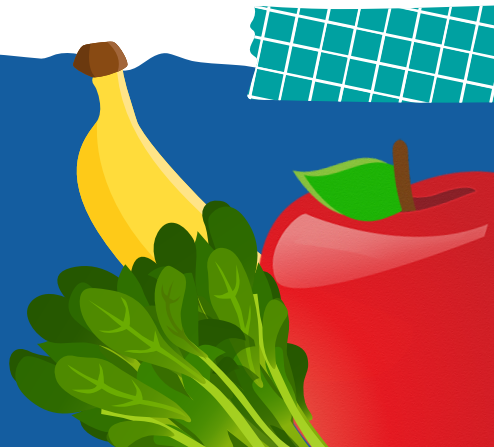
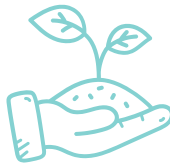


PARTICIPATIE

KEUKEN

Green Hearts, Green Homes

Moerwijks journey to a greener lifestyle



**PARTICIPATIE
KEUKEN**



1

GROUP

Come Visit and Support!

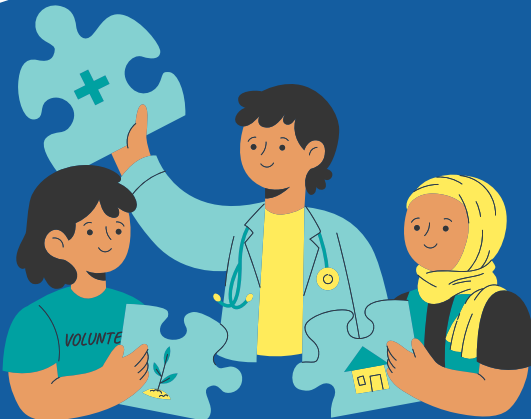
Semi Kurniasih

Matthias Paardekoper

Pauline Müller

Yu Hsin Chen

Franka Berkhout



**PARTICIPATIE
KEUKEN**

Making Impact Together

– The Story of Participatie Keuken –

At the heart of Participatie Keuken's (PK) mission lies the unwavering belief that loneliness is a societal ill that can be effectively addressed through the power of community and wholesome food. With a team of dedicated volunteers and passionate employees, the organization has been actively organizing events and activities that bring people together, fostering a sense of belonging and shared purpose.

One of their most heartwarming initiatives is where they host the Children's Kitchen, where youngsters from diverse backgrounds gather to prepare meals for their families. This unique event not only nurtures culinary skills but also cultivates a spirit of shared responsibility and cross-cultural understanding.

For the elderly, the initiative hosts regular evenings with companies and seniors, providing opportunities for meaningful interaction and companionship. These gatherings serve as a lifeline for those who may be grappling with isolation, offering them a sense of camaraderie and shared experiences.

Through their multifaceted approach, PK transforms lives one nutritious meal at a time. Their dedication to combating loneliness, reducing food waste, and promoting moral poverty serves as a testament to their profound impact on the community.

As they continue their journey, they inspire others to join them in creating a more just, sustainable, and connected world, driven by the words from the owner Ben

"Together we will get it done."



The story of Ben Lachab

During the Covid-19 pandemic, when isolation and loneliness were at a low point, Ben chose not to sit idle. In the midst of this crisis, Ben initiated the Participatie Keuken. This initiative aimed to provide meals for elderly people, who did not have the money to provide for themselves. Within the possibilities, they also tried to unite these elderly and form a community. Since then, the Participatie Keuken kept growing and is now a well-known organization in Moerwijk, a neighbourhood in The Hague.

Ben has worked for social organizations for the last 20 years, and his dream is to unite people from different cultures, by forming a community where people help each other and strengthen each other. With his uninhibited enthusiasm, he inspires people to come together and share. He, together with the employees and volunteers at PK, is organizing hundreds of events per year.

‘Van overleven naar samenleven’

– from surviving to forming a community –

Ben believes that people can make these 5 steps in their life, and the aim of the Participatie Keuken is to stimulate people to make these steps:



1. **Surviving:** people are distanced from society.
2. **Meeting:** people are meeting with people around them.
3. **Participating:** people are participating as a volunteer, helping others.
4. **Becoming independent:** people discover how they can make a difference.
5. **Living together:** people are participating, and making a difference in society.



