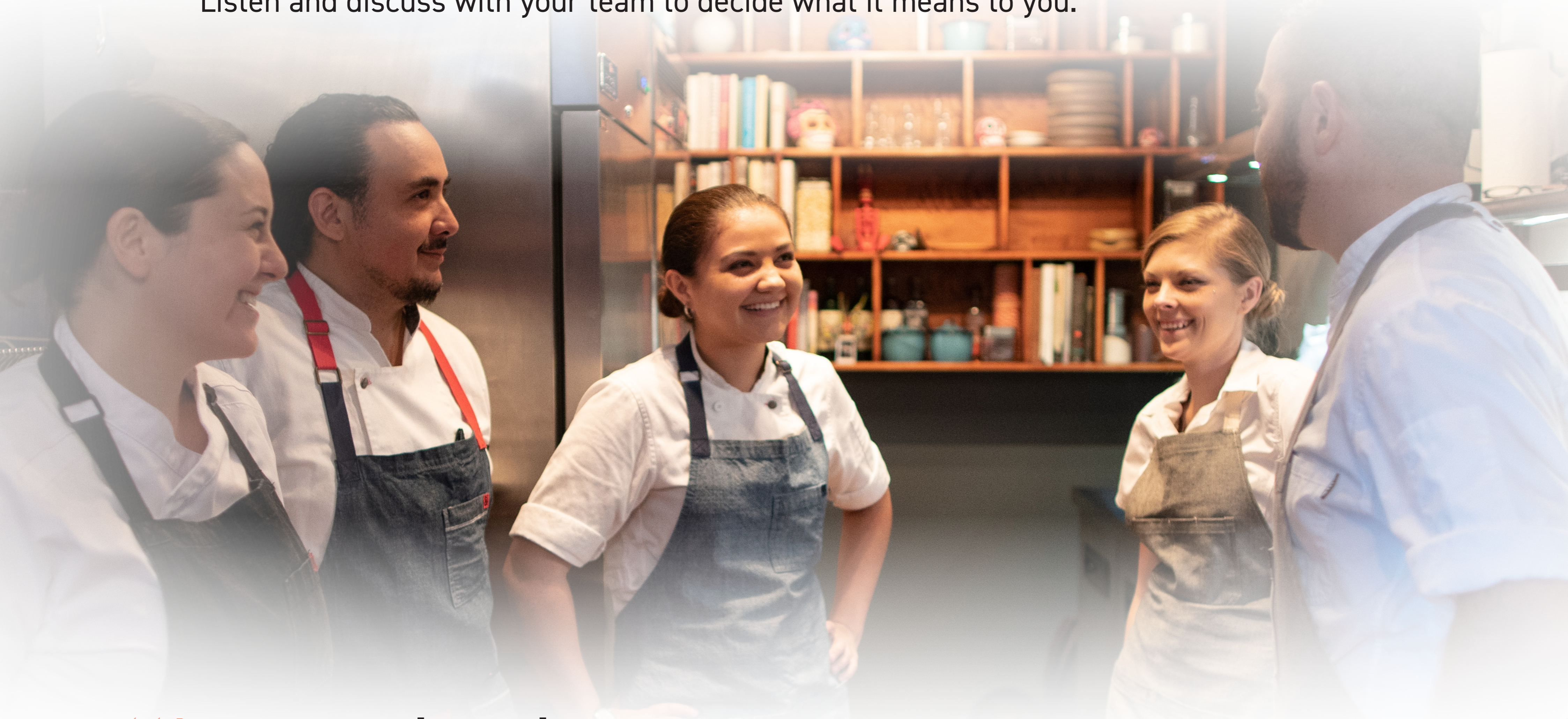


AN HOUR FOR US: TAKE YOUR FIRST STEP WITH THE #FAIRKITCHENS CODE

An Hour for Us is the first step to creating a happy working environment for everyone. Getting started doesn't have to be complicated: pick an hour, sit down with your team, and talk through the [#FairKitchens](#) Code.

What makes a kitchen fair will be different for every restaurant. Listen and discuss with your team to decide what it means to you.



“An Hour for Us [is about] putting it all on the table, working things out together. Everybody has a say in what happens and where we need to improve.”
Chef John Vitale, Caffe Anello, New Jersey, US

How?

1. Sit down with your team for one to go through the [#FairKitchens](#) code.
What do the values mean to you?
2. At the end the hour, agree small actions for everyone in the room.
Even small changes add up to a big difference.
3. Check in with your team regularly to see how these changes are working in practice. *Is there anything you need to change?*
4. Share your experience on social media so others can learn from you.
Tag [@wearefairkitchens](#), [#FairKitchens](#) and [#AnHourforUs](#).

“It's so important to me to have [#AnHourforUs](#) sessions. It a great time for the team to discuss some of the industry's biggest issues and talk about how we can make our new restaurant a beacon of [#FairKitchens](#)”.
Chef Claudette Zepeda, El Jardín Restaurant & Bar, San Diego, US



LET'S CHANGE THE INDUSTRY
LET'S WORK AS *TEAMS*