

FRENCH ICARIA KITCHEN PROPOSAL

Prepared for: French Icarian Colony Foundation

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Project Description

This proposal is for the development of a community kitchen in the lower level of the French Icarian refectory in Corning, Iowa. This proposal considers compliance with the Historic Register, several case studies of similar community kitchens in the surrounding area, accessibility and building codes, egress requirements, and materials and appliances necessary for such a kitchen. We have also included a floor plan, elevations, and several interior renderings of our proposal.

Historic Register

Our objective is to maintain the historic integrity of the French Icarian refectory by preserving the history of the colony while rehabilitating the basement into a state certified kitchen and to achieve national historic registry status so that the project qualifies for additional grants and tax incentives. A National Historic Landmark is a building, site, structure, object, or district officially recognized by the United States government for its historical significance. There are as many as six criteria that a site or district must meet in order to obtain historic significance. The way of life in the French Icarian colony was unique to American settlement history and therefore it is worthy of a designation. Of the five settlements in the United States, the refectory and school house are the only two remaining Icarian buildings.

To gain historic landmark status the Icarian buildings will need to follow the Secretary of the Interior's *Standards for the Treatment of Historic Properties*, which focuses on preservation, rehabilitation, restoration, and reconstruction. For the installation of a kitchen in the basement of the refectory, we will need to concentrate on the rehabilitation properties of the space. According to the *Standards for the Treatment of the Historic Properties*, rehabilitation is characterized by the need to alter or add to a historic property to meet continuing or changing uses while retaining the property's historic character. By adding a serviceable kitchen in the basement of the refectory, there is little change to the building's original character. With the addition of the kitchen, the property is better able to serve the surrounding communities with a rentable kitchen space, cooking classes, and the possibility to hold catered events at the site. An obstacle that will need to be overcome is a solution for the exhaust vents from the kitchen appliances. This is important because the vents cannot be visible on the exterior in order to stay in line with the *Standards for the Treatment of Historic Properties*.

Upon obtaining historic registry status, the French Icarian Colony would be able to redeem federal investment tax credits and state tax benefits. One such incentive is the Statewide Historic Projects credit; twenty-five percent of the qualified rehabilitation costs are available as a credit against the owner's state income taxes. Properties do not need to be income producing. There is also the Small Projects under \$500,000 credit which follows the same requirements and regulations of the statewide program except the funding is from a separate allocation reserved for small projects with qualified rehabilitation costs less than \$500,000. Lastly, one important incentive to be on the National Historic Register is to be allowed International Building Code fire

and life safety code alternatives. These code alternatives could allow for easier installation of certain materials and alterations of spaces.

Economic Development

Through research on economic development opportunities brought about by community kitchens, we see a community kitchen as a place for the development of skills and products. Community kitchens allow access to commercial grade equipment and allow for licensed food processing activities. A kitchen can support profit-seeking or non-profit ventures. Rental rates should be set according to local economic status, relevance of the offerings to the community, and overhead costs involved in the operation of the facility. In the early development of a community kitchen, it is important to understand the targeted user groups. This will insure future growth and usage by these groups. Offering a variety of cooking classes will improve the skills of attendees, and may lead to the creation of value added goods in the kitchen.

Here are some case studies of Community/State Certified Kitchens in and around Iowa:

Camp Ewalu is a Lutheran camp located in Strawberry Point, Iowa. Their use of a state certified kitchen differs from the Icarian village's objective in that it is not open for community use. The camp has two on-site state certified kitchens, one of which is strictly used by camp faculty to provide food for campers. In a phone interview, the manager mentioned that the insurance company prohibits use by other parties. The second on-site state certified kitchen can be used by visitors to the campsites. The kitchen is not intended for making value added goods, rather it is to be used for making family sit-down meals. Campers may rent the facility at a rate of \$40 for first time use and \$25 per use thereafter.

Heartland Acres Agribition Center is located in Independence, Iowa. It is an information site about agriculture's past, present and future. The site includes an exhibition center/reception hall. Through phone conversations with the buildings' rental manager, we discovered the original facility contained a state certified kitchen, which was removed shortly after the opening due to lack of use. The kitchen was initially installed with the hope that it would be rented out by users for the mass production of food to serve groups of 300 or more people. Had the kitchen stayed in operation, the cost of rental would have been \$450-\$500 per event, assuming 300 guests at \$7-\$9 a plate. The flat fee cost was to cover the electrical cost of the equipment and most importantly the liability and insurance costs. A 10 percent payback on each event was needed to reach their goal of a two-year payoff. In addition, the facility had its own linen and flatware services; however, this was also terminated because catering companies offered the same service for a lower overall cost.

Living History Farms, located in Urbandale, Iowa, tells the story of Midwestern agriculture and rural life through informational and interactive exhibits. They have two state certified kitchens; however, they are only for staff and catering use. They have other smaller kitchens on-site, which are not state certified and are for general and catering uses.

Clinche-Powell Community Kitchens is located in Hancock County, Tennessee and is a multi-use facility. Some of the services listed on the website include food safety training, equipment use training, recipe development, product testing, and nutritional analysis. They also offer many different business practice courses including confidential business counseling, business plan development assistance, market research, market planning, and counseling in packaging and label development. They are involved in the whole process of food production—from processing and packaging to business practices. Rates for using the facility are as follows: farmers from Tennessee (\$20/hour), others (\$25/hour), and tours of the facility cost \$100 per tour. Although not in an urban area, the facility is at the intersection of two major highways and is easily accessible.

