



**fair** kitchens

## 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.

### How?

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

### The Fair Kitchens Code

#### **Talk Openly -**

We speak out when we have something to say, we make sure others do the same.

#### **Excite Passion -**

We train, mentor and inspire the next generation. We fuel their flame.

#### **Act As One -**

No matter our ethnicity, gender or religion, we share the same goal. We respect each other, hold back from abuse and ask "Are you okay?" if we think someone is not.

#### **Make Time -**

We make time for breaks - for fresh air and daylight. We rest, relax and recharge where we can.

#### **Say 'Good Job' -**

When one of us does a good job, we say it because a pat on the back can make their day.