promotion, and the School of Theatre & Film are measuring whether art can affect the attitudes and behaviors towards health in participants.

In January 2012 we conducted two sets of workshops, each lasting 3 weeks/6 sessions: one with high school students in South Phoenix, an area predominantly African American and Latina/o; and one with a mix of promotoras, ASU nutrition students, and their family/community members from the metropolitan Phoenix area. Additional activities while on-site included Public Performances on the ASU Tempe Campus at the Institute for Humanities Research and the campus Farmers' Market, and Open Kitchen events.

The ASU team of professors included a nutritionist, a medical anthropologist, a curriculum specialist, and a theatre historian; pre- and post-measures were taken for all participants, we were under direct observation by both outside & participant observers for all activities, and results on the success of the pilot study will be compiled in the coming months. With the initial data that has been compiled, we are confident in achieving positive results, and plan to seek funding for the continuation of the study.