Based on our research, this is a list of the best practices for successful community kitchens:

- **Determine user groups and their needs in terms of space, use, and equipment.**
- **Set rental rates and keep them. Increasing over time will only cause the users to become upset.**
- **Get the name and uses of the kitchen out to the public, so that people will know about it.**
- **Use local, state, and federal funding to get the kitchen established and to sustain it as needed.**
- **Provide a variety of assistance along with the kitchen, such as technique databases, marketing, and a way for people from local communities with similar interests to find each other.**
- **Have enough storage (dry, refrigerator, and freezer).**
- **Use a system to schedule clients and manage the use of the kitchen.**
- **Use existing community anchors (churches/community centers) to gather technical information for labeling, marketing, and insurance.**

Building Code Review and ADA Guidelines

The following codes have been referenced for this project as adopted by the State of Iowa: International Building Code 2009, International Mechanical Code 2009, International Existing Building Code 2009, International Energy Conservation Code 2009, Uniform Plumbing Code 2009, National Electrical Code 2008, and Iowa Accessibility Code 104A.2 (ADAAG 1994). ADAAG refers to the Americans with Disabilities Act Accessibility Guidelines.

Building occupancy determines the building type. In the case of the new kitchen in the French Icarian refectory, the entire building will be classed as an A-2 Assembly type. This means that the intended uses of the space are for food and/or drink consumption. The A-2 Assembly space also limits the height of a project, in this case, to one story and the floor area to be at or under 6,000 square feet (sq. ft.). The Refectory is under this limitation at 1,614 sq. ft. The rooms in the basement space do not need to be classified separately from this occupancy due to their limited area with respect to the area of the entire building. Based on this occupancy classification and area, a maximum of ten occupants can be in the basement at one time.

The wood and non-fire resisting qualities of the building materials classify this building as type VB and fire-resistant materials are not required to be part of the construction; however, we recommend using as many fire-resistant materials as possible. Additionally, it is recommended to create a compartment consisting of the entire basement space by providing fire-resistant ceiling materials. This will provide additional separation for the space above and aid in additional time for occupants to exit. The Refectory has a 60' minimum setback from other buildings and the property lines on all sides of the building. Due to this setback, fire-protected openings and a sprinkler system are not required.

A means of egress (exit) is not required to be ADA compliant (handicap accessible) in buildings with alterations. There are components, however, that are required to comply. Hallways are required to be a minimum of 36" in width. A recommended width of 48" allows for better circulation and cabinet door swings. Objects along this path with their leading edges more than 27" above finished floor to 80" above finished floor, shall not protrude more than 4" horizontally into the circulation path. Post-mounted objects can protrude a maximum of 12" when located between 27" and 80" above finished floor. A ceiling height of 7'-6" minimum must be provided at all times except at doorways. Floor surfaces need to be slip-resistant and securely attached to the subflooring. An exterior light is needed above the exterior doorway to provide an illumination level of one footcandle at the walking surface. In an A-2 classified building, there is an allowable travel distance of 250' following the path of travel from the most remote place in the space to an available exit. The travel distance for the basement space of the Refectory is 50', thus only one exit is required in the kitchen space and two are currently provided.

When a door is fully opened, it cannot protrude more than 7" into a path of egress and must meet a minimum width of 32" when fully opened and a minimum height of 80". We recommend the current door swing be reversed to accommodate the accessibility guidelines. The maximum allowable height of the threshold is ½" if it is beveled, and ¼" if it is square-faced. A floor clear space of 30" by 48" placed perpendicular to the door must be provided to allow for proper operation of the door and door hardware. (See Figure 1)

Door hardware, including handles, pulls, latches, locks and any other operating devices must be installed between a height of 34" and 38". Tight pinching, grasping or twisting of the wrist to operate the door or any of the hardware with one hand is not allowed and no more than five pounds of force shall be required to activate operable parts. The space can have key-operated hardware from the egress side of the door if a locking device is easily recognized as locked. A readily visible and durable sign posted on the egress side of the door or adjacent to the door is also required. This sign must state the following statement in 1" high letters on a contrasting background: THIS DOOR TO REMAIN UNLOCKED WHEN BUILDING IS OCCUPIED. A floor stop is recommended to prevent the door from swinging into objects behind the door.

For exits that have a stairway, a minimum required width of 42" between handrails is necessary. Handrails are required to be mounted between 34" and 38" measured from the walking surface or stair nosing. The handrail is required to be 1.25" to 2" in diameter, mounted with 1.5" between the wall and the gripping surface. It must be continuous and return to the wall or landing surface. The door from the kitchen to the exterior provides the main means of egress and also fulfills the minimum necessary width for egress stairs. The stairway is required to have uniform riser heights and tread depths, with a maximum riser height of 7" and a minimum tread depth of 11". Open risers are not permitted. The exterior stairway is not required to be enclosed and the current door above the stair is not allowed. To prevent water from entering the basement, see the detail with the drain in the landing.

Landings at exterior doorways may have a maximum slope of 2% for drainage, other landings must provide the same elevation on both sides of a doorway. The width of the landing must comply with the maneuvering clearances for doors with a minimum of 48". The landing depth in the direction of travel must be a minimum of 44", but is not required to exceed 48".

A sign stating the room and occupancy load must be posted near an exit of an assembly space; i.e.: (Room name): Capacity 10 persons. Tactile exit signs are required at available exits and along exit routes.

