

## 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***