

WELCOME TO OUR FIRST 3 KITCHENS NEWSLETTER SPRING 2024



3 Kitchens
Volunteer • Seek Employment • Become an Entrepreneur



Welcome to our project

3 Kitchens is a European initiative that will support migrant and refugee women to build confidence, skills, and opportunities through three connected pathways: **volunteering, employment, and entrepreneurship.**

Rooted in culinary heritage and community connection, the project will strengthen social inclusion and economic participation, while also equipping adult educators with new approaches and resources to better reach, teach, and support migrant women across Europe..

WHAT'S INSIDE...

01 Project Meeting in Bordeaux

A warm and inspiring start hosted by Marie Curry and Le LABA.

02 Why This Project Is Needed

Exploring the challenges migrant and refugee women face

03 Spotlight on the First Step Volunteering Kitchen.

04 Explore our Website

www.3kitchens.eu



Co-funded by
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Partners meet in Bordeaux, France



When you meet project partners for the first time, you never quite know how the energy in the room will feel. But from the moment the 3 Kitchens team gathered together in Bordeaux, there was an immediate sense of ease, connection, and shared purpose. Ideas sparked quickly, and it felt as if we had known each other far longer than a single morning. There was a real sense of commitment around the table. A team who genuinely care about migrant and refugee women, who value inclusion, and who believe in the power of food to build community.

This first 3 Kitchens meeting is that none of us will forget. We were welcomed into the world of Le Laba who ably hosted our meeting. As experienced Erasmus partners, they are supporting Marie Curry, who are new to Erasmus.

After many hours of project planning, our work was brought to life in the Marie Curry restaurant, a warm space full of colour, energy, and food that tells stories from every corner of the world. The employees are migrant women who have rebuilt their confidence and skills through cooking, and who now bring their heritage to life through every dish they prepare. Their pride, teamwork, and joy filled the room. It was impossible not to feel inspired as we listened to their experiences and watched them working together in such a supportive and empowering environment.

Later, we visited their training kitchen, where migrant and refugee women from Syria, Libya, Turkey, Vietnam, Brazil, and many other parts of the world were preparing meals, learning new techniques, and supporting each other. Partners were inspired by the quiet strength that comes from women creating together in a safe and welcoming space.

This first gathering reminded us why 3 Kitchens matters so deeply. Our project will support migrant and refugee women through three simple but life-changing pathways: **volunteering, employment, and entrepreneurship**. Rooted in culinary heritage, each pathway will help women build confidence, skills, and strong community connections.



Why is this project needed?

When our partners, **Krokoms Kommun** from Sweden, **Le LABA** and **Marie Curry** from France, **Momentum** from Ireland, and **Go Woman Alliance Europe** from the Netherlands, came together, they quickly found shared experiences and a shared truth: **food is one of the few things women carry with them across borders**. It is a link to home, to culture, and to identity. It holds memory, pride, and belonging.

For many migrant and refugee women arriving in Europe, this connection to food can be a source of stability during a deeply uncertain time. Yet despite their strengths, creativity, and resilience, women often face significant barriers. Unfamiliar systems and social structures can make even simple tasks feel overwhelming. Language challenges limit communication and confidence. Many women arrive with limited professional networks, interrupted education or work histories, and significant childcare pressures. The emotional impact of displacement is often profound. On top of this, access to volunteering, training, or employment can be difficult, especially when there are few safe, culturally sensitive spaces where women can gradually rebuild confidence at their own pace. These barriers can lead to isolation, lower self-belief, and reduced access to community participation or economic opportunity.

3 Kitchens was created to change this.

Our project responds directly to the needs identified across partner countries. It uses the kitchen — a space shared in every culture — as a place of empowerment, connection, and learning. Through **three clear pathways**:

1. The First Step Volunteering Kitchen

Women take gentle, supported steps into community life, build confidence, practise language, and reconnect with their abilities.

2. The Steps to Employment Kitchen

Women gain practical food-sector skills, workplace readiness, mentoring, and real routes into employment.

3. The Low-Barriers Entrepreneurship Kitchen

Women explore simple, culturally rooted food business ideas, supported through easy-to-use tools and community-based guidance.

Across all three pathways, the project also supports **adult educators, community groups, NGOs, and food-sector organisations** with new tools and approaches to reach and teach migrant women more effectively.

Ultimately, 3 Kitchens is needed because it offers **belonging, visibility, and opportunity**. It supports women not as beneficiaries, but as creators, contributors, and carriers of rich culinary heritage.



SPOTLIGHT ON THE FIRST STEP VOLUNTEERING KITCHEN

For many migrant and refugee women, Language barriers, childcare pressures, unfamiliar systems, and the emotional strain of displacement can make it difficult to take part in community activities or look for work. Volunteering offers a way forward. It is flexible, welcoming, and built around shared interests, especially food.

VOLUNTEERING OPPORTUNITY for MIGRANT WOMEN in the FOOD SECTOR

Focused on Leitrim/Roscommon



CALL FOR BUSINESS/NGO HOSTS

Momentum, supported by The Food Hub, is looking for passionate and supportive hosts to partner with the 3 Kitchens Project. By hosting migrant women volunteers, you can play a crucial role in their journey toward integration into the community and economic independence.

Examples of Hosting

- A support/learning role in a food or catering business. It can be in the kitchen or packing or even a sales or marketing role
- Volunteering at a food event, a food bank, a community garden

When

- At any stage from June to October 2024. The placement can be for a few days or even up to three weeks—whatever works for you.