Kitchen Planning Considerations

Kitchens under 1,000 sq. ft. are not required to be accessible; however, a minimum of a 60" turn circle must be provided in the means of egress space, as well as a 36" accessible circulation path. A door is permitted to swing into this turning space. An alternate turning space in the shape of a T is permitted. (See Figure 2)

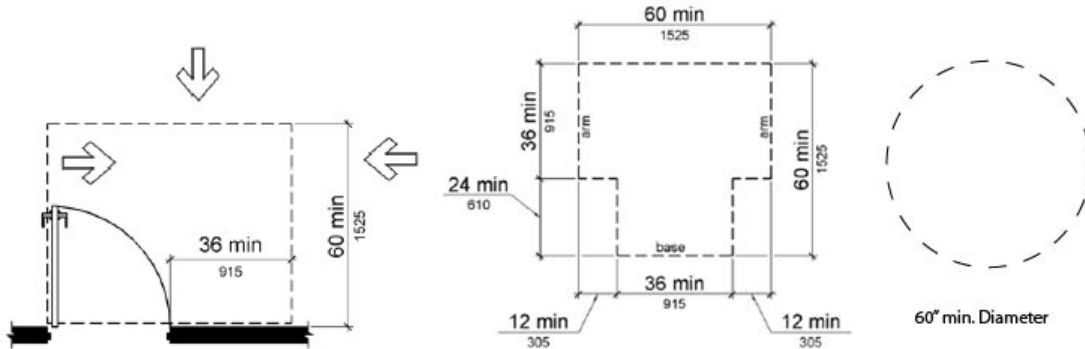


Figure 1

Figure 2

Clear floor space for appliances, countertops, sinks or other objects is needed in order to use the appliance or object. A 30" wide by 48" deep clear area should be positioned for a forward approach; if a forward approach is not possible, then the same area space should be positioned in parallel for a side approach. One full unobstructed side of the clear space is required. Knee spaces that provide a minimum of 29" can be included in the clear space and the toe kick is recommended to be between 9" and 12" in height and 6" deep. (See Figure 3) All abrasive surfaces on which someone could be injured should be covered.

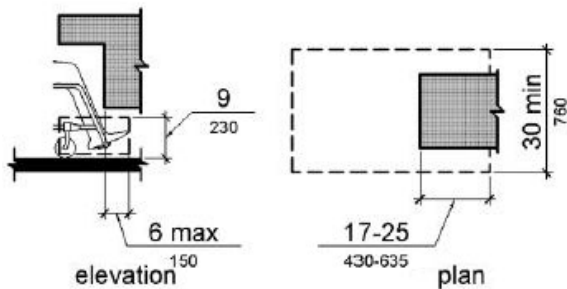


Figure 3

The optimal forward or side reach ranges for people, seated or standing, is from 15" to 48". If an obstruction or countertop is between the person and an object 20-25" deep, a forward reach of 44" is recommended. If an obstruction or countertop is between the person and an object 20" deep, a forward reach of 48" is recommended. For a person seated, a maximum height for the obstruction should be limited to 34" for ease of use. A minimum of one sink should be provided within this range.

Following a "Work Triangle" plan for workspace layout is recommended. The major workspaces in this space, including the refrigerator, the primary food preparation sink, and the primary cooking surface, are all within a total triangular pathway of 26' or less. Additionally each "leg" of this triangular space should not be less than 4' and not exceed 9', and other major traffic patterns should not cross into or through the work triangle. (See Figure 4)

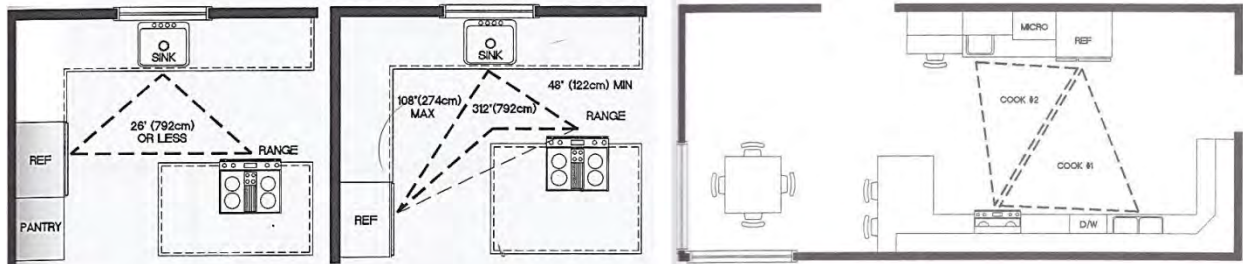


Figure 4

Work surface areas are recommended for each food preparation and cooking area. Preparation areas are ideally 36" by 16" and adjacent to a water source. The dimensions should double for multiple people to work in same area. Position work areas to ensure conversation can be carried on whether cooking or preparing. (See Figure 5) Do not separate two primary workspaces by tall cabinets, an oven or refrigerator.

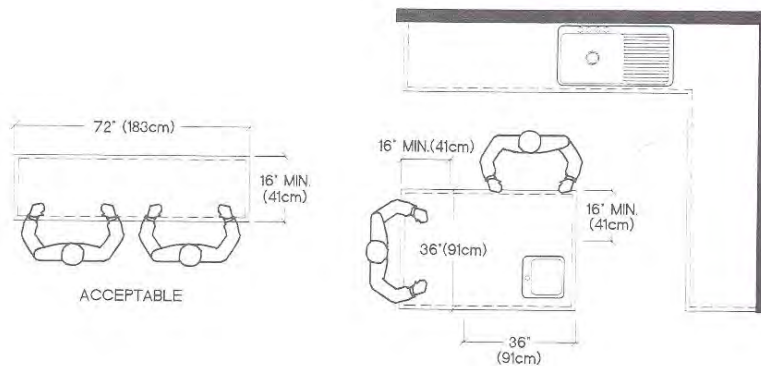


Figure 5

It is recommended to have 198" of total linear countertop space for workspace. The counter should be a minimum of 16" deep and 15" of clearance above the top of the countertop to be counted as workspace. It is recommended that a minimum of 48" of workspace from the exterior edge of the countertop is left free from obstruction. Use clipped or radius corners. There should be no sharp or abrasive surfaces along or under a work surface.

