



FOOD SKILLS FOR FAMILIES

EVALUATION REPORT
APRIL 2019 - MARCH 2020



BC Centre for Disease Control
Provincial Health Services Authority

BETTER HEALTH THROUGH PROMOTION, PROTECTION AND PREVENTION

The BC Centre for Disease Control, a program of the Provincial Health Services Authority, provides provincial and national leadership in disease surveillance, detection, treatment, prevention and consultation.

Supported by the Province of British Columbia and the Provincial Health Services Authority

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FOOD SKILLS FOR FAMILIES

PURPOSE

- Connecting people in the kitchen
- Teaching fun hands-on cooking skills
- Making healthy eating easy, quick and fun

FOOD SKILLS FOR FAMILIES is a hands-on curriculum based program that makes healthy eating, shopping and cooking easy, quick and fun. The BC Centre for Disease Control (BCCDC) offers this successful six-session program to teach people how to make healthy meals, snacks and beverage choices and to gain confidence in the kitchen. Since 2008 1,766 FOOD SKILLS FOR FAMILIES programs have been delivered in over 153 communities throughout B.C.



EXECUTIVE SUMMARY

The FOOD SKILLS FOR FAMILIES program teaches hands-on healthy eating and cooking skills with a focus on reaching newcomers, lower income families, seniors and people of Indigenous or Punjabi descent throughout British Columbia (B.C.). The FOOD SKILLS FOR FAMILIES Program is supported by the Province of British Columbia.

This evaluation report covers 152 programs delivered from April 2019 to March 2020 and incorporates results from pre and post program questionnaires completed by FOOD SKILLS FOR FAMILIES participants and feedback from Community Facilitators and host organizations.

The FOOD SKILLS FOR FAMILIES program began in 2008 and was created and delivered by Diabetes Canada in partnership with the B.C. Ministry of Health and the Provincial Health Services Authority. The program transitioned to the BCCDC on April 1, 2019 and this is the first program evaluation report since this change occurred and is available on the BCCDC website at www.bccdc.ca/our-services/programs/food-skills-for-families.

This evaluation demonstrates that the FOOD SKILLS FOR FAMILIES program continues to achieve core program goals and has a positive impact on participants. Most significantly, the program has positively influenced healthier eating behaviors. Participants report eating more vegetables and fruits every day as a result of taking this program; having a higher level of knowledge about what foods are healthy; cooking more meals from home; having a higher level of confidence about preparing and cooking new foods, applying food safety procedures and understanding nutrition facts on food labels.

This evaluation demonstrates that the FOOD SKILLS FOR FAMILIES program continues to achieve core program goals and has a positive impact on participants.

The FOOD SKILLS FOR FAMILIES program builds community capacity by training Community Facilitators province wide.

Since the program began in September 2008 through to March 2020, Community Facilitators have delivered 1,766 programs to approximately 15,300 participants with an estimated reach of approximately 47,500 adults and children.

The BCCDC continues to partner with community organizations throughout B.C., who work with priority populations, to host the program. Hosts are encouraged to train their staff members to become certified Community Facilitators and deliver the program as part of their role.

The BCCDC works collaboratively with health authorities across B.C. to extend the reach and enhance equitable geographic distribution of the program. The BCCDC also participates in joint strategies with other provincial, regional and community programs that support healthy eating and food literacy for at risk populations. For example, The BCCDC continued its linkage with the BC's Farmers' Market Nutrition Coupon Program to enhance access to fresh B.C. foods for participants of the FOOD SKILLS FOR FAMILIES program and their families.

In addition, the BCCDC continues to expand its reach to Indigenous communities, both on and off reserve.

The FOOD SKILLS FOR FAMILIES program has grown to include participants with unique needs such as people living with mental health challenges.

A strong legacy of the FOOD SKILLS FOR FAMILIES program is the standardized, best practice curriculum developed by expert community dietitians and educators, and the Train-the-Trainer program designed for lay personnel. The curriculum has a consistent core knowledge and skill foundation specifically adapted to meet the needs of newcomers, lower income families, seniors and people of Indigenous or Punjabi descent. Community Facilitator Manuals and Participant Handbooks unique to each population have been developed.

The FOOD SKILLS FOR FAMILIES curriculum is reviewed, as required, to ensure it remains relevant to its priority populations and to reflect current evidence. Key provincial healthy eating messages related to reducing sodium intake and sugary drinks have been incorporated into all Community Facilitator Manuals and Participant Handbooks. In addition, pilot programs are regularly delivered to test the curriculum's effectiveness and success with new populations.

