

Connecting Communities Through Food

Food Skills for Families Program



BC Centre for Disease Control
Provincial Health Services Authority

2022-2023 in Numbers



98 programs
across BC



900
participants



reached
2660 family
members

Choosing Healthier Foods



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

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



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



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.”



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.”