

HOST A KITCHEN TABLE CONVERSATION

A Place Where Conversations Matter

Pull up a chair. Speak your truth. Shape the future.



At the kitchen table we share the real life, exciting and innovative ideas that shape our communities.

Whether you're discussing the cost of housing, debating issues of safety, or sharing your hopes for the future, the kitchen table is where real change begins...

Join the conversation.

Host your own Kitchen Table Talk!

Learn more at

EndPovertyYXE.ca/KitchenTable

Let's come together to think about what a Thriving Saskatchewan could look like!

At SPRP we believe that **in thriving communities, poverty doesn't exist.**

Housing and food are available and affordable. People have meaningful employment, can pay their bills and have access to services like child care, health, fitness, mental health and social supports, recreation, public infrastructure, education, literacy and technology. Streets and public areas are safe, clean and used by many. Public transit supports active mobility and movement within and between communities.

The Saskatoon Poverty Reduction Partnership (SPRP) is working on a set of recommendations to create thriving communities across the province.



We want to hear from you!

When you think about your own life or the lives of your family and friends, your neighbours, your coworkers – what is holding us back from thriving? What would make our communities better?

Join us at the Kitchen Table. You can gather your friends and family to talk about the future of our communities and fill out a few of our recipe cards, or you can fill them out on your own!

The purpose of this process is to collect your great ideas about how to collectively build a Thriving Saskatchewan.

To get you started, here are a few key elements that we think help to make a thriving community:

- ✳ Strong social connections – community members support and trust each other.
- ✳ Economic opportunity – Equal access to jobs, resources, and development.
- ✳ Inclusive and equitable – Everyone feels valued and has a voice.
- ✳ Health and safety – The community promotes physical, mental, and emotional well-being.
- ✳ Civic engagement – Active participation in decision-making and shaping new initiatives.
- ✳ Sustainability – The community balances present needs with protecting future generations.

How to get started:

The purpose of the “Kitchen Table” conversation is to **collect your great ideas** about how to collectively build a **thriving Saskatchewan**. You can share your ideas on the forms below, but it’s more fun to gather some friends to do it together.

Here’s how to get started:

- 1** Invite some people to a conversation. These can be friends, family, neighbours, people you work with, or anyone you like to talk to! We recommend keeping the group to less than 10 people and planning to spend at least an hour.
- 2** Gather together, whether at a kitchen table, or somewhere else comfortable for everyone.
- 3** Go to the next page, and ask the group to share their answers to the questions. It’s ok if some people’s answers don’t agree with others. Make sure to share your ideas too!
- 4** Take notes of what people share. No need to record names. Use the sheets provided, or use the digital survey (link/QR below).
- 5** As you head to the “Recipe Card” page, share back to the group some of what they shared that you wrote on the first page - to spark some ideas.
- 6** Work with the group to decide on one ‘problem’ and one ‘solution’ to fill out the recipe card with. If the group wants to do multiple recipes, please do!
- 7** If the group gets stuck at any stage, there are pages later in the document that might be helpful. Give them a read ahead of the conversation yourself, and consider reading out some of it to the group if ideas aren’t flowing very easily.
- 8** Once you’re done, send us your recipe by following the instructions at the end of this package!



Digital Survey Form:



OR

[CLICK HERE](#)

THRIVING SASKATCHEWAN

What do you think when you hear the words “Thriving Saskatchewan?”

At the **KITCHEN TABLE** we are ready for the real-life, exciting, innovative ideas that you have for creating a thriving community.

List the elements of a thriving community.

Tell us about the things you LOVE about your community/ neighbourhood/ town/city.



**Pull up a chair.
Speak your mind.
Shape the future.**

How many people were at your kitchen table?

Please share the first 3 digits of your postal code

Tell us about the things you **DON'T LOVE** about your community/ neighbourhood/town/city.

Thinking about all the things you just listed, what is the ONE thing you would change?

What is the solution to that problem?