A clear space of a 30" minimum width, positioned for a forward approach, is recommended at 34" above the finished floor, or an adjustable counter to variable heights between 29" to 36" could instead be installed. Pull out surfaces or carts are acceptable alternatives that equally allow flexibility in their needed area for use. (See Figure 6)

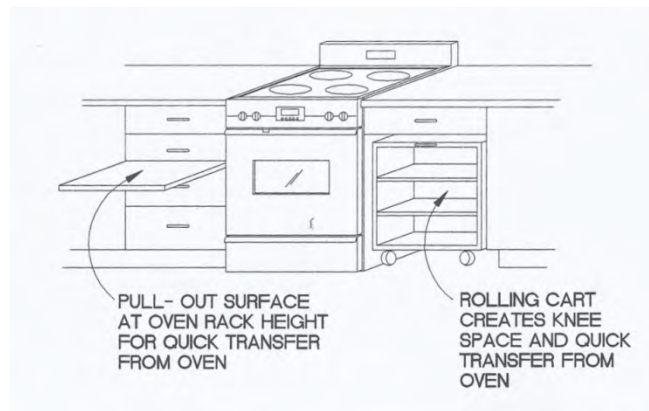


Figure 6

In addition to work surfaces, landing spaces are recommended next to sinks and appliances to allow for spaces to set dishes or food for easier and convenient use. These spaces can be included in the overall work surface area and it is recommended to have these landings at the same heights as the sink or the appliance it accompanies (See Figure 7)

- Sinks should have 18" on one side and 24" on the other side. Locate the sink a minimum of 15" from the centerline of the sink to the corner of the countertop and allow a minimum of 3" of space from the corner of the counter to the corner of the sink.
- Microwaves should have 15" of landing space above, below or to an adjacent side. If microwave is mounted on the upper wall, 24" to 48" of space should be allowed between the bottom edge of the microwave and the countertop under it.
- Cooktop surfaces should allow for a forward approach and have 9" on one side and 15" of landing space on the other side at the same height as the cooking surface. This is an important safety precaution that allows for quick transfer of a hot pan or object grabbed accidentally. If a knee space is provided below a cooktop surface, the underside shall be insulated or otherwise configured to prevent burns, abrasions or electrical shock. The controls should be located so that no one has to reach across burners. It is recommended to have 24" minimum clearance between a cooking surface and a protected surface above, or 30" minimum between a cooking surface and an unprotected surface above. Appliances used for surface cooking should have a ventilation system with a Type 1 fan rated at 150 cfm minimum.
- A wall oven should allow for a clear space located on the latch side if its door swings to the side or on either side of the door for a bottom-hinged door. A landing space of 15" should be placed either next to or above the oven if the door opens into primary traffic pattern or no more than 48" across from the oven if the pathway does not cross into a

traffic area. Controls should be located on the front panel.

- The refrigerator should allow for a parallel approach and provide 15" of landing space either on the handle side of the door or a space that is no more than 48" across from the placement of the refrigerator. It is recommended that a minimum of 50% of freezer space be within 54" of the finished floor.
- The dishwasher should not open into the clear space provided for the dishwasher or the sink. The clear space should be positioned to allow for access from either side of the dishwasher. A minimum space of 21" should be allowed between the face of a cabinet and the edge of a dishwasher when cabinets are located at a right angle to the dishwasher. Care should be given to ensure that entry doors, appliance doors, and cabinet doors do not interfere with one another. (See Figure 8 for additional information on appliance controls and types.)