Benefits of Hosting:

- Promote gender equality and support community integration
- Gain fresh perspectives and diverse skills in your kitchen
- Help address talent shortages in the food industry
- Receive recognition as a partner of the 3 Kitchens Project

What We Need from Hosts:

- Offer practical experience in various aspects of the food sector
- Provide a safe and supportive environment for volunteers
- Foster an inclusive and respectful workplace

How to Get Involved If you are interested in becoming a host, please reach out to us at info@momentumconsulting.ie. We will provide you with all the information and support you need to join our network of partners.



www.3kitchens.eu

The **First Step Volunteering Kitchen** is where the 3 Kitchens learning adventure begins. It offers migrant and refugee women a gentle, welcoming entry point into community life through food, shared activity, and hands-on experience. It is developing resources to help migrant and refugee women:

- become more socially connected
- grow their confidence and sense of belonging
- practise new language skills in a safe setting
- learn teamwork and communication skills
- discover their talents in the kitchen and gain early experience that can lead to employment or entrepreneurship later

AND OUR FIRST RESOURCE IS READY!

We've created a **Volunteering Guide**, designed especially for migrant women interested in the food sector.

CHECK IT OUT ON <https://3kitchens.eu/how-to-benefit/wp2-first-step-volunteering-kitchen/>

And in more good news ...

Across Sweden, Ireland, France, and the Netherlands, the 3 Kitchens partnership has launched a joint call to bring migrant women and community organisations together through the First Step Volunteering Kitchen.

We are inviting migrant and refugee women who want to build confidence, practise language skills, meet new people, and gain experience in real kitchen settings. Volunteering is flexible and supportive, with placements lasting from a few days to a few weeks.

At the same time, we are calling on food businesses, community kitchens, cafés, food hubs, restaurants, gardens, social enterprises, and NGOs to host volunteers. A short placement can make a real difference by creating inclusion, offering fresh perspectives, and supporting women's first steps into the food sector. Hosts receive simple guidance and ongoing support from their national partner. Together, these calls create a bridge between women seeking a safe first step and organisations ready to welcome them, helping to build confidence, connection, and early experience that can lead to future opportunities.

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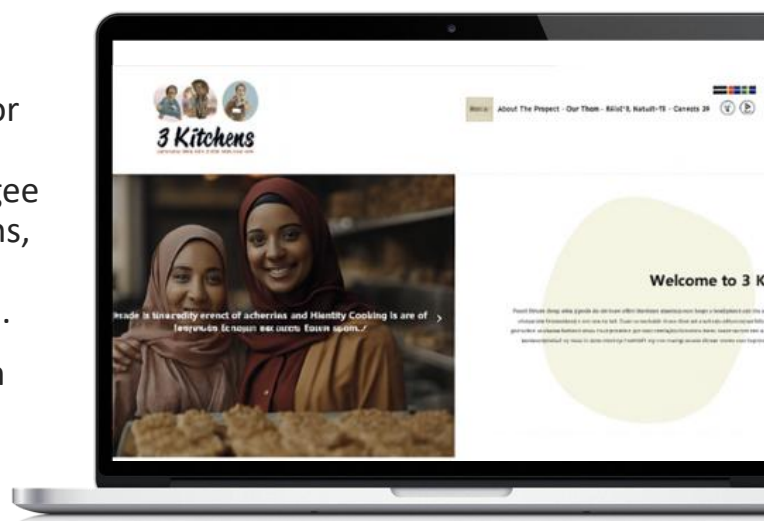


www.3kitchens.eu

SPOTLIGHT ON OUR WEBSITE

The **3 Kitchens website** has launched on www.3kitchens.eu ! It will be the central home for everything the project creates and shares. It will offer a welcoming space where migrant and refugee women, adult educators, community organisations, volunteering hosts, and food-sector partners can easily find information, resources, and inspiration.

Designed with clarity, warmth, and accessibility in mind, the website reflects the human spirit of 3 Kitchens — a project built around culture, community, and connection



Available in four languages (English, Swedish, French and Dutch, with friendly illustrations, simple language, and real stories, the site will help visitors understand why the project is needed, who it supports, and how food becomes a bridge between cultures.

Each pathway has its own dedicated section:

- The **Volunteering Kitchen** page will guide women through their first steps into community life and explain how volunteering can build confidence, improve language skills, and open future opportunities. [WP2 - First Step Volunteering Kitchen - 3 Kitchens](#)
- The **Employment Kitchen** page will highlight training, mentoring, workplace skills, and job-readiness supports. [WP3 - Steps to Employment Kitchen - 3 Kitchens](#)
- The **Entrepreneurship Kitchen** section will introduce simple, realistic routes for women who wish to explore small-scale food enterprise ideas rooted in their culinary heritage. [WP4 - Start your Food Business -Entrepreneurship for Migrant Women - 3 Kitchens](#)

The website will also showcase **Success Stories** that celebrate the journeys, talents, and achievements of migrant and refugee women across partner countries. These stories will help build pride and visibility, offering motivation for others who may be taking their first steps. For educators, hosts, and community partners, the website will offer a growing library of **resources**, including guides, toolkits, templates, and visual materials. Everything will be designed to be practical, easy to understand, and accessible at different language and literacy levels. Please check it out regularly.

Built with SEO, multilingual options, and a user-friendly layout, the site will ensure that women, organisations, and stakeholders can find the information they need quickly and confidently. It will remain active and updated for at least five years after project funding ends, acting as a long-term gateway to the project's tools, stories, and impact.



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