



BC Centre for Disease Control
Provincial Health Services Authority

Food Skills for Families

Connecting People in the Kitchen in Communities Across B.C.

Population + Public Health

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 six weekly sessions that teach participants how to make healthy meals, snacks and beverage choices and gain confidence in the kitchen.

Food Skills for Families partners with community organizations throughout B.C. who work with priority populations to host the program. Collaborative work with health authorities and other provincial, regional and community programs continues to extend the reach and enhance equitable geographic distribution of the program.



Introduction

The Food Skills for Families program teaches hands-on healthy eating and cooking skills with a focus on reaching **newcomers, lower income families, seniors** and people of **Indigenous and Punjabi** descent throughout British Columbia.

Program Objectives

- Build cooking skills + nutritional knowledge in priority populations.
- Increase capacity within communities.
- Enhance existing food programs through partnership + collaboration.

Since the program began in 2008, 1700+ programs have been delivered in over 150 communities. Over 800 Community Facilitators have been trained and nine evaluation reports have been released.



Train-the-Trainer Program 2019 Graduating Class, Nanaimo BC

Program + Curriculum Design

Food Skills for Families is built on a standardized best practice core curriculum which was developed by expert community based dietitians and educators.

A Train-the-Trainer program to certify Community Facilitators was developed to support consistent and quality delivery of the program. The curriculum and the Train-the-Trainer programs are based on Canada's food guide, current nutrition evidence and adult education principles.

Overall Learning Goals + Objectives



"I am more mindful about what I want to eat and feed my family - I enjoy meal times more."

"Being more careful when shopping for food. Reading the labels now is very important to me!"

"Not afraid to try something different."

Curriculum Outline

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



Pilot Programs in Additional Populations

- Men Only
- Pre-Natal
- Mental Health
- Youth + Guardians
- Shapedown BC Program Grads
- Corrections Services Canada
- Intellectual Disabilities

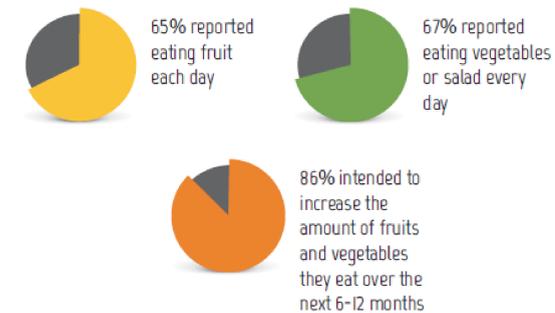
Evaluation

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.

Vegetables + Fruits Consumption

At the end of the program participants were asked about their vegetables and fruits consumption. Participants reported the following.



Key Changes + Key Benefits

Community Facilitators were asked to provide their comment on "what changes they think participants made as a result of taking the program" and identifying "three key benefits of the Food Skills for Families program." Their comments are represented in the word clouds below.



Conclusion

Evaluation results indicate evidence that Food Skills for Families is an effective tool to foster healthy eating.

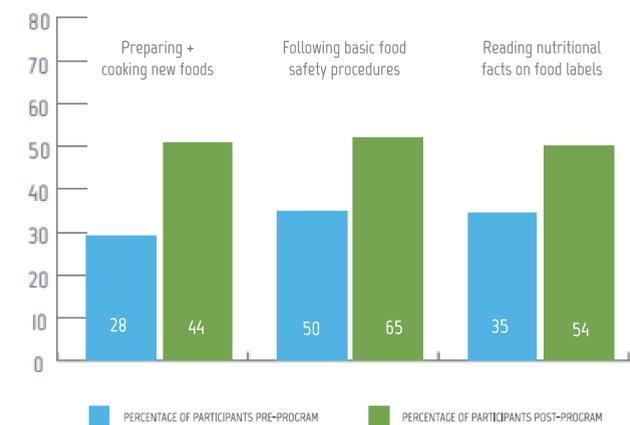
Stakeholders recognize that the primary legacy of the program is the standardized, best practice, core curriculum for teaching healthy cooking skills that is readily adaptable to meet the needs of the priority populations.

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.

Change in Participant Confidence

Most participants reported 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.

Acknowledgements

Food Skills for Families extends gratitude to our Master Trainers, Host Organizations, Community Facilitators, participants, stakeholders and staff for their ongoing support and contribution to the program.

