

...and learning
ool
they, see their parents being in school, it's a huge
boost to see their parents value education, support
the school, gaining knowledge."

Improving Family Nutrition

ases....

ies preparing and eating low-cost nutritious meals together

erence to the guidance statements in Canada's Food Guide

Healthy Eating:

↑ variety; ↑ fruit & vegetables; ↓ fat, salt & sugar

safety practices

perimentation with new foods that they would not

wise be able to afford

"Trying to get healthy cooking on
keep it 'fun' and 'enjoyable' as w

"It's about fa
the table and
connected; th
parents; it cre