



# SANTUARY KITCHEN

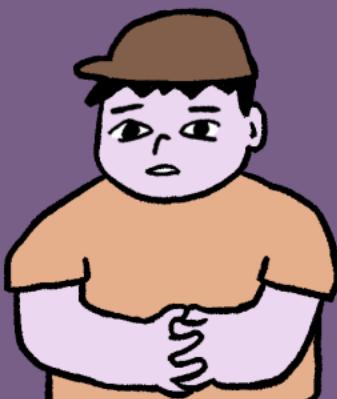
• BY CITYSEED •

KAI ZHANG

WHEN I FIRST JOINED SANCTUARY KITCHEN, I FOUND MYSELF WONDERING HOW I WOULD FIT INTO THE UNIQUE DYNAMICS OF WORKING IN A PLACE LIKE THIS.



TO GIVE SOME BACKGROUND CONTEXT, SANCTUARY KITCHEN IS A NONPROFIT CULINARY TRAINING PROGRAM IN NEW HAVEN, CT. IT SUPPORTS REFUGEE AND IMMIGRANT PEOPLE BY HELPING THEM GAIN SKILLS, EARN INCOME, AND SHARE THEIR FOOD AND STORIES WITH THE LOCAL COMMUNITY.

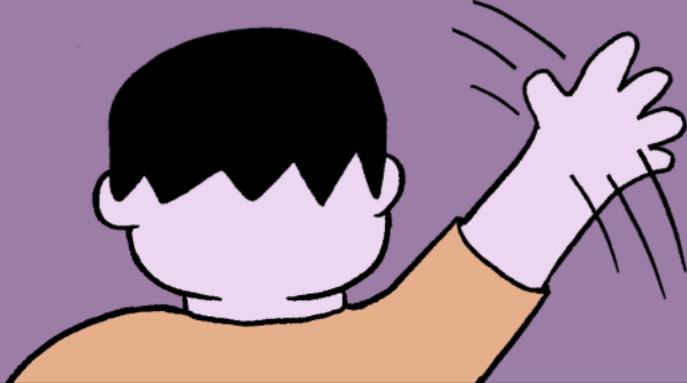


I'VE NEVER WORKED IN A KITCHEN SPACE BEFORE, AND I WAS UNSURE WHAT KIND OF RESPONSIBILITIES MY WORK WOULD ENTAIL THROUGHOUT THE SUMMER.

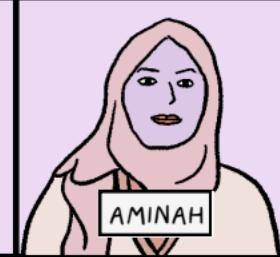
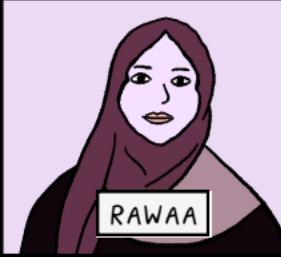
WHILE I KNEW I'D BE MOSTLY WORKING ON PREP AND ADMINISTRATIVE TASKS IN THE KITCHEN, I WAS HOPEFUL THAT I'D ALSO LEARN A BIT MORE ABOUT HOW FOOD BUSINESSES GROW AND SCALE.

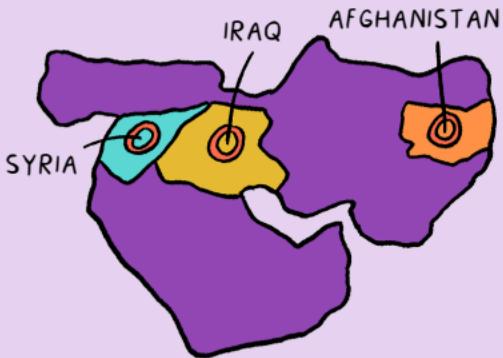


THE KNOWLEDGE MIGHT BE HELPFUL,  
IF I WERE TO SOMEDAY RUN MY OWN BUSINESS.



IN THE FIRST WEEK, I GOT TO MEET ALL THE CHEFS WHO WORK AT THE KITCHEN, WITH ALL OF THEM BEING WOMEN.





# Welcome to **NEW HAVEN**

THEY CAME FROM COUNTRIES LIKE SYRIA, AFGHANISTAN, SENEGAL, AND MAURITIUS

AND NOW LIVE IN THE GREATER NEW HAVEN AREA.

EACH ONE OF THEM ARE SO INCREDIBLY WARM AND WELCOMING.

WHERE ARE YOUR PARENTS FROM, KAI?

SHOWING ME KIND GESTURES LIKE SHARING TASTES OF WHAT THEY WERE COOKING AND ASKING QUESTIONS WITH SO MUCH CURIOSITY.

