

All Things Food: How to Manage a Cooperative Kitchen



Presented at NASCO 2016

By Daniel Moglen

Kitchen Manager, Hillegass Parker House

Goals of presentation

- Spark discussion of food related topics
 - Food costs, food waste, food politics, food preparation, and more!
- Share ideas, learn from each other
- Understand how food is done in different co-op houses



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17 houses & 3 apartment bldgs to choose from

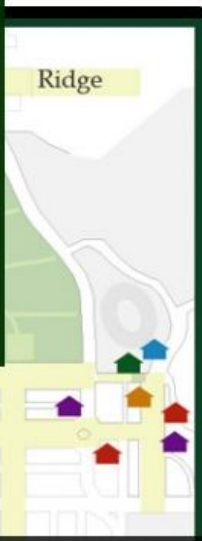
General Information

[Boarding \(Meal Contract\) Details & Rates](#)

[How the Co-op Food System Works](#)

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Welcome!

BSC Member Portal:
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OUR CO-OPS

17 houses

3 apartment complexes

NASCO Scholarship Applications Are Open!
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Hip House

 Search this site

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 - GARDEN INFO
 - HISTORY

Welcome to HiP!



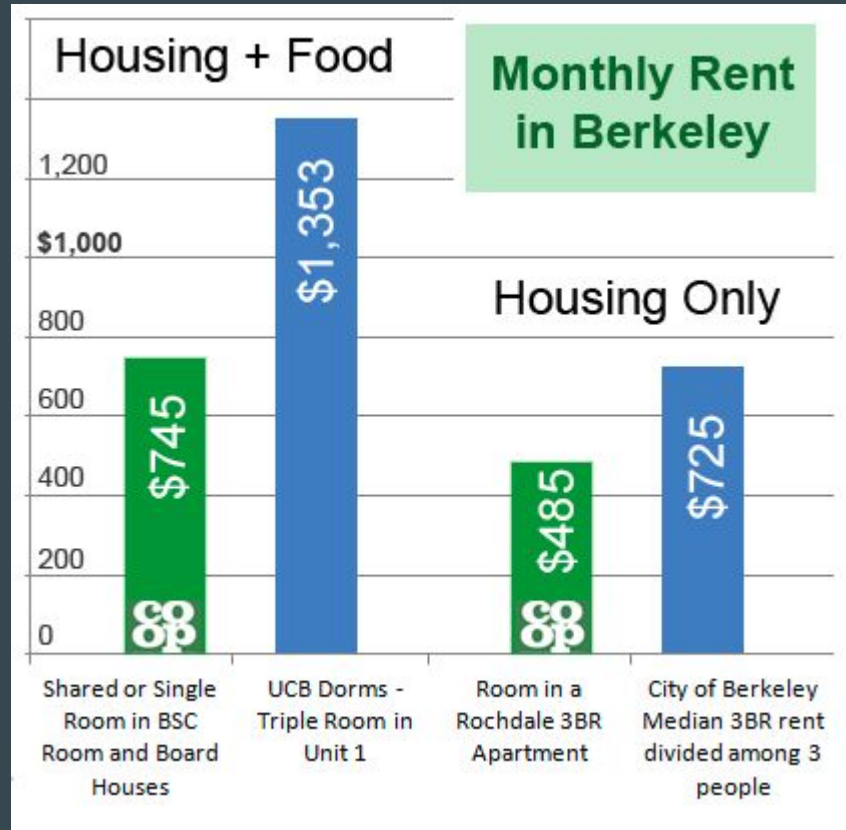
New Member

Welcome Letter, Fall 2016

Greetings new HiP House member!

And a very warm welcome to Hillegass-Parker House (colloquially referred to as HiP)! Your house manager for the Fall is Heidi Bartlett (hiphm@bsc.coop) and your house president is Lokilani Hunt (hiphp@bsc.coop).

This website contains a wealth of knowledge regarding the ins and outs of residing or boarding at HiP. For example, you'll find detailed information within this site



From www.bsc.coop

Who are we?

