

Kashia Cave

Founder and Chef, My City Kitchen, Inc.

Meriden, Connecticut



Growing up on her grandfather's farm on the island of Trinidad & Tobago, Kashia Cave was surrounded by healthful food. "We would bake bread in a dirt oven. Our eggs came from our ducks or chickens. Anything we ate, we grew," she said. "And everyone – no matter what age – had a place and a responsibility in the kitchen."

This early love for fresh cooking stayed with her when she moved to Connecticut and raised her two sons. She taught them to cook at an early age. Soon, their friends also wanted to learn. The neighborhood parents offered to buy ingredients for these makeshift cooking classes at Cave's home.

"That's when I realized there is a need for this in our community," said Cave, a graduate of both Lincoln Culinary Institute and the Italian Culinary Institute

for Foreigners. "Cooking provided a basic life skill that could really help these families, many of which were single-parent and low-income households."

This inspired Cave to create My City Kitchen, Inc., a community cooking program for children ages 6 to 17. It offers two after-school classes per week. Children learn to cook a healthy recipe and take a portion home to share with their families. The program has served more than 580 students.

Cave builds the menus around the food that is available in the community, as well as where students' families shop. She even takes her students on trips to the store so that they can plan and shop for their own meals. "Once kids realize they can make a healthier version of the food they love, with ingredients they can afford, they get really excited," she said.

My City Kitchen also creates special programming to meet the needs of the community. A recent program, Healthy Moms = Healthy Babies, taught teenage mothers how to make healthful meals for themselves and their children.

Cave said the results have been life changing. One of her students, sent to her from the juvenile justice program, didn't speak a word to her for three weeks. But after building a relationship through food, he became a passionate junior chef who is graduating with honors.

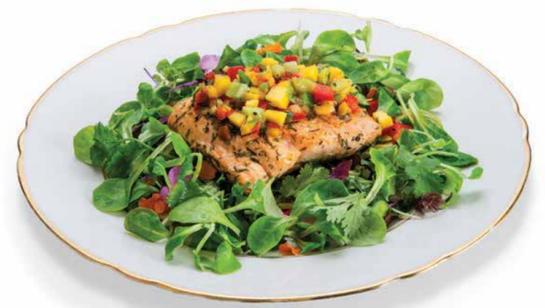
"Cooking opens the door to change. Teaching children to cook impacts entire families," said Cave. "This program is a way to reach out and fight for our children. That's why I work so hard."



Baked Salmon with Mango Salsa

Fresh herbs, greens, fruit and even edible flowers make this a creative, colorful dish that is packed with healthy ingredients and easy to prepare.

For recipe, visit AAHCalendar.com/recipes/november.



November 2016

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– Kashia Cave

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1945: John H. Johnson publishes first issue of <i>Ebony</i> .	2 1983: President Ronald Reagan designates Martin Luther King Jr. Day a national holiday.	3 1981: Thirman L. Milner elected mayor of Hartford, Connecticut, becoming first African American mayor in New England.	4 2008: Senator Barack H. Obama elected 44th president of the U.S., becoming first African American to be elected chief executive in the 232-year history of the country.	5 1968: Shirley Chisholm of Brooklyn, New York, becomes first black woman elected to Congress.
6 2012: President Barack H. Obama, the first African American to hold the office of U.S. commander-in-chief, elected to a second term. Daylight Saving Time Ends	7 1989: L. Douglas Wilder elected governor of Virginia, becoming nation's first African American governor since Reconstruction.	8 1938: Crystal Bird Fauset elected state representative in Pennsylvania, becoming first black woman to serve in a state legislature. Election Day	9 1731: Mathematician, urban planner and inventor Benjamin Banneker born.	10 2006: Benny Andrews, painter and teacher whose work drew on memories of his childhood in the segregated South, dies.	11 1989: Civil Rights Memorial dedicated in Montgomery, Alabama. Veterans Day	12 1941: Mary Cardwell Dawson and Madame Lillian Evanti establish the National Negro Opera Company.
13 1940: The U.S. Supreme Court rules in <i>Hansberry v. Lee</i> that African Americans cannot be barred from white neighborhoods.	14 1915: Booker T. Washington, educator, author, orator and advisor to presidents of the U.S., dies.	15 1881: Payton Johnson patents swinging chair.	16 1981: Pam Johnson named publisher of the <i>Ithaca Journal</i> in New York, becoming first African American woman to head a daily newspaper.	17 1980: Howard University airs WHHM, first African American-operated public radio station.	18 1797: Sojourner Truth, abolitionist and Civil War nurse, born.	19 1953: Roy Campanella named Most Valuable Player in National Baseball League for the second time.
20 1923: Garrett A. Morgan patents traffic light signal.	21 1893: Granville T. Woods patents electric railway conduit.	22 1930: Elijah Muhammed establishes the Nation of Islam.	23 1897: A.J. Beard patents the Jenny Coupler, used to connect railroad cars.	24 2014: Charles Sifford, former professional golfer who helped desegregate the PGA in America, awarded the Presidential Medal of Freedom. Thanksgiving Day	25 1955: The Interstate Commerce Commission bans segregation in interstate travel.	26 1883: Sojourner Truth, abolitionist and Civil War nurse, dies.
27 1990: Charles Johnson awarded National Book Award for fiction for <i>Middle Passage</i> .	28 1961: Ernie Davis becomes first African American to win the Heisman Trophy®.	29 1908: Adam Clayton Powell Jr., politician and civil rights activist, born.	30 1912: Gordon Parks, writer, filmmaker and photographer, born.			



Henry Blair changed the farming industry when he invented a seed planter that allowed farmers to increase the efficiency and reduce the labor needed to plant corn. In 1834, he became only the second African American inventor to receive a patent.¹¹



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