I KNEW THAT ONE OF MY GOALS BEING IN A PLACE LIKE SANCTUARY KITCHEN WAS TO LEARN MORE ABOUT THESE PEOPLE.



I WANTED TO ASK THEM ABOUT HOW THEY ENTERED THE CULINARY WORLD AND WHERE THEY HOPE THE FUTURE TAKES THEM.

AS I SETTLED INTO THE KITCHEN, I  
STARTED DIVING INTO A FEW MAJOR PROJECTS.

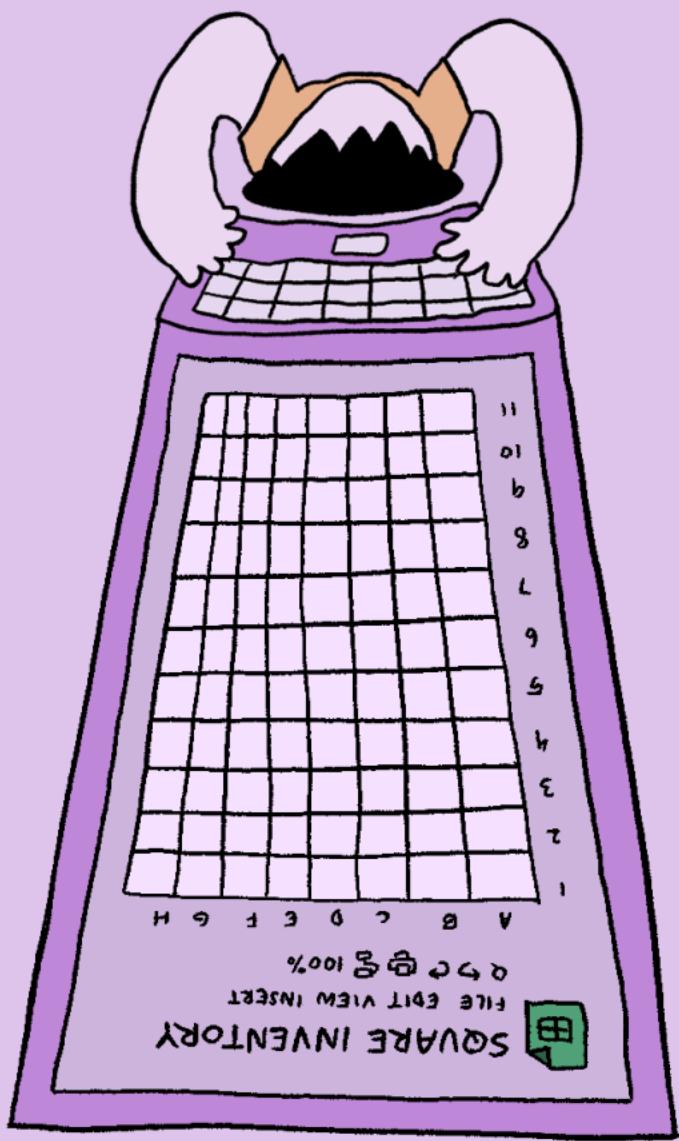
CREATED A CUSTOMER FEEDBACK SURVEY FOR PEOPLE WHO HAVE  
ORDERED CATERING AND BOUGHT FOOD FROM SK



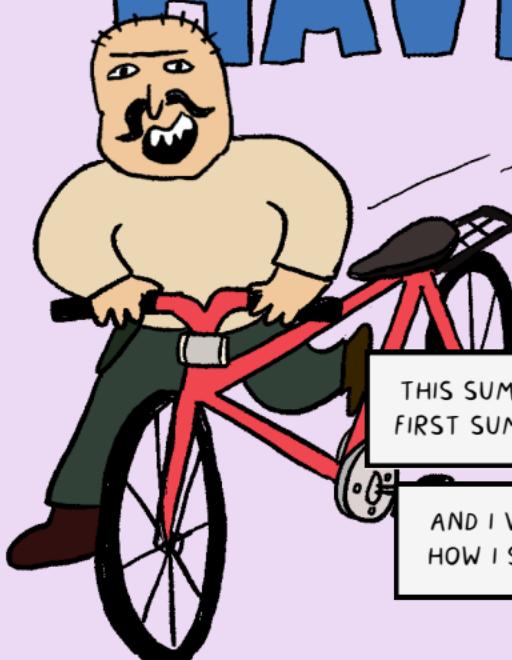
DESIGNED A GRADUATION COOKBOOK FOR THE TRAINEES OF THE  
CULINARY TRAINING PROGRAM



AND CLEANED UP SPREADSHEETS AND GOOGLE DRIVE FOLDERS.