- HiP House (www.hip.coop)
- 58 graduate/re-entry students (either over 25 or in a graduate program)
- Berkeley, CA
- Part of the Berkeley Student Cooperative (BSC)
- 57 rooms in 3 houses
- 1 shared commercial kitchen



-DO YOUR OWN DISHES-
Spray / Soak ALL traces of food off
& submerge in soaking tubs







HiP House Food Requests Fall 2016

dmoglen@gmail.com

File Edit View Insert Format Data Tools Add-ons Help

Comments Share

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| | A | B | C | D | E | |
|----|---------------------------------|----------------------|-----------|--|--|---------------------------|
| 1 | What are you requesting? | Who are you? | / | Notes? Comments? Questions? | Response / notes to my KM self | * Please when make with c |
| 2 | Ex: Almonds | Ex: Daniel | / | | Ex: Almonds and nuts in general are expensive, so I can only order them occasionally... | |
| 3 | potato chips | Alex | 42606 | I know it's not the healthiest food but it is always good snacks to have around when people are hungry... | We can't order potato chips through CFS, unfortunately... I just checked with them... We should have lots of green tea in loose leaf form! | |
| 4 | green tea | yukteswar/teswar/tez | 8/25/16 | mmm, antioxidants | The closest thing we can get are heritage O's. This is a cereal we routinely carry, so look out for it in the cereal aisle :) - coming 9/1 | |
| 5 | honey nut O's (organic) | yukteswar/teswar/tez | 8/25/2016 | something like cheerios, but organic. some brands are dodgy, so please make sure they're made with oat flour, and not wheat, etc. | | |
| 6 | Jelly | Elan L | 8/25/2016 | I love PB+J and I only saw a tiny bit of jelly left in the fridge. I also love cheerios, so I'm excited for the heritage O's on 9/1! | Coming 8/30 | |
| 7 | Baking Soda | Zully | 8/25/2016 | Some good clean floors! Big tub please! | Yes, of course! Coming 9/1 | |
| 8 | Vegan Creamer/Half-and-Half | | 8/25/2016 | Usually a mix of coconut cream and almond milk | We can't get this through CFS, unfortunately... | |
| 9 | | | | | | |
| 10 | Granola bars (or equivalent) | Alec | 8/25/2016 | Just something dense and quick to toss in my vintage Star Wars lunch box (no, I don't have one, but I wish I did...) | Hmmmm, we can't order granola bars through CFS... But we could make them :) I don't see this on the order form... | |
| 11 | Green and pickled jalapenos. | Francisco | 8/27/2016 | They are good for you! Seriously :-) | | |
| 12 | large white vinegar | Christine H. | 8/28/2016 | i finished it off...dunno if this is automatically re-ordered or not | Thanks for letting me know! Coming 9/15 | |
| 13 | | | | These are great for burgers and a quick | These are expensive... But I will order some! I agree, they do make for an easy meal. Turkey patties coming 9/14, perhaps | |

