

# Lunch a la Kart

Our quote for  
the season:

Acceptance:  
learn it again for  
the first time

- Dea

## Building a Business to Support Mental Health Consumers

Lunch a la Kart is a social enterprise that is operated by mental health consumers. It acts as a training and employment opportunity for people who live with a mental illness.

Lunch a la Kart exists to empower mental health consumers, and to create supportive employment that equally values the three bottom lines:

- Empowerment and confidence building,;
- Health and wellness;
- Profit and employment



Lunch a la Kart launched operations in January 2004. We believe in grow slow and steady, and have been developing a lunch route to deliver yummy lunches to professionals in the Vancouver area. The first route provides lunches and snacks to businesses and offices in the Downtown Eastside.

### Contact Us:

Glennis MacLeod  
lunchdelivery  
@potluckcatering.com  
604-562-4363

Consumer Run  
Business project:  
Kristina Fairholm Mader  
604-872-4902 ext. 239

## The Latest News

In February, Melanie Conn, began working with the Steering Group to explore incorporating as a co-operative. In this process we defined the steps we need to take towards making this decision.

In April, Glennis MacLeod was

hired by Lunch a la Kart to coordinate the business development and manage operations. She has a background in both food services and working with persons with disabilities. Welcome Glennis!



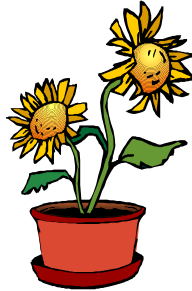


## Employment with Lunch a la Kart

Lunch a la Kart is always looking for people who want to be involved in assisting a developing business. We need people who are interested in food services, customer relations, working outdoors, interacting with the public and helping to guide the development of a small business.

Lunch a la Kart is interested in building relationships with services providing employment support to mental health consumers. This relationship will help in determining that a right fit is made between Lunch a la Kart and its employees.

Future employees receive on-the-job training in delivery



and sales, and we encourage and provide support for workplace wellness and stress management. Future employees are asked to job shadow to determine if the work is a fit for them.

People are paid a market wage for the work they do and have opportunity to be involved in decisions involving the general direction of the business.

Currently, Lunch a la Kart is supported by Potluck Café Society and Canadian Mental Health Association. In the future, Lunch a la Kart will incorporate as an independent entity, either as a co-operative or a not-for-profit business.

## Spring Cleaning (groaaan)

The common response to spring cleaning is a loud groan and hiding from the vacuum cleaner. However we suggest the following tips to turn your groans into cheers:

- Put on some really good music and dust and dance around the room. We suggest ABBA.
- Put on a superhero cape and rid all evil dust-bunnies from the four corners of your world
- Exalt in getting down and dirty, whether it be on your knees re-potting plants or crawling through your storage space searching for the patio furniture

- Clean your bathtub in the buff and last. Then you can hop in the shower and emerge a new person, shiny and clean

Cleanliness may be next to godliness  
but getting dirty is more fun

-Kristina

Final steps are to celebrate your cleaning victory by being treated to a massage or soak in a hot tub

## Recipe of the Season: Iraqi Style Lentils with Spinach and Lemon

250 grams of lentils; 1/4 cup olive oil; 1 large onion diced; 1 large bulb of garlic, chopped; 2 tablespoons ground coriander; 1 tablespoon ground cumin; 1 bunch spinach leaves washed and chopped; 2 medium potatoes, diced small; 1/2 cup of lemon juice; can use vegetable stock when using water in recipe

Place lentils in saucepan and cover with water

Bring to a boil and let cool for 20 minutes

In another large casserole pot, heat the oil and brown the onion on medium

Add the garlic and spices; cook for one to two minutes

Add the spinach and sauté for 5-6 minutes, stirring frequently

Add the potatoes and lentils, and enough water to cover

Season to taste with salt and pepper, starting with 1/2 teaspoon of salt

Bring to boil, lower the heat and simmer until thick and soupy (about one hour)

Before serving, stir in the lemon juice. Serve hot or lukewarm as a stew with bread or rice, or as a dip with chips.