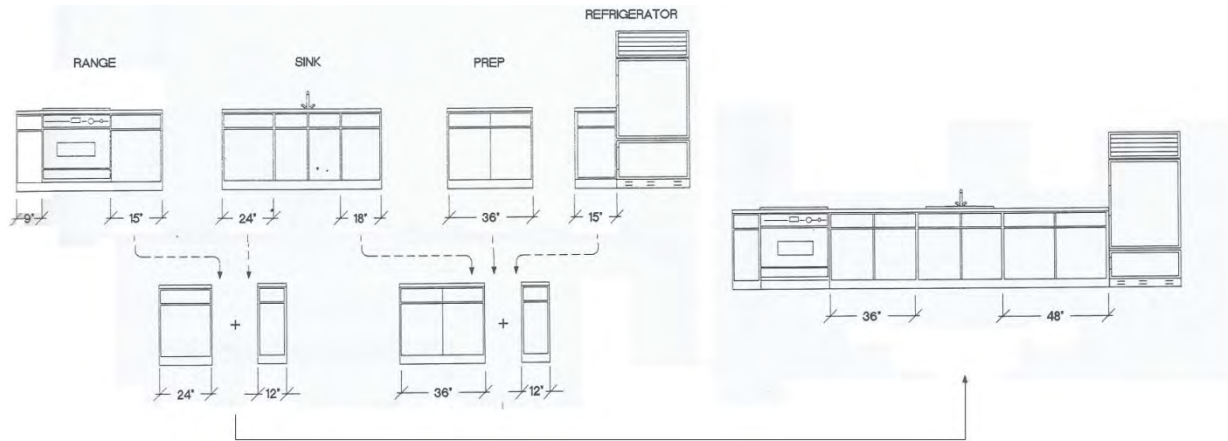


Figure 7

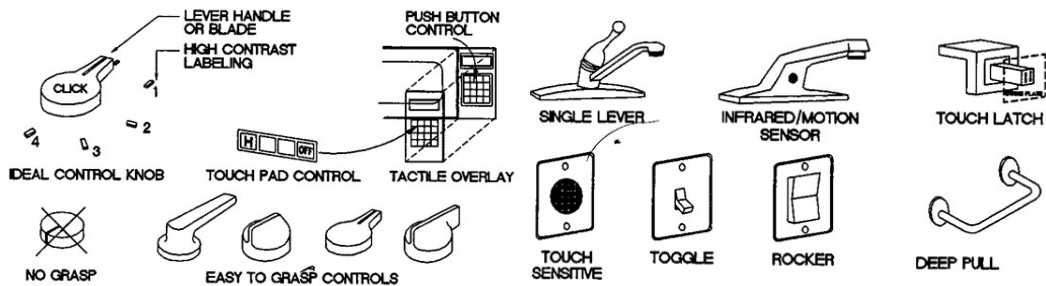


Figure 8

Garbage and recycling bins and/or cabinets should not exceed 36" in height. If these bins are located in a cabinet, lateral removal of these bins is preferable to vertical. It is recommended that at least five storage or organizing cabinets/items are located between 15" and 48". (See Figure 9 for additional information.) At least one of the storage units should include a corner cabinet.

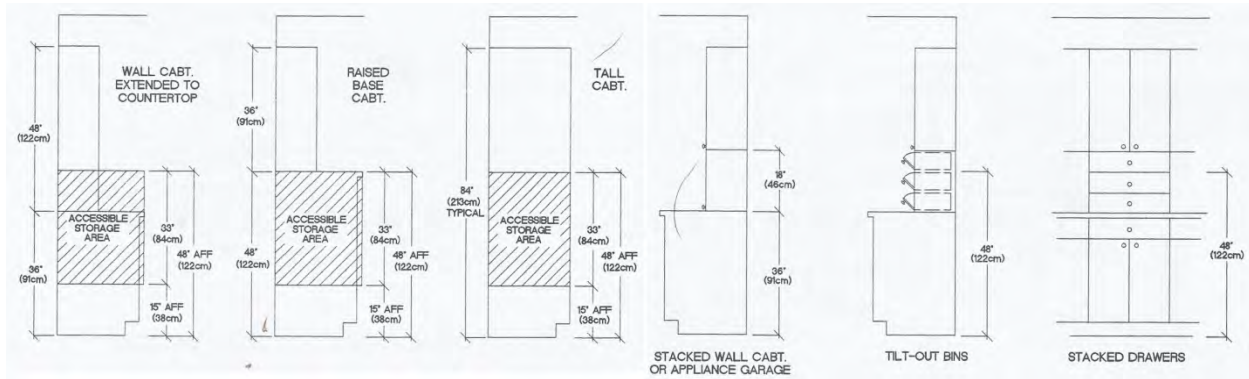


Figure 9

Technical, Material & Appliance Research

Walls - Kitchen walls can be covered with tiles or durable high gloss paint. Tiles are initially more expensive, but their durability and the ease of cleaning are advantages. High gloss paint may be more expensive in the long run since new paint coats will be required every few years and paint can be less sanitary if not cleaned properly.

Countertop - Corian, a non-porous solid-state acrylic polymer, has all the advantages of classic granite (durable, stain resistant, and easy to clean) without its maintenance schedule or high cost and is available in over 100 colors and patterns. There are also less expensive solid surface countertop alternatives. The drawback is that the surface can be damaged by hot pots and pans placed directly on the countertop. Trivets and other protective measures should be used.

Ceilings - A drop ceiling with non-porous tiles is easy-to-install and cost effective in this scenario, allowing for the easy integration of lighting fixtures.

Floor coverings - Kitchen floors must be non-slip to prevent accidents. Tiles with a non-slip coating or frit, such as quarry tile, are durable and very easy to clean, although they can crack or warping if too much moisture is present. Continuous non-slip floor covering containing stone chips is the quickest, easiest, and least expensive to install. However, the use of epoxy in these products means there are high levels of fumes and a long off-gassing phase.

Code Considerations for Materials & Appliances

During our investigation of state certified kitchens, specifically the material and appliance choices, there was a specific section of the Iowa State Food Code (ISFC) that we needed to follow. Chapters three and four of the ISFC provide all the guidelines for determining proper material properties, necessary quantities of appliances and facilities, and acceptable standards of cleanliness. Below are highlights from chapter 4 which are particularly helpful in understanding our decisions.

4-101.11 Characteristics

Materials that are used in the construction of utensils and food-contact surfaces of equipment may not allow the migration of deleterious substances or impart colors, odors, or tastes to food and under normal use conditions shall be:

- (a) Safe;
- (b) Durable, corrosion-resistant, and nonabsorbent;
- (c) Sufficient in weight and thickness to withstand repeated washing;
- (d) Finished to have a smooth, easily cleanable surface; and
- (e) Resistant to pitting, chipping, crazing, scratching, scoring, distortion, and decomposition.