Our budget

We are allocated \$5/person/day

5 (dollars) x 58 (people) = \$290 per day

x 7 (days) = \$2030 per week

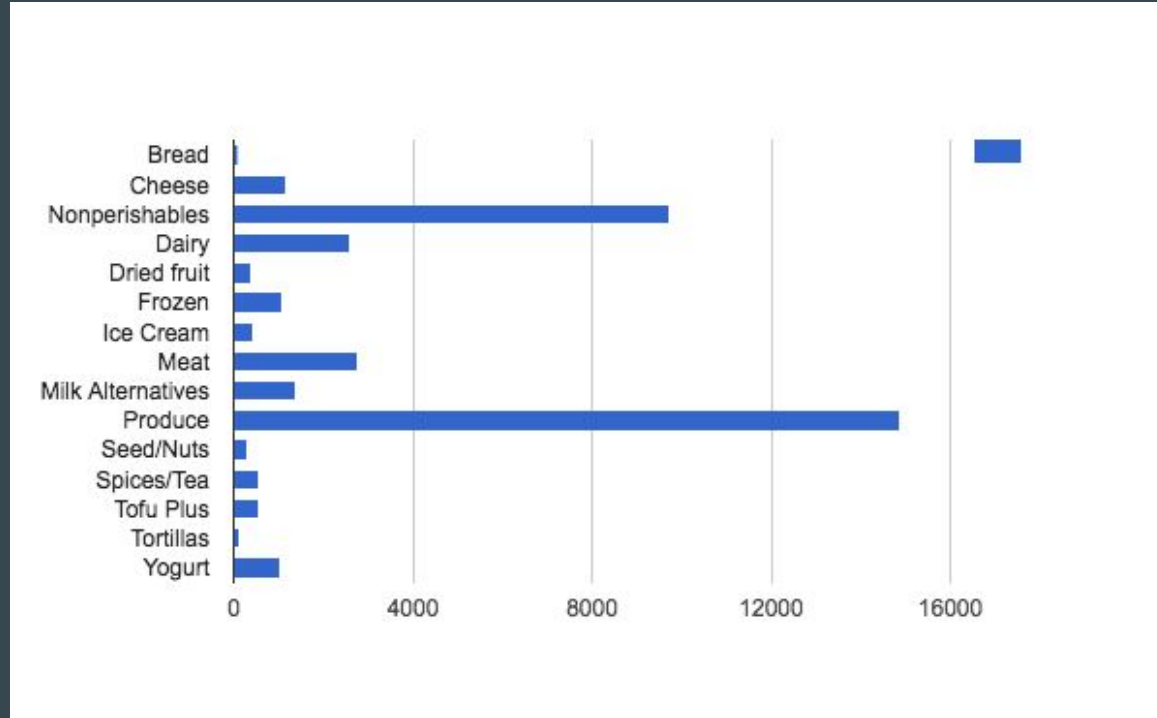
x 17 (weeks) = \$34,510 per semester

HIP ROOM AND BOARD (price per semester ~ 17 weeks)

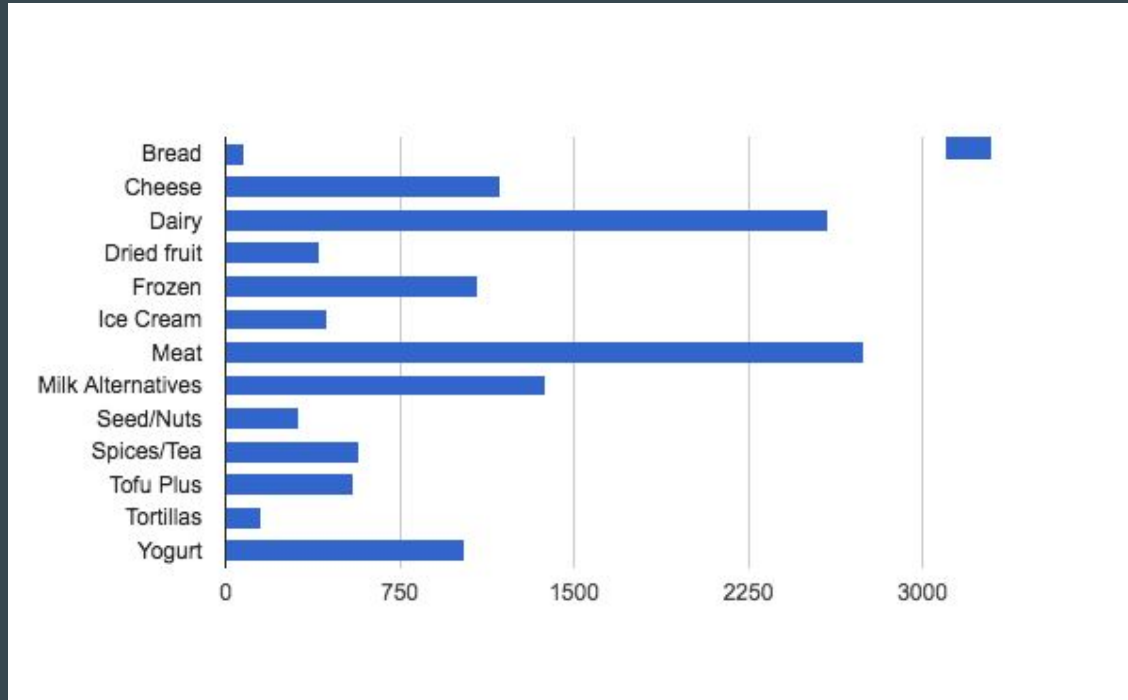
Standard Single \$3384

Deluxe Single \$4002

Food Budget (Spring 2016)



Food Budget (Spring 2016)



What does \$5/person/day actually look like?