# NEW HAVEN

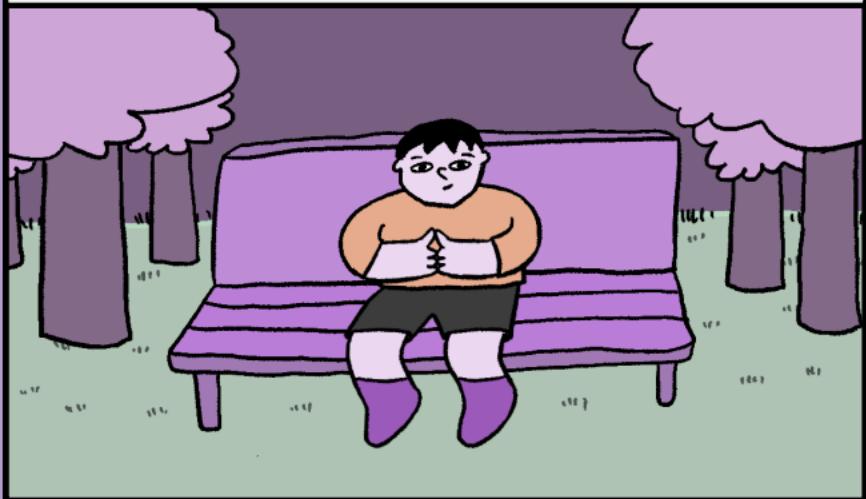


THIS SUMMER WAS ALSO MY  
FIRST SUMMER IN NEW HAVEN.

AND I VERY MUCH ENJOYED  
HOW I SPENT MY TIME HERE.

DESPITE HAVING MY BIKE STOLEN (TWICE).

OVER THE COURSE OF SUMMER, I'VE COME TO MORE DEEPLY APPRECIATE THE MULTICULTURAL COMMUNITIES THAT SHAPE THE NEW HAVEN AREA.

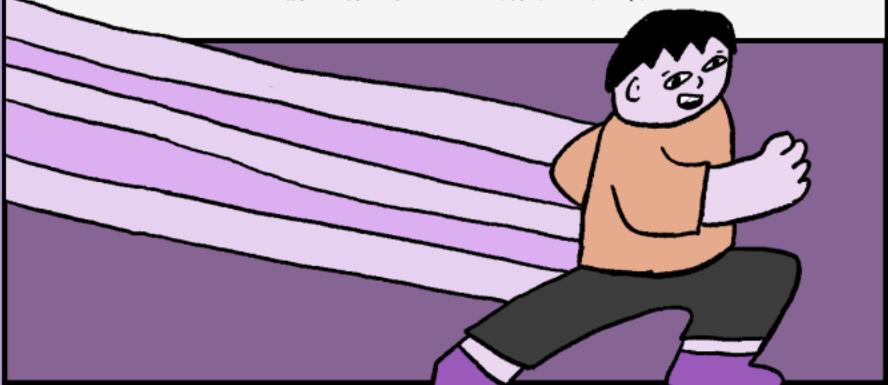


AT THE KITCHEN, WHAT I FOUND MOST REWARDING WERE THE EVERYDAY CULTURAL EXCHANGES I SHARED WITH THE CHEFS.



MOMENTS OF CURIOSITY, LAUGHTER, AND CONNECTION.

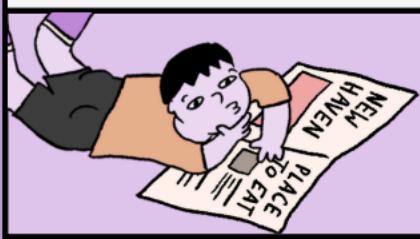
I HOPE TO CARRY THAT MOMENTUM INTO MY FINAL YEAR OF COLLEGE, CONTINUING TO ENGAGE WITH AND LEARN FROM THIS VIBRANT CITY.



VOLUNTEERING MY TIME AT LOCAL NON-PROFITS



EXPLORING NEW CUISINES IN THE NEIGHBORHOOD



AND COMING BACK TO SANCTUARY KITCHEN EVERY NOW AND THEN.





THE FOURTH OF AUGUST, TWENTY TWENTY-FIVE

THANK YOU TO YALE PRESIDENT'S PUBLIC SERVICE FELLOWSHIP  
FOR THIS EXPERIENCE, CONNIE FOR THEIR MENTORSHIP ON THIS  
COMIC STORY, AND CAROL FOR BEING AN INCREDIBLE  
SUPERVISOR THROUGHOUT MY TIME AT SANCTUARY KITCHEN.