

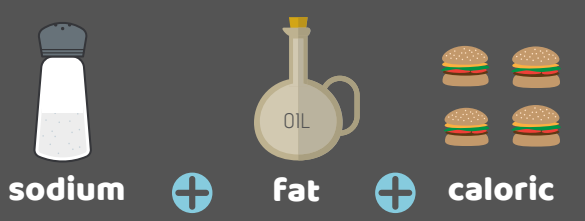
WHY

do we need

COMMUNITY COOKING CLASSES

IMPROVED DIET QUALITY

Documented ⁽¹⁻³⁾ long-term improvements in...

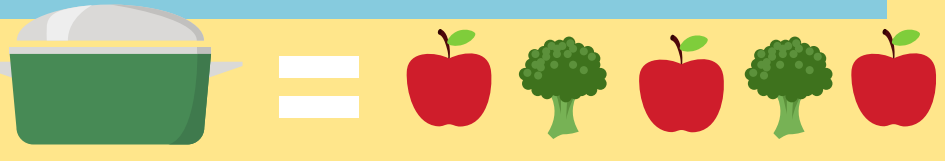


sodium + fat + caloric

INTAKE

"[I] used to just have peas, carrots, potatoes or rice and a meat, sort of thing. Now I have a vegetarian-type chili that I make more, twice a week, and eat vegetarian instead of meat and try more different variet[ies] of vegetables and such."

Studies have shown a positive relationship between confidence in cooking skills and fruit and vegetable consumption. ^(1,4)



IMPROVED HEALTH

"Attending these classes has affected my real life ... My sugar level was higher, my cholesterol level was higher, so both of them have been decreased since coming here."

Knowledge gained from attending community cooking classes has the potential to influence the diet of an entire household. ⁽⁵⁾

EMPOWERING participants with health-related knowledge in a **hands-on environment** allows them to **TAKE CONTROL** of their own health and well-being. ⁽⁵⁾



IMPROVED KITCHEN SKILLS

Improved frequency ⁽¹⁻³⁾ at home of safe food practices preparing meals from scratch

"Now you can pretty much give me anything [and] I can make something out of it..."



"[It's] better than sitting at home, making your own food... It's better to come here and do something. Meet people, talk to people and do things."

IMPROVED QUALITY OF LIFE

"Because it's a social gathering, that has its own value and own enjoyment. I feel happy when I come here."



Helps to reduce social isolation, giving individuals new skills and confidence. ⁽⁵⁾

Community Cooking Classes are a valuable tool for improving population health. The Guelph Community Health Centre offers several community cooking classes per month.

References

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