4-101.12 - 4-101.19 Use Limitations

There are several materials that may be used only in limited circumstances, these include: cast iron, copper, galvanized metal, lead, wood, nonstick coatings, nonfood-contact surfaces and sponges.

4-2 Equipment and Utensils

Food contact surfaces and equipment shall be constructed in a strong and durable fashion which provides for ease of cleanability, accuracy of function, and has been certified or classified by the ANSI.

4-3 Numbers and Capacities

The number and capacity of all equipment, utensils, and devices shall be such to satisfy the sanitary requirements found in Chapter 3.





4-4 Location and Installation


The location and installation of all equipment shall be appropriate for functionality and cleanability.

We have specified two types of appliances—commercial grade products and residential grade products.



Commercial Grade Products:






Type of Product	Picture of Product	Brand Name/ Product Number	Price	Dimensions (overall)	Description	Quantity
Electric Range with Oven (Option 1)		Garland/ SS684	\$7019	47"H 60"W 34-1/4"D	Stainless steel front, sides and 10" backsplash; 60"W electric range with 5 Large, 5 Small burners and 2 ovens.	1
Electric Range with Oven (Option 2)		Garland/ S684- 24G	\$7861	47"H 60"W 34-1/4"D	Stainless steel exterior with stainless high back guard with slotted black enameled angled cap; 60"W electric range with 3 Large, 3 Small burners and 2 ovens; 5/8" thick. 24" griddle.	1
Dishwashing sinks		Advance Tabco/ 93-23- 60-18 R or L	\$4446	42"H 89"L 27"W	16 gauge type 304 stainless steel; 12" water level; Three 20"x20" compartments; Left or right 18" drain board.	1
Preparation Sink		Advance Tabco/ DI-1- 2812	\$1221	25"L 31"W 12"D	Mounting clips for drop-in sinks; 18 gauge type 304 series stainless steel.	1

Hand sink		Advance Tabco/ 7-PS-60	\$445	13”H 17-1/4”L 15-1/4”W	Heavy gauge type 304 series stainless steel; Wall mounting bracket is Galvanized and of offset design; All fittings are brass/ chrome plated unless otherwise indicated.	1
Dishwasher, undercounter (Option 1)		Jet-Tech/ F-18DP	\$3550	33-1/2”H 23-3/4”W 23-3/4”D	Free standing unit; Stainless steel construction with double wall insulated top and side panels; 24 racks per hour capacity.	1
Dishwasher, hood-type (Option 2)		Jet-Tech/ F-22	\$6700	81”H 37-1/2”W 29”D	Fully automatic hood-type single rack dish machine; Chassis, wash tank and external housing constructed of brushed stainless steel; Capacity of 45 racks per hour;	1
Reach-in Refrigerator		Traulsen/ G20010	\$3159	83-1/4”H 52-1/8”W 35”D	Includes anodized aluminum exterior sides, interior and floor; 6” casters, three epoxy-coated shelves per section, and automatically activated interior lighting.	1

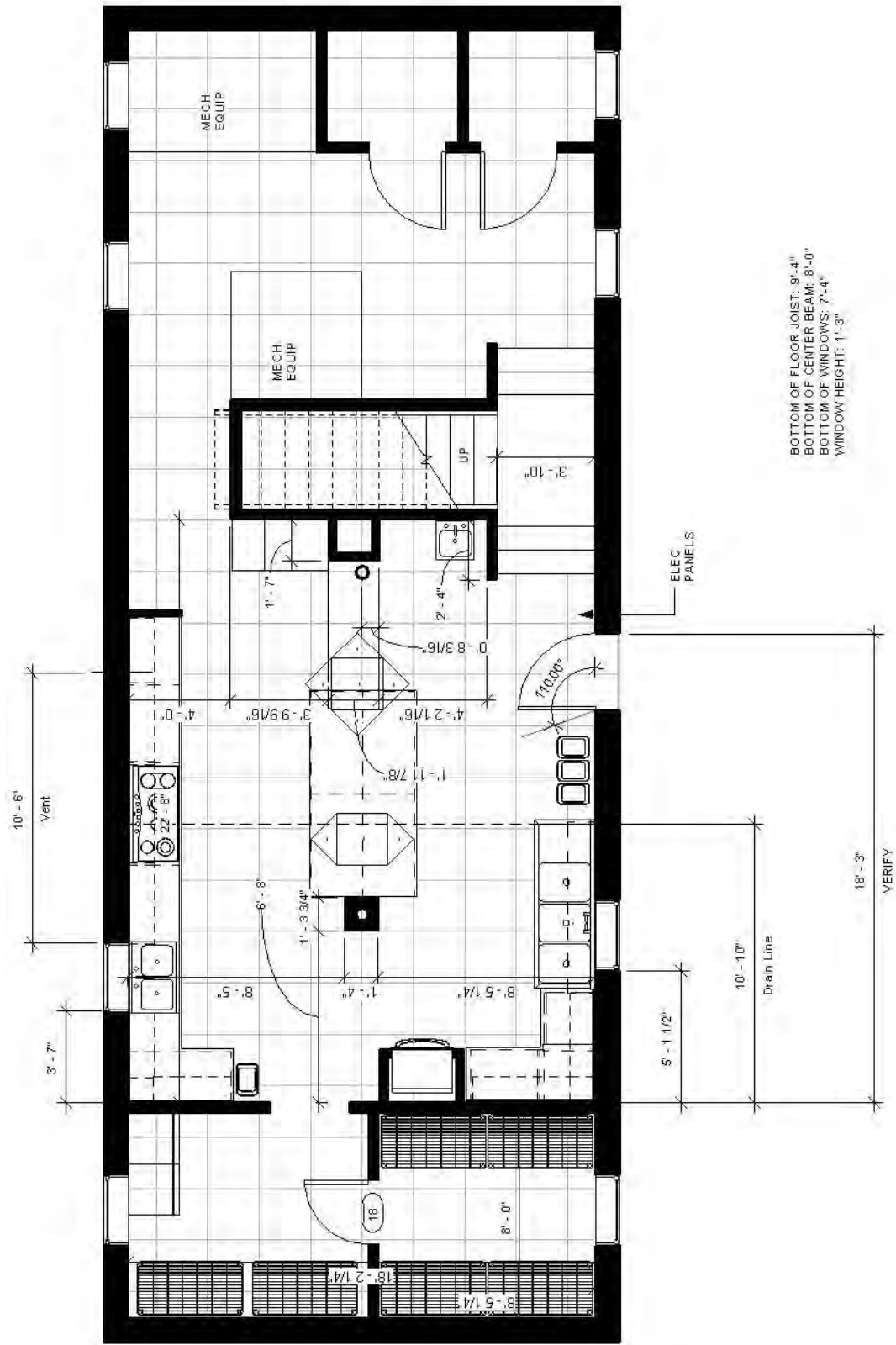
Reach-in Freezer		Traulsen/ G22011	\$3733	83-1/4"H 52-1/8"W 35"D	Stainless steel exterior front and doors; Full length stainless steel doors with locks; Automatically activated incandescent lights; Three adjustable shelves.	1
Drawer Warmer		Star/ SDW3C	\$2341	34-5/8"H 29-1/4"W 21-13/16"D	Heavy duty stainless steel construction; Electronic control for quick and easy temperature adjustment; +100°F to +200°F temperature range.	1