Participatie Keuken's **narratives** pointed out the environmental and social sustainability problem in the community of Moerwijk, while sustainability has multiple aspects, it is concluded as a **wicked problem**. The question arises: how can we leverage **transdisciplinary skills** in analyzing this challenge? Ultimately, the journey leads to a **final insight**.

Beyond Food and Poverty: PK's Pursuit of Happiness and Well-being



First visit to Participate Keuken
The Freezer room stocked with ingredients and kitchen with professional Chef, employees, and volunteers

Participatie Keuken has a very optimistic spirit to help people to appreciate better and live their lives. In the busy and advanced The Hague City, there are still starving people. Sometimes, it's not because they're poor or penniless but because they can't manage what they've got. Excessive consumption of food, clothing, vehicles, or other goods makes people blind to what they need. In addition to poverty and hunger, the issue of happiness is also the focus of PK. They want people to be happier and not feel alone.

Departing from this thought, PK sees that the problem of poverty and loneliness that causes people to be unhappy is still found around us. This is a complex issue because social and economic factors influence it. If we look further, this issue can also affect the environment because when someone is in "survival mode," they usually don't prioritize the environment.



So, we assess that this PK problem can be framed in a transdisciplinary framework as discussing the complex interaction of social and economic elements that lead to inequality and well-being in society. This reframing will require investigating the structural and systemic causes that contribute to loneliness and poverty, as well as investigating comprehensive solutions that go beyond food-related activities. PK targets loneliness and poverty by encouraging people's participation in various food-related activities (cooking and eating together by utilizing food products) and social initiatives to be happier, appreciate their lives more, and become more concerned about the environment.



Wrestling with the Wicked Problem

The PK's mission to address the interconnected issues of loneliness, poverty, and community well-being can be classified as a "**wicked**" problem. Wicked problems are characterized by their complexity, interconnectedness, and the challenges associated with addressing their root causes. We acknowledge the multifaceted nature of these issues, recognizing that they are influenced by a complex interplay of social, economic, and cultural factors.

To effectively address this wicked problem, PK will need to gather knowledge beyond the current understanding of sustainability issues and the problem definition.



Embracing Transdisciplinary Thinking

PK's mission to address the interconnected issues of poverty, loneliness, and community well-being can be reframed, recognizing the complex interplay of social, economic, and environmental factors that contribute to these challenges.

PK's approach to addressing these issues goes beyond providing food and social interaction to encompass a holistic understanding of the root causes and potential solutions. By engaging community members in food-related activities and fostering a sense of belonging and purpose, the PK aims to address the underlying social and economic factors that contribute to poverty and loneliness. Simultaneously, the organization promotes environmental awareness and encourages sustainable practices, recognizing the connection between individual well-being and the health of the planet.

This transdisciplinary approach to problem-solving is crucial for addressing the complex challenges faced by the Moerwijk community. By integrating insights PK can develop comprehensive solutions that address the root causes of poverty, loneliness, and environmental degradation, ultimately fostering sustainable and inclusive community development.

Our Learning & Approach

Systematically evaluate a situation by using ToC, first considering the aspects of **impact**, the **long-term outcome** on community well-being, the **short-term outcome** on community engagement and participation, the presenting **activities** in achieving its objectives, and the specific **needs** of the community. The next step is to reassess the identified stakeholders, including municipality, volunteers, employees, suppliers, sponsors, and participants, and ensure relevant parties are considered throughout the analytical process.

For the last step, employing a problem tree analysis to identify and analyze the underlying causes and consequences of the problem of loneliness, poverty, and community well-being in Moerwijk. This analysis will help to uncover the root causes of the problem, including social and environmental factors, and inform effective solutions.

