Food Skills for Families is a hands-on food literacy program that makes healthy eating, shopping and cooking easy, quick and fun. The program consists of weekly sessions that teach participants how to build cooking skills, nutrition knowledge and beverage choices and gain confidence in the kitchen. Since the program began in 2008, over 800 Community Facilitators have been trained. 1700+ programs have been delivered.

Program Objectives
- Build cooking skills + nutritional knowledge in priority populations.
- Increase capacity within communities.
- Enhance existing food programs through partnership + collaboration.
- Build cooking skills + nutritional knowledge in priority populations.
- Increase food safety, food knowledge + skills.
- Make healthy choices when shopping.
- Build skills to modify recipes.

Curriculum Outline

1. Variety for Healthy Eating
2. Vegetables, Fruits + Whole Grain Foods
3. Protein Foods + Healthy Fats
4. Planning Healthy Meals, Snacks + Beverages
5. Savvy Shopping
6. Celebration!

800 Community Facilitators have been trained.

Pilot Programs in Additional Populations
- Men Only
- Pre-Natal
- Mental Health
- Youth + Guardians
- Indigenous
- Seniors
- Newcomers
- Intellectual Disabilities
- Men Only
- Youth + Guardians
- Shaped rain BC Program Grants
- Connecting Services Canada Intellectual Disabilities
- Collaborative work with health authorities and other organizations, regional and community programs continues to extend the reach and enhance equitable geographic distribution of the program.

Evaluation
- Food Skills for Families continues to achieve core program goals and has a positive impact on participants. Most significantly the program positively influences eating behaviours.
- Participants report eating more vegetables and fruits every day as a result of participating in the program having a higher level of knowledge of what foods are healthy, cooking for meals from "scratch" and having a higher level of confidence in the kitchen.

Change in Participant Confidence
- Most participants report their level of confidence to be "very good" or "extremely confident" at the end of the program. The graph below shows increase in confidence reported by participants pre-program versus post-program.

Data Collection
- Three methods of data collection occur:
  - Pre + Post Program Questionnaires
  - Community Facilitator Summary Reports
  - Host Organization Summary Reports
- Data completion rates fluctuate year to year and limitations of the data do exist, such as ensuring questionnaires are consistently completed and language may be a barrier for some participants.

Conclusion
- Evaluation results indicate evidence that Food Skills for Families is an effective tool to foster healthy eating.
- Stakeholders recognize that the primary legacy of the program is the standardized, best practice, core curriculum for teaching healthy cooking skills that is readily adaptable to meet the needs of the priority populations.
- Food Skills for Families continues to strengthen its partnerships with the Ministry of Health, Health Authorities, FNHA and additional organizations delivering programs to enhance healthy eating and food literacy. Continued collaboration with government and key stakeholders will ensure the sustainability and growth of the program.