

CULINARY ARTS; A subject taught at G-BIACK



Students learning how to cook and bake what they produce at the G-BIACK centre farm

The Girls Empowerment Programme, GEP, a one and a half year long programme offered by G-BIACK which targets resource poor young women in Kenya, has a culinary arts component.

Culinary arts taught are the cuisine arts of food preparation, cooking, and presentation of food, usually in the form of meals. They are also taught on table arts, food presentation, nutrition, diet and serving food. On the side of baking, they are taught how to bake bread, buns, and different types of cakes.

The food that is prepared strictly comes from the G-BIACK demonstration farm. The students are already learning the skills of growing food using the sustainable farming method known as GROW BIOINTENSIVE farming, so they are learning about cooking local foods from the crops that come from the farm.

The main goal of teaching these young women in culinary arts is to provide them with a platform that will help them to become self-reliant once they complete the GEP course. They can opt to start an eatery joint or a bakery which will create employment for themselves and even for others. As well, cooking nutritious food for the family helps to restore health for the family and keep the family happy.

Visit our website: www.g-biack.org.

Go to Google maps to see us from above by entering: G-BIACK, Thika, Kenya

Donations of any amount help us to reach out to vulnerable families.

G-BIACK is a registered NGO in Kenya, and donations are tax deductible.

Contributions may be made directly to G-BIACK or through Network for Good on our web site.

Or checks payable to Kilili Self Help Project may be written and sent to

260 Marion Ave., Mill Valley CA 94941 USA—no overhead will be deducted, meaning that 100% of every donation will be sent to G-BIACK for our programmes.

All contributions are tax-deductible