

BC Healthy Living Alliance Healthy Eating Strategy - Food Skills for Families Communique to Community Kitchens - June, 2008

Cooking healthy food at home that is tasty and appealing is not always easy. Food Skills for Families¹ is a new and exciting initiative led by the Canadian Diabetes Association (CDA) that has the recipe for success.

Who should participate?

Community Kitchens that serve Aboriginal, Punjabi, new immigrants, and low income families.

Food Skills for Families includes the following Features:

- Strengths from successful cooking and nutrition skills programs such as CDA's *Cooking for Your Life!* and *Cooking Fun for Families*.
- A core cooking and nutrition skills program for everyone.
- Specific modules to meet the needs of Aboriginal, Punjabi, new immigrants, and low income families.
- Hands-on cooking experiences and sharing meals that are cooked together.
- Nutrition information to make healthy food choices the easier choice for families.
- Safe food handling and storage, meal planning, healthy snacks, shopping tour and much more.
- Social networking opportunities and sharing information.

Benefit to Community Kitchens wishing to participate

- Community Kitchen leaders have the opportunity to increase their cooking and nutrition knowledge by taking a high quality and standardized province-wide training program that will certify them as Food Skills for Families Community Facilitators.
- Food Skills for Families Community Facilitators will be compensated each time they deliver the program in their community.

¹ This initiative is one of the four Healthy Eating Strategies supported by the BC Healthy Living Alliance (BCHLA)¹ with funding from the Ministry of Health. The BCHLA is a provincial coalition of organizations working together to improve the health of British Columbians and prevent chronic diseases by promoting physical activity, healthy eating and living smoke-free.
<http://www.bchealthyliving.ca/>

- Community Kitchen participants will enhance their cooking skills and nutrition knowledge in a familiar community setting at no cost to them.
- The program will reach out to key populations served by community kitchens - Aboriginal, Punjabi, new immigrant and low income families.

What would be required to participate?

- A kitchen facility that holds a group of approximately 10-12 people engaging in hands-on cooking in your facility or partner with a community agency that has a community kitchen available.
- Availability of the kitchen for a maximum of 6 sessions, offered over 6 weeks or in a shorter time frame.
- Kitchen facilities require the following:
 - stove or hotplates
 - oven
 - sink, running water
 - clean surface space for preparing foods
 - storage space for both dry goods and refrigerated goods
 - basic supplies for eating e.g., cutlery, plates, cups
 - basic kitchen equipment for preparing food and cleaning supplies.

A list of suggested equipment and cleaning supplies can be provided upon request.

- Recruiting 8 (minimum) – 10 participants (maximum 12) committed to participate in for the duration of the 6 sessions. Contact list of participants made available to the Community Facilitator.

More About the Food Skills for Families Program

- A Train-the-Trainer Certification Program is being offered. Please identify those Community Kitchen leaders wishing to become certified as a Community Facilitator for the Food Skills for Families program. Community Facilitators will be selected from those with a keen interest in food and nutrition and relevant experience, not limited to dietitians, nutritionists and chefs to expand the reach and access to the program throughout BC.
- Once you have agreed to offer the Food Skills for Family program, a Community Facilitator will be identified to provide the training in your facility. The Facilitator is responsible for purchasing the required food and bringing all the resources for the program including a Participant Handbook for each person in the program.

For more information contact: Fresh Choice Kitchens –The Community Kitchen Program of the Greater Vancouver Food Bank Society email: cooking@foodbank.bc.ca 604 876.0569 ext.