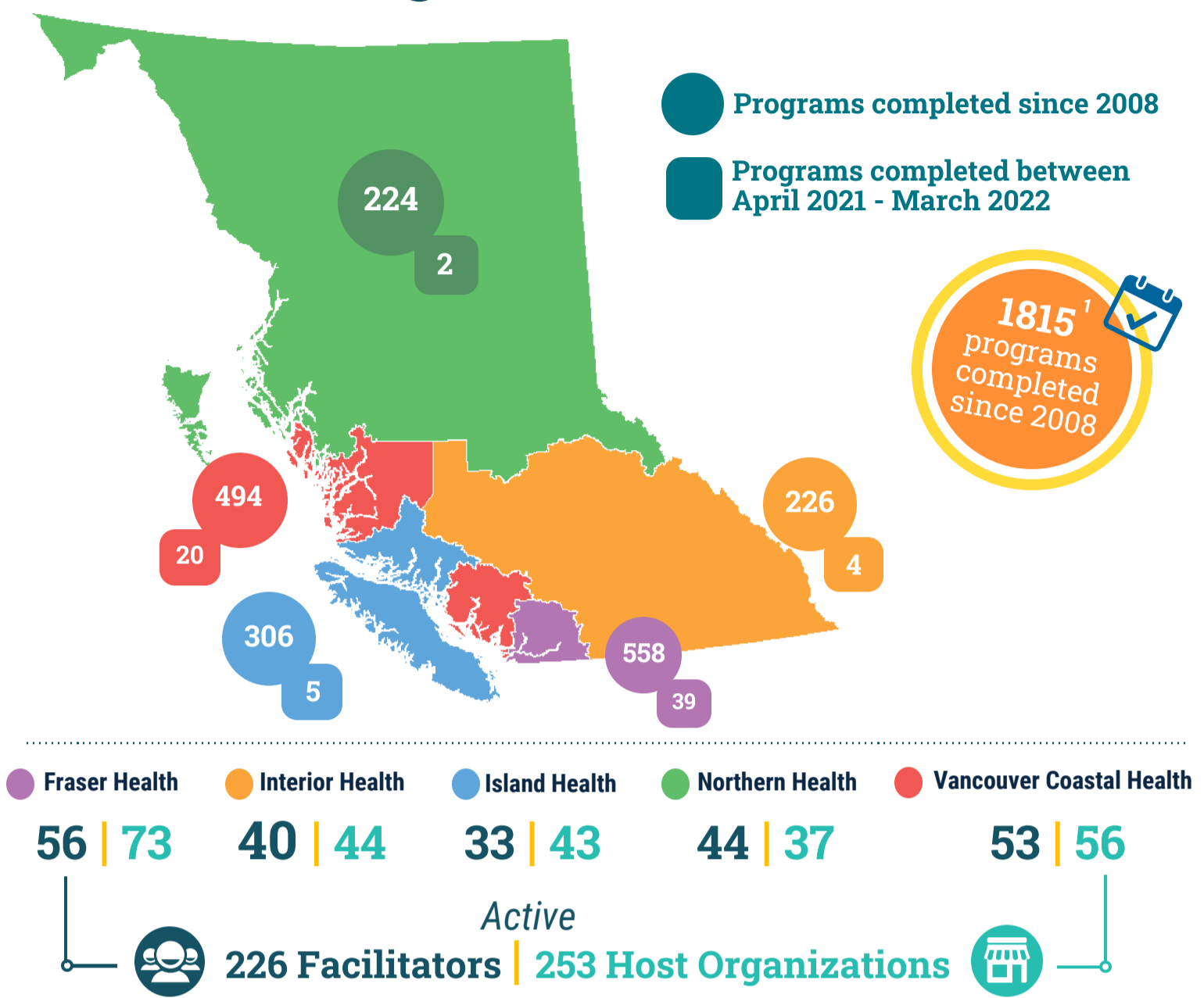


# Food Skills for Families

A hands-on cooking skills program connecting people in the kitchen & making healthy eating easy, quick & fun!

## Who's Cooking Where?



## What the Participants are Saying<sup>2</sup>

**Encouraging healthy eating habits**

"Trying new foods & using spices that I normally shy away from."

"Being mindful of eating & taking time to enjoy foods."

**Informed food choices**

"Eat more beans & fibre. Make healthier desserts."

"Being more mindful of salt content"

**Applying new skills at home**

"My meals have a little bit more variety and fun."

"After taking this program, my children always ask for the new food."

**88% stated they would eat more vegetables & fruit**

"I have included new recipes with vegetables to my daily diet."

"Start to have milk shakes with different fruits every morning!"

**77% indicated feeling more connected with community**

"Connection/amazing team work & sharing the meal after. Great conversations & learning from one another."

**93% agreed feeling more confident cooking meals with healthy ingredients**

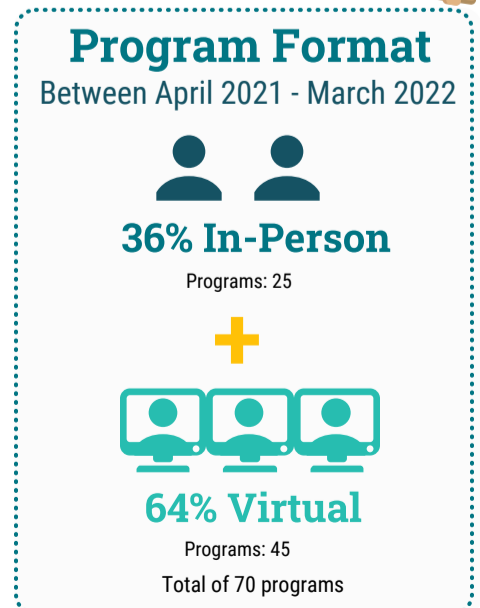
"Any success I had in the kitchen felt very empowering!"

"Cook more confidently with healthy food concept(s)."

## Curriculums on Menu

Five main curriculums were developed to reflect the Ministry of Health's key messages and best practices in healthy eating. Pilot programs are offered in cases where participants make up a particular group outside of the priority populations (i.e. youth & caregivers).

Curriculum	Past Fiscal Year April 2021 - March 2022	Since Inception September 2008 - 2022
Traditions in the Kitchen Indigenous Curriculum	2	307
Cooking Connections Seniors Curriculum	6	160
Cooking in Canada Newcomers Curriculum	7	202
Food Sense Limited Budget Curriculum	50	1015
The Punjabi Kitchen Punjabi Curriculum	-	118
Pilots Teen2Chef Curriculum (5) Caregiver Curriculum (13)	5	13



1. Seven programs ran outside of BC.

2. Quotes and data taken from the 111 completed Session Six forms (post-program survey) between April 2021 - March 2022.