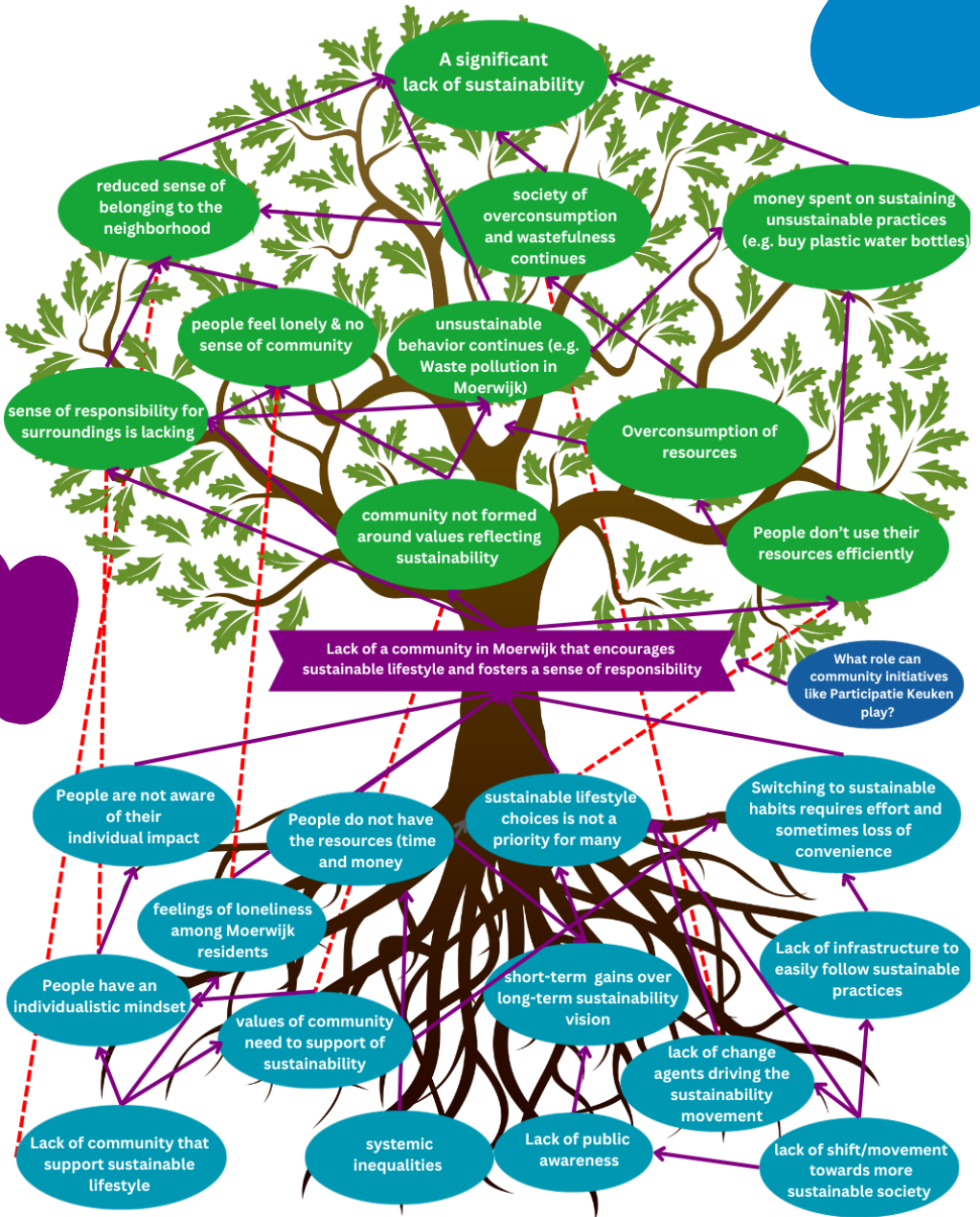
Through our coursework, we have developed the ability to execute the concept of analyzing transdisciplinary problems. We have gained proficiency in problem tree analysis, stakeholder identification, and stakeholder mapping. Additionally, we have applied the principles of the theory of change and design thinking to refine the problem statement. Each brainstorming session and exchange of ideas has contributed to this paper's comprehensive exploration of how we acquire and apply transdisciplinary knowledge in our individual studies.



From Understanding to Findings

As a result, we have broadened the scope of the question from "How can PK facilitate people in Moerwijk to adopt a sustainable lifestyle by community building?" to a more inclusive one, encompassing community engagement and ownership. The refined problem statement, "How can PK enable the community in Moerwijk to embrace and advocate for a sustainable lifestyle and foster a sense of ownership over its initiatives?", emphasizes empowering the community as a whole to take ownership of sustainability efforts. Our analytical process has highlighted the understanding that sustainable living necessitates collective actions, and fostering a sense of ownership among community members can lead to more sustainable behaviors.

