Choosing Healthier Foods

29% increase in people eating 2 or more vegetables a day

45% increase in people’s awareness about recommended fruit and vegetable portions

“ I realized that a simple combination of ingredients is wonderful. A recipe doesn’t have to be complicated to be delicious.”

Creating Confidence in the Kitchen and Grocery Store

34% increase in people who felt confident planning meals

30% increase in people who felt confident in using healthy ingredients

41% increase in people who felt confident reading food labels

“ I didn’t used to have healthy ingredients on my foods because I don’t really have a good idea about it. Now I am really confident to go and buy healthy food and cook at home.”

2022-2023 in Numbers

98 programs across BC

900 participants

reached 2660 family members
Learning Together about Healthier Eating

66% increase in people’s knowledge about healthier cooking methods

64% increase in people reporting they had healthier recipes

56% decrease in people saying they didn’t like the taste of healthy food

“I learned some variety of recipes. What we learned became part of my cooking routine.”

Feeling a Sense of Connection and Belonging

“A great experience at the grocery store. Got me out of bed, out of the house, and a few block walk to the centre. Social aspect. But most of all learning experience for healthy living and cooking.”

“Cooking and socializing with others moms in the community.”

“Everything is excellent! Your program has made me happier. I suffer from chronic depression. Your program has been like therapy for me. Thank you for this possibility!”

“The way the class brought people closer and everyone helped each other.”

“We bought our first family table and started a new family tradition to spend time together in the evening and eating food. It changed our mind to this subject.”