Connecting Communities Through Food

Food Skills for Families Program



BC Centre for Disease Control

Provincial Health Services Authority

2023-2024 in Numbers



83 programs across BC



750 participants



reached 1500 family members

Creating Confidence in the Kitchen and Grocery Store



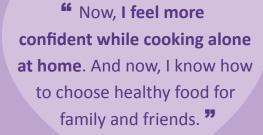
35%

increase in people who felt confident planning meals



29%

increase in people who felt confident in using healthy ingredients







22%

increase in people eating 2 or more vegetables a day

"We discovered how simple it was to cook things that seemed complicated and discovered new foods/tastes



40%

increase in people who felt confident



40%

increase in people's awareness about recommended fruit and vegetable portions



Learning Together about Healthier Eating



78%

increase in people's knowledge about healthier cooking methods



84%

increase in people reporting they had healthier recipes



54%

decrease in people saying they didn't like the taste of healthy food

"I learned about a lot of healthy options for dinner, I also learned I like the healthy options better."

"The social part and learning new fun things to make and share with my family at home!"



Making food together was one of the things that I really enjoyed. During this program, we shared our thoughts and ideas about healthy food, and we learned a lot from each other.



"To share with people from other countries and cultures."

"This program is flexible and most important I can bring my baby in that program. It gave me the opportunity to connect with other moms."

"The camaraderie; living alone, social aspects of my day are very important to my mental health."

