

# 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

### Choosing Healthier Foods



**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 we liked.** ”



**40%**  
increase in people's  
awareness about  
recommended  
fruit and vegetable  
portions



### 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



**40%**  
increase in people  
who felt confident  
reading food labels

“ Now, I feel more **confident while cooking alone at home.** And now, I know how to choose healthy food for family and friends. ”



## 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!”**



## Feeling a Sense of Connection and Belonging

**“ 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. ”**