Problem Tree Analysis



After having settled on our **core problem**, which is based on the research topic provided by PK we conducted a **problem-tree analysis**. The aim of this analysis was to **identify the causes and consequences** of our problem. As outlined earlier, for Ben belonging to a community can become a catalyst for more sustainable behavior. However, it is important to mention that, just by building a community or fostering a sense of responsibility people in Moerwijk will not suddenly become more sustainable, for this it is essential that the **community values sustainability** and promotes it. Later on, in the Theory of Change we will explore how PK can convey its sustainability values to its participants and continue to build a community centering around social and ecological sustainability.



Causes

We identified that certain causes underlie and impact the immediate causes for our problem. These include, for instance, systemic inequalities in our society that impact what resources a person has at their disposal, which in turn determines their capacity to become more sustainable. Furthermore, society is lacking a shift towards a more sustainable lifestyle, which makes switching to sustainable alternatives more difficult, as well as leads to not enough public awareness and the absence of change-makers.

Consequences

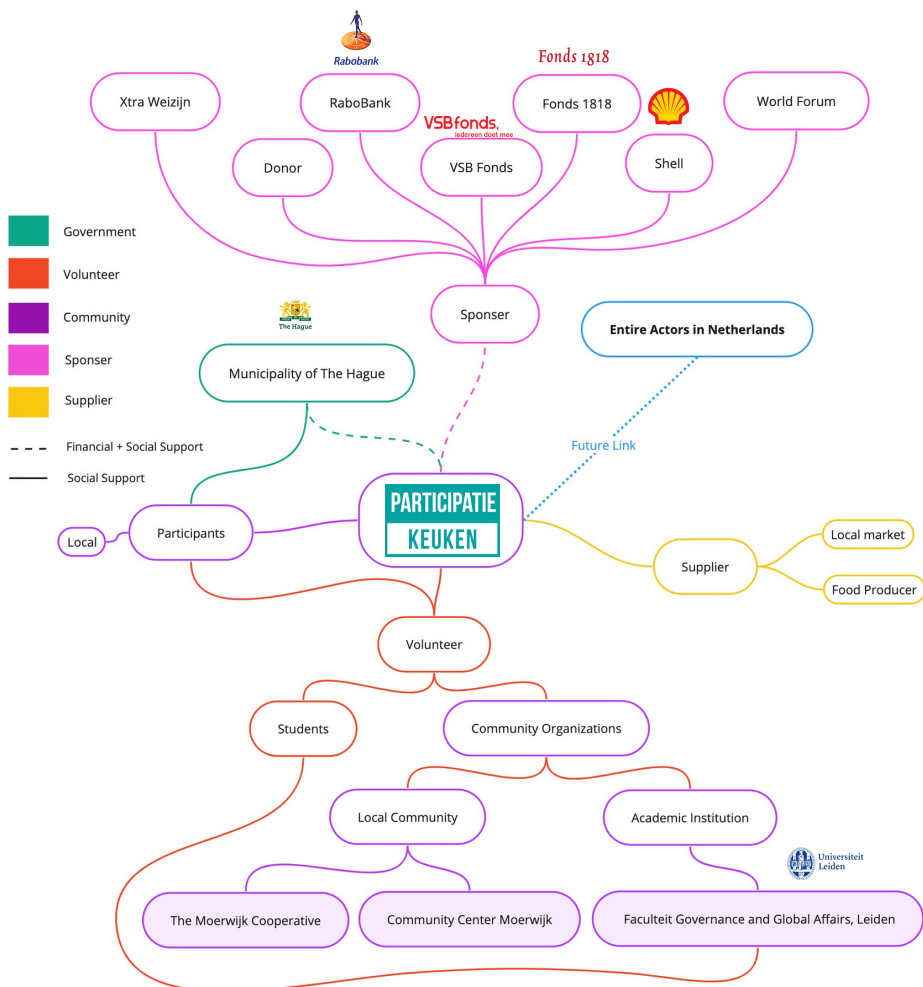
Consequences of the problem include, for instance, the inefficient use of resources, leading both to overconsumption and continued unsustainable practices. Moreover, a missing sense of responsibility and persistent feelings of loneliness make it difficult for people to strengthen their sense of belonging.

