

With the Commercial Kitchen, We Will Also:

- Prepare weekend meals for our senior citizens
- Hold Canning Classes
- Rent it out to entrepreneurs who need the use of a commercial kitchen to prepare their food items for resale.
- Pie Day
- Cookie Day
- Fresh Bread Day
- Enchilada Day
- Bierocks Day
- Cake Day
- Pizza Day
- Burrito Day
- Etc.

The Community Enhancement Foundation of Plains
Grocery Store Project
P.O. Box 143
Plains, KS 67869

This is a project we have been working on for 10 years. Our goal is to make fresh, healthy food items available to the people of our community at affordable prices -- such a basic need that most people take for granted. We have tried to make it more than a grocery store and feel we have developed the best "fit" for the people of Plains, Kismet and the surrounding rural area. We have not done this alone; many people and organizations have been there with a helping hand and words of encouragement and for all of them we are deeply grateful!!

Grand Avenue Market – Commercial Kitchen



Plains Kansas
Widest Main Street
in the USA



Keep the produce aisle looking bright & fresh

Spoilage/Shrinkage

The kitchen will be used to prepare fresh food items like produce and meat that are nearing their expiration date into prepared dishes to sell to our customers.

Education

The FACS teacher along with her FCCLA students will teach:

- * Healthy snacking/eating classes to the younger students and adults.
- * How to read and understand the nutrition labels on food products.
- * The NuVal program that will be incorporated into the store



Before it becomes like this -- make it into prepared food items.

The Meade County K-State Extension Agent will teach:

- * Safe food handling practices
- * How to cook for those on special diets, such as heart healthy, diabetic, Gluten & Lactose free and those with allergies to foods ...etc.
- * How to make recipes healthier by changing some of the ingredients.

Community Members who are Talented Cooks with Teach:

- * Baking Classes
- * Different Ethnic Cooking
- * Candy Making
- * Grilling

Make & Take Meals

The Kitchen will be used to hold a program like the "Dish It" or "Dream Dinners" offered in large cities but on a much scaled down version.

*On specified days, the grocery employees will prepare the ingredients such as cleaning & chopping. Customers who sign up to participate will then come in and put the ingredients together to make a meal. They can make one to take home to eat immediately or freeze for use later.

*Friends will be able to schedule a time and make it a social gathering!



*Customers who are too busy for this, can ask the store to prepare one or more for them.