Using the Recipe Card - think about that issues, problem or concern.

Fill out the recipe card.

Don't worry about the nitty gritty details!

The purpose of this process is to collect your great ideas about how to collectively build a **Thriving Saskatchewan**.

RECIPE CARD

Problem (issue) _____

Solution (recipe) _____

WHAT - Describe *your idea*.

WHY - Impact - who is impacted by this idea? What is the outcome?

Difficulty - How hard do you think this to achieve?



Check off all that apply:

☐ Income

☐ Food Security

☐ Children/Families

☐ Education

☐ Health

☐ Housing

☐ Tech/literacy

☐ Transportation

☐ Employment

☐ Crisis services

☐ _____

HOW - Describe what is needed to make this happen.

Please fill out as many recipe cards as you like!
Feel free to write on the back and/or attach info

You can use the concepts below as prompts for your discussion but you have full freedom to explore other topics.

- ✳ **Income:** The money that people have in order to fully participate in their community. Income can come from a variety of sources, including employment and assistance programs.
- ✳ **Assets:** can be monetary (like savings, insurance and investments) but more often are non-monetary and consist of things like a house, car, other possessions, and can include other safety-net based items such as identification, access to family, friends and other supports.
- ✳ **Employment:** This includes all the ways people earn money for the goods and services they provide.
- ✳ **Access to Good Food:** Food is expensive. Many families are struggling to pay for nutritious food. Think about how access, availability and cost impact this growing concern.
- ✳ **The Social Determinants of Health(SDoH):** are the conditions under which people are born, grow, live, work, and age. They include the non-medical factors that influence health outcomes such as socioeconomic status, education, employment, social support networks, and neighborhood characteristics. SDoH, especially poverty, structural/systemic racism, and discrimination, are the primary drivers of health inequities.
- ✳ **Health:** Poverty is both a cause and a consequence of poor health. Poverty increases the chances of poor health. Poor health, in turn, traps communities in poverty. Health includes physical, mental and spiritual well-being.
- ✳ **Justice System:** The system that interacts with community from the point leading up to a crime to release back into the community after the conviction. It includes police, community support agencies, remand, corrections, lawyers, judiciary, the governments(s).
- ✳ **Public Transportation:** Urban centers offer an essential public service with public transit. How people move around the community and throughout the province or even across the country is dependent on having enough money and access to services.
- ✳ **Technology:** Access to devices and connection to the internet is an essential community and household need.
- ✳ **Public washrooms:** A public and open space that provides toilets, sinks, supports for health-related needs, supports for families with small children, garbage disposal, sharps disposal and/or a space for people to get access to safe, clean, potable water.
- ✳ **Education:** The system that provides the learning environment for children from pre-K to Grade 12 and any other formal learning space for Post Secondary can be included in this policy discussion. How people access and achieve throughout a learning journey dramatically impacts thriving communities.
- ✳ **Childcare:** The formal and informal system that provides care for children when their families are at work, school or other situations where care is required.

You are all done!

NOW WHAT? You need to get your amazing Recipes to the team!

We want to make this as easy as possible for you. Here are all the ways you can send your recipe cards back to us.



Take a photo of the papers and email them to SPRPCoordinator@gmail.com SUBJECT LINE: Recipes



Take a photo of the papers and text them to the SPRP Coordinator 306.491.8502



Are you in Saskatoon? Drop them off at Station 20 West (1120 20th St W)



Mail them to us c/o Station 20 West ATTN: SPRP Recipes 1120 20th St W, Saskatoon SK S7M 0Y8



Want to use Social Media - send the photos to us @EndPovertyYXE on FB messenger or Instagram DM.



You can also use WhatsApp - send the photos in the chat-using the SPRP Coordinator phone contact 306.491.8502



If you used the online survey tool - your answers were sent directly to us through the SUBMIT button.

If you are still having troubles getting it to us - please reach out to the SPRP Coordinator via email.