Residential Grade Products:

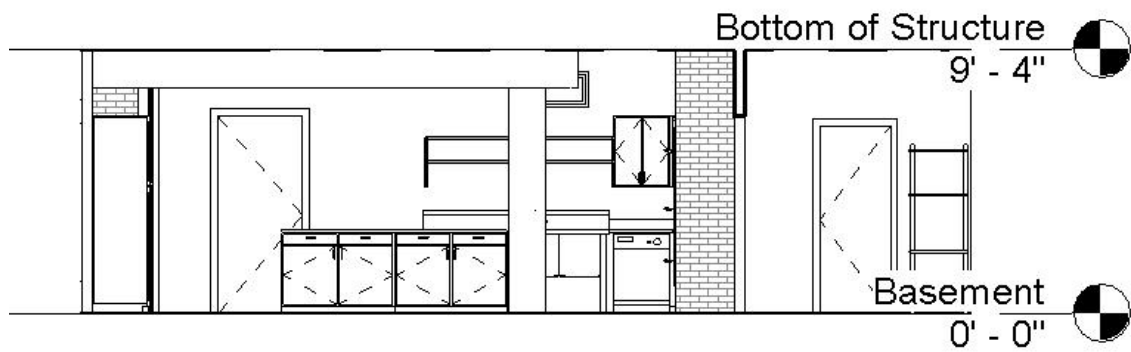
Type of Product	Picture of Product	Brand Name/ Product Number	Price	Dimensions (overall)	Description	Quantity
Range Top		Viking Electric/ DECU155-6B	\$1500	4-1/2"H 45"W 21"D	45" - 6 burner; Electric radiant cook top.	1
Oven		Electrolux Icon/ E30EW85G PS	\$3300	52-9/16"H 30"W 24-5/8"D	30" vertical stacked wall ovens	1 set
Warming Drawers		Electrolux Icon/ E30WD75G PS	\$1200	11-1/4"H 30"W 23-3/8"D	30" drawer	2
Microwave		Sharp/KB-6524PS	\$750	15-13/32"H 23-7/8"W 26-3/16"D	1.2 CuFt Microwave	1
Refrigerator		Electrolux Icon/ E32AR75JPS	\$1800	71-3/8"H 32"W 20-1/2"D	32" built-in refrigerator	1

Freezer		Electrolux Icon/ E32AF75JPS	\$1800	71- 1/4"H 32"W 26- 5/8"D	32" built-in freezer	1
Preparation Sink		Whitehaus/ WH01169	\$450	30"L 18"W 11"D	Single compartment sink; Under mounted.	1
Dishwashing Sinks		Houzer/ HZ01001	\$430	17"L 18"W 10"D	Single compartment sink; Under mounted.	3
Handwashing Sink		Houzer/ HZ01125	\$150	15"L 15"W 6-1/2"D	Single compartment sink; Top mount.	1
Dishwasher		Bosch Ascenta/ SHE6AP05 UC	\$700	33- 15/16"H 23- 9/16"W 22- 9/16"D	24" Dishwasher; NSF certified sanitation cycle.	1