These consequences are also part of positive **feedback loops** which reinforce causes making the problem systematic. In our problem tree, the feedback loops are represented through the dashed red lines. For instance, if a sense of responsibility continues to be absent for people in Moerwijk it will further feed into people's individualistic mindset, which in turn deepens our problem making it more challenging to solve.

Stakeholder Analysis

We identified the local actors through the following methods:

- Visiting and observing PK events: This allowed us to meet and interact with a wide range of people involved in PK, including organizers, participants, volunteers, and community partners.
- Reviewing online resources: By searching the internet for information about PK in local area, including websites, social media pages, and news articles.



Stakeholder Analysis

PK is reliant on the contributions of a diverse range of stakeholders. One of the main reasons PK was established was to bring **people from Moerwijk** and beyond together in dining events and opportunities for social interaction as well as community engagement. **The Municipality of The Hague** plays a role as the project's primary financial and social supporter, providing administrative assistance and facilitating community outreach.



Volunteers are an essential component of the PK, generously dedicating their time and effort to meal preparation, serving, cleanup, and providing companionship to participants. **Local markets, grocery stores** and **food producers**, serving as suppliers, contribute to the availability of ingredients.

Beyond these core stakeholders, PK receives invaluable support from **donors** and **sponsors**. Their contributions to essential resources ensure the ongoing viability and ability to deliver services to the community.

This collective network of stakeholders forms a synergistic relationship and supports PK's mission to devote itself to the community of Moerwijk. The future vision of PK extends to broaden their impact across the Netherlands.



Theory of Change

PARTICIPATIE
KEUKEN

“How can Participatie Keuken enable the community in Moerwijk to embrace and advocate for a sustainable lifestyle and foster a sense of ownership over its initiatives?”

1 NEEDS

- Community awareness and education on sustainable living
- Inclusivity and active participation from diverse community members
- Skills development in sustainable practices
- Financial support for sustainability initiatives
- Collaborative partnerships for broader impact

2

RESOURCES

Dedicated volunteers, Funding, Spaces for the community, Food Supplies and Facilitation, Employees, and Partnership with relevant stakeholders

3

ACTIVITIES

- Workshop on Sustainability Living
- Community Garden Establishment
- The Transform of PK Organization System
- Newsletter & Bulletin Board in the Community Centre
- Building partnership

7

VISION

Moerwijk become a beacon of sustainable living

SHORT-TERM OUTCOMES

4

- Understanding of Sustainable Living
- Increasing Active Participation
- Build Up Network System

6

IMPACTS

- People live in sustainable lifestyle
- Community in Moerwijk engages in sustainable practices in the neighborhood

5

LONG-TERM OUTCOMES

- Embracing Sustainable Living
- Community Stewardship and Empowerment

Theory of Change



After participating in several PK activities and exploring the situation, we designed the Theory of Change (ToC) which focuses on fostering a community-sustainable lifestyle in Moerwijk. The ToC envisions a transformative impact in Moerwijk through Participatie Keuken (PK) as a local community. This program is not only raising awareness about individual contributions to sustainability but also addressing the community's habit change.

NEEDS

To effectively address the ToC, PK has some core needs that must be met to affect change. First and foremost, a comprehensive approach to **community awareness and education on sustainable living** is essential, ensuring the residents are well-informed about the importance of adopting sustainable practices. Inclusivity and **active participation from diverse community members** are needed, fostering a sense of collective ownership and shared responsibilities. Furthermore, raising **skill development related to sustainable practices** empowers individuals and communities to integrate green habits into their daily lives. To facilitate these efforts, **financial support and collaborative partnerships** are crucial to create long-lasting impacts on the community's sustainable journey.

RESOURCES

On the **resource** front, PK relies on dedicated volunteers, funding, spaces for the community, food supplies and facilitation, employees, and partnership with relevant stakeholders (including the owner's network)

ACTIVITIES/OUTPUTS

As a result of the problem, subsequently arising needs and the resources of PK, the following **activities / outputs** are seen as essential to achieving change.

