



Nourishment Beyond the Plate Program

Overview

Applications due: April 30, 2024 by 11:59 pm EST

Only 15 participants will be selected to participate in this cohort of Nourishment Beyond the Plate.

Nourishment Beyond the Plate is a six-month program expected to start in May 2024. This program is created and facilitated by Kelly's Kitchen, a 501c3 non-profit focused on the intersection of food justice and disability justice. Kelly's Kitchen is based out of Charleston, South Carolina. Funding for this program is provided by the South Carolina Community Loan Fund, a program through Clemson University.

All participants must be residents of, or live within a 15-mile radius of St. Helena's Island, South Carolina.

All participants must have a disability.

All participants will be provided with an accessible cooking kit that includes:

a 10-pack variety of cooking utensils

an induction cooktop

A large, high-sided pan with a lid for multi-purpose cooking

A cutting board (accessible cutting boards available upon request)

A rocker knife

Tablespoon and teaspoon measuring spoons

An oversized backpack to keep their kitchen utensils in OR use to pack them up and bring during a natural disaster or emergency where someone may need to temporarily relocate

All participants will receive their cooking kit and an overview of how to use the provided kitchen tools.

Participants will receive meal preparation instructions and ingredients to prepare four (4) meals, to take place between May – August 2024. They will also be expected to attend online, live cooking classes where everyone cooks the meal together.

Participants will complete a couple of quick surveys at the start and end of the program, and participate in a short 10-15 minute interview about how the class went at the end of the program.

For information and submission of applications, please contact Rachel Kaplan at racheltkaplan@gmail.com or 919-593-6066.