| Category | Amount per person per day | Percent of daily budget | Category | Amount per person per day | Percent of daily budget |
|---------------|---------------------------|-------------------------|------------|---------------------------|-------------------------|
| Bread | \$0.01 | .19% | Produce | \$2.16 | 40.07% |
| Cheese | \$0.17 | 3.15% | Seeds/Nuts | \$0.05 | .93% |
| Nonperishable | \$1.41 | 26.16% | Spices/Tea | \$0.08 | 1.48% |
| Dairy | \$0.38 | 7.05% | Tofu Plus | \$0.08 | 1.48% |
| Dried Fruit | \$0.06 | 1.11% | Tortillas | \$0.02 | .37% |
| Frozen | \$0.16 | 2.97% | Yogurt | \$0.15 | 2.78% |
| Ice cream | \$0.06 | 1.11% | Total | \$5.38 | 100% |
| Meat | \$0.40 | 7.42% | | | |

Topic one: The budget

Discussion (15 minutes):

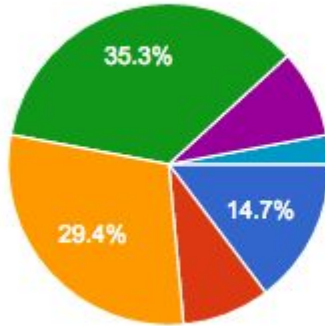
- What is your personal algorithm for deciding what to purchase?
 - Cost, quality, whole vs. processed, organic vs. conventional, meat, etc.

Sub topics:

- How can your house minimize food waste?
- How can your house get free food?

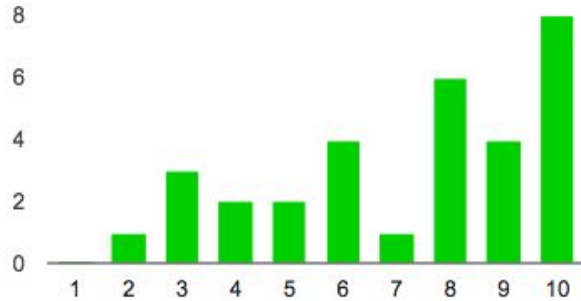
The meat question...

Out of 5 dinners a week (Sunday through Thursday), how many meat meals would you prefer?



| | | |
|---|----|-------|
| 0 | 5 | 14.7% |
| 1 | 3 | 8.8% |
| 2 | 10 | 29.4% |
| 3 | 12 | 35.3% |
| 4 | 3 | 8.8% |
| 5 | 1 | 2.9% |

Please indicate where you fall on the scale/spectrum below. Would you rather have....



| | | | |
|---|----|---|-------|
| As much meat as possible. Cheaper meat that is not organic/local/grass fed/cage free is fine.: | 1 | 0 | 0% |
| | 2 | 1 | 3.2% |
| | 3 | 3 | 9.7% |
| | 4 | 2 | 6.5% |
| | 5 | 2 | 6.5% |
| | 6 | 4 | 12.9% |
| | 7 | 1 | 3.2% |
| | 8 | 6 | 19.4% |
| | 9 | 4 | 12.9% |
| I want only organic, local, grass fed/humanely raised meat even if that means we have less meat overall.: | 10 | 8 | 25.8% |

Topic two: Food politics

Discussion (15 minutes):

-What are the food topics that create the most divide in your house? How do you deal with these situations?

At Hip House, we squabble about whether we should place more weight on quantity of quality of meat.

Topic three: Food Preparation

At Hip House:

- We have shared meals 7 days/week (Sunday-Thursday dinner, Friday leftovers, weekend brunch)
- For one dinner, we require approximately 15 hours of workshift.
- 3 cooks - 3 hours each
- Kitchen clean before/after
- Dishes before/after
- Pots before/after
- We also have hummus/yogurt/fake meat/granola shifts

Topic three: Food Preparation

Discussion (15 minutes):

What might the division of labor look like? How many workshift hours ought to be dedicated to cooking and food related tasks?

“The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community, from the mere animal biology to an act of culture.”

— Michael Pollan, In Defense of Food: An Eater's Manifesto

“We forget that, historically, people have eaten for a great many reasons other than biological necessity. Food is also about pleasure, about community, about family and spirituality, about our relationship to the natural world, and about expressing our identity. As long as humans have been taking meals together, eating has been as much about culture as it has been about biology.”

— Michael Pollan, In Defense of Food: An Eater's Manifesto

Yay for food!!!
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