Workshop on

Sustainability Living

- Waste reduction
- Cooking class: local source / food scraps
- Upcycling
- DIY project

Community Garden

Establishment

- Urban gardening
- Composting

Building Partnership

- Collaboration with local authority
- Seeking and securing financial support

Newsletter & Bulletin Board in the Community Centre

- Sharing knowledge
- Sharing information / community activities
- Sharing product

The Transform of PK Organization System

- Well-structured
- More open
- Feedback mechanism

Theory of Change

SHORT-TERM OUTCOMES

In the short term, the ToC expected three key outcomes. Firstly, a **heightened understanding of sustainable living**. The workshop on sustainable living and community gardens is pivotal in achieving this short-term outcome. The second is **increasing active participation**. The transformation of the PK organization system to be more accessible, well-structured, and open for feedback is integral to boosting participation. Moreover, the bulletin will contribute to communication to spread information and knowledge. It also aligns with the third outcome, **building up a network**. Building partnerships with local authorities and potential funding partners will increase connections in the community, facilitate sharing of knowledge and resources, and establish collaborative relationships for immediate impact.

LONG-TERM OUTCOMES

Looking towards the future, the ToC aspires to cultivate a community in Moerwijk that not only understands but fully **embraces sustainable living**. This long-term outcome encompasses **community stewardship and empowerment**, marked by a profound sense of responsibility and shared trust among residents. The establishment of enduring partnerships and a collective knowledge base on common sustainability interests. This will all be achieved if the activities are carried out properly.

IMPACTS

The ToC's ultimate impact is a community where **people live a sustainable lifestyle**, and **Moerwijk inhabitants' collective engagement in sustainable activities** becomes a distinctive feature of the neighborhood. This transformation goes beyond individual behaviors to alter the community's broader attitude.

VISION

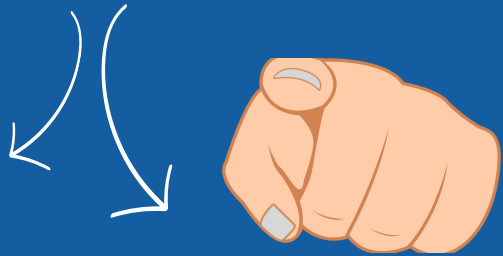
The vision is for Moerwijk to evolve into a **beacon of sustainable living**, serving as a model for other towns. The community is poised to become a model of environmental consciousness, social responsibility, and resilient, sustainable living due to the effective application of the ToC and the activities launched by PK.



Lessons

Making impact together. The mission of the Participatie Keuken is a clear call to action. What we hope to have shown in this zine, is that this call to action to form communities and make an impact **can** also lead to more sustainable practices by the people in Moerwijk. If people in Moerwijk embrace a more sustainable life-style, they will care for their surroundings. The Theory of Change showed that this is indeed possible, and the Participatie Keuken could have a great influence on this process. By forming a community, and by facilitating initiatives for sustainable practices, they can make a difference. However, they cannot do this on their own. One of the most important things we have learned the last weeks is that we need to make change **together**.

**PARTICIPATIE
KEUKEN**



What Participatie Keuken can do:

- Sustainability workshops
- Community gardens
- Newsletter & Bulletin Board in the Community Centre

What **you** can do:

- Engage by volunteering
- Inspire others by setting the example
- Build your own community



Personal Reflection

The first meeting with Participatie Keuken took place only three weeks ago (02/11/2023). In three weeks, we discovered a lot about Participatie Keuken and the community of Moerwijk. As we had limited knowledge of Participatie Keuken and the community of Moerwijk, we wanted to get their insights. We did this by helping at the Participatie Keuken as volunteers. On this day (07/11/2023), we had the chance to talk to people who work at Participatie Keuken to get more insights into the activities of Participatie Keuken and the way they try to form a community in Moerwijk. This day of volunteering, and all the other conversations we had with involved actors not only gave us great insight in the activities of Participatie Keuken and the community of Moerwijk, but also inspired us to step out of our own 'bubbles' and engage with communities in our own neighbourhoods.



SCAN ME TO GO TO THE
WEBSITE OF PK!



We would like to call you to action: meet new people, inspire others and be inspired by others. Engage in a community. It does not only give you a great time and a new experience, it gives you the chance to give back to the community. By helping people to make the steps from 'overleven' to 'samenleven', you can make a difference in the lives of many.