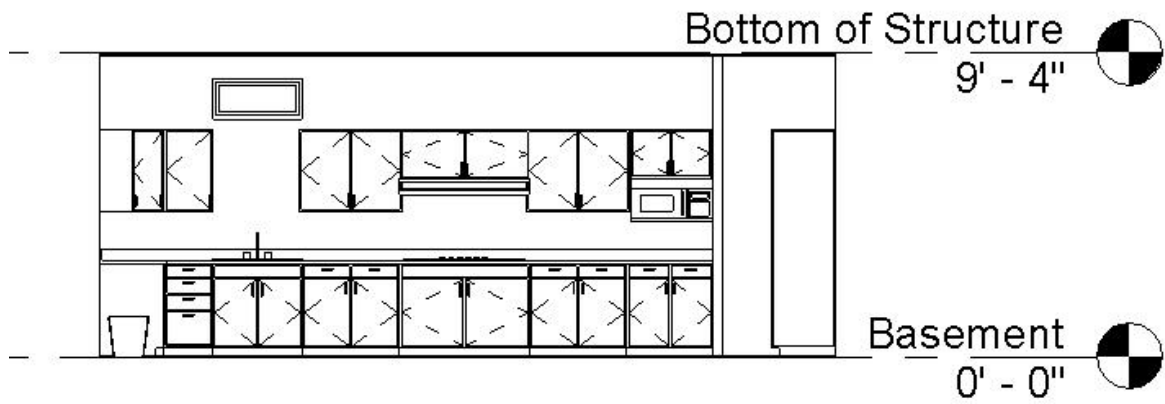
Floor Plan and Elevations



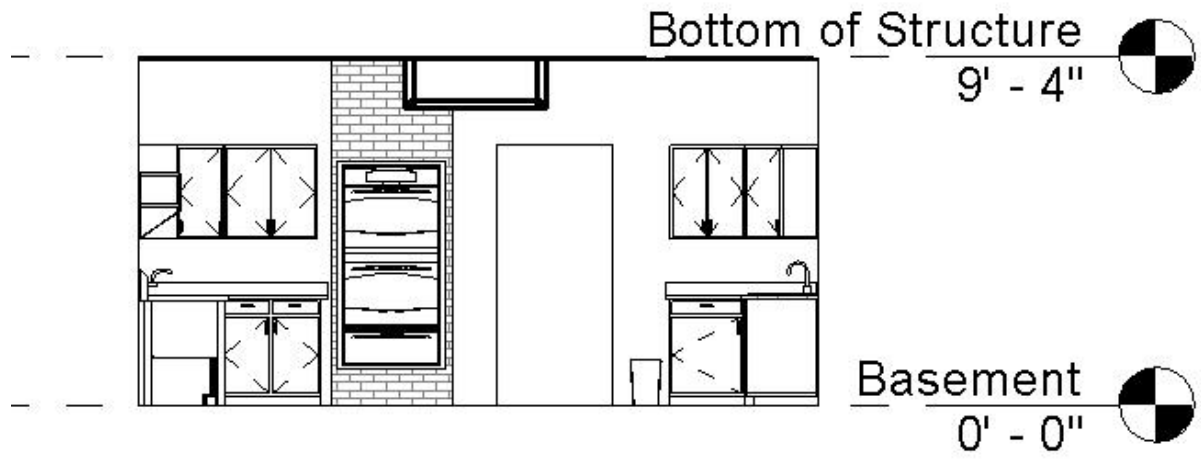
FLOOR PLAN



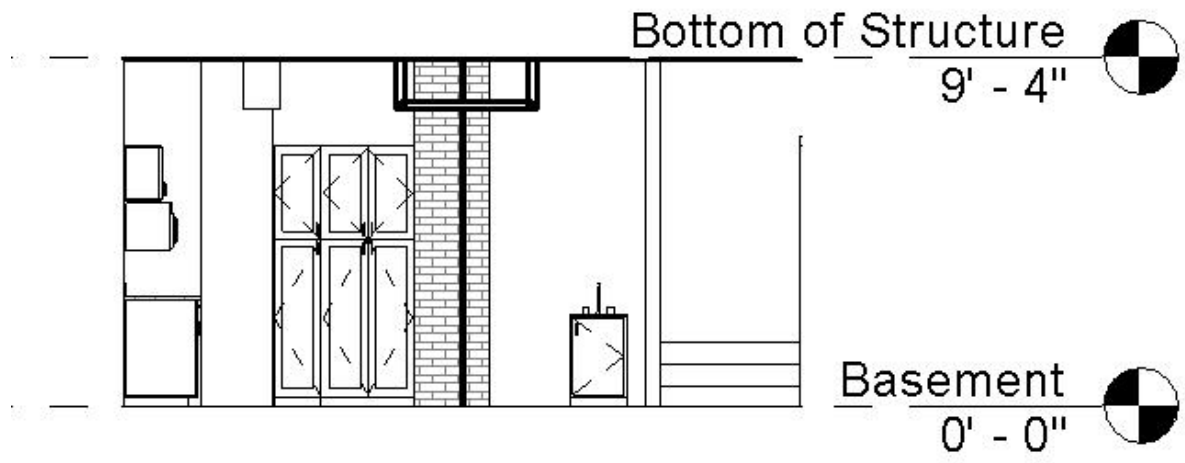
ELEVATION OF WALL WITH ENTRANCE DOOR LOOKING AT ISLAND AND STORAGE



ELEVATION OF WALL OPPOSITE ENTRY DOOR



ELEVATION OF WALL WITH OVEN



ELEVATION OF WALL WITH INTERIOR STAIRS AND CHIMNEY

Renderings



VIEW FROM STORAGE AREA TOWARD ENTRANCE



VIEW FROM ENTRANCE TOWARD STORAGE AREA



VIEW FROM ENTRANCE



VIEW FROM ENTRANCE WITH MICROWAVE



VIEW ACROSS STOVE TO CABINETS AND HALL



VIEW ACROSS ISLAND WITH ENTRANCE AND STORAGE ROOM

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