The evaluation of the FOOD SKILLS FOR FAMILIES program documents the program's ability to positively influence participant knowledge, skills, attitudes, confidence and behaviours

related to healthy eating, cooking and nutrition. The FOOD SKILLS FOR FAMILIES program continues to enhance community capacity and is highly regarded by stakeholders involved.

Based on the evaluation consultation and survey results, a number of considerations are presented to optimize the future delivery of the FOOD SKILLS FOR FAMILIES program.

CURRICULUM

Ensure that the FOOD SKILLS FOR FAMILIES program curriculum reflects Ministry of Health's priority messaging and best practices in healthy eating.

EXPANDING TO ADDITIONAL PRIORITY POPULATIONS

Consider extending the FOOD SKILLS FOR FAMILIES program to further priority populations, as program evolves in partnership with health authorities, government ministries and partner organizations. Determine through a pilot process if modifications to the curriculum are required.

EDUCATION + TRAINING

Support ongoing training and development of Community Facilitators to ensure that they are informed on current best practices and curriculum changes and facilitate opportunities for sharing knowledge and expertise.

PARTNERSHIPS

Continue to partner and collaborate with government, and other key stakeholders to ensure the successful implementation and sustainability of the program.

Continue to work closely with the Ministry of Health, regional health authorities, First Nations Health Authority, Community Facilitators and host organizations to expand the reach of the program by identifying priority populations that could benefit from food skills development.

Continue to strengthen linkages between the FOOD SKILLS FOR FAMILIES program and healthy eating and food literacy initiatives to improve the accessibility and affordability of healthy food, vegetables and fruits in particular, for priority populations.

PROGRAM EVALUATION

Continue to review and support data management protocols to improve the efficacy of data on program outcomes.

Continue to incorporate evaluation (pre and post evaluation data) as a core element of the FOOD SKILLS FOR FAMILIES program.

INTRODUCTION

The FOOD SKILLS FOR FAMILIES program provides hands-on healthy eating and cooking skills with a focus on reaching newcomers, lower income families, seniors and people of Indigenous or Punjabi descent throughout British Columbia. The FOOD SKILLS FOR FAMILIES program is supported by the Province of British Columbia.

This evaluation report covers 152 programs delivered from April 2019 to March 2020 and incorporates results from pre and post program questionnaires completed by the participants and feedback from Community Facilitators and host organizations.

This is the first FOOD SKILLS FOR FAMILIES program evaluation report since the program transitioned to the BC Center for Disease Control (BCCDC) on April 1, 2019 and is available on the BCCDC website at www.bccdc.ca/our-services/programs/food-skills-for-families.

THE PURPOSE OF THIS EVALUATION IS TO DETERMINE:

1. Whether the FOOD SKILLS FOR FAMILIES program continues to achieve goals to:

- Build cooking skills and nutritional knowledge in priority populations: newcomers, lower income families, seniors and people of Indigenous or Punjabi descent.
- Increase capacity within communities across B.C. by training Community Facilitators to reach out to and improve food and nutrition knowledge and skills in the priority populations.
- Enhance existing food programs in B.C. communities including community kitchens, school-based initiatives, food literacy and parent/child nutritional programs.

2. Whether the FOOD SKILLS FOR FAMILIES program is continuing to achieve the positive outcomes such as participants:

- Are eating more vegetables and fruits every day as a result of taking the program
- Have a significantly higher level of knowledge about healthy foods.
- Are cooking more meals at home; not using convenience or packaged meals.
- Have a significantly higher level of confidence about preparing and cooking healthy foods, trying new foods, applying food safety procedures and understanding nutrition facts on food labels.





*Food Skills
for Families*



PROGRAM DESIGN

The FOOD SKILLS FOR FAMILIES program is a ‘hands-on’ skill building program with a standardized, best practice core curriculum developed by expert community-based dietitians and educators for teaching healthy cooking skills.

A standardized Train-the-Trainer program to teach lay personnel to become Community Facilitators was developed to support consistent quality delivery of the program. The curriculum and Train-the-Trainer program are based on Canada’s food guide, current nutrition evidence and adult education principles for provincial applicability.

OVERALL LEARNING GOALS + OBJECTIVES

- 🌀 Increase intake of vegetables and fruits
- 🌀 Increase food safety, food knowledge and skills
- 🌀 Change or validate eating habits
- 🌀 Increase cooking confidence
- 🌀 Discover ways to modify recipes to make them healthier
- 🌀 Learning to make healthier choices when shopping
- 🌀 Apply new knowledge and skills to home situations

PROGRAM + CURRICULUMS

The program has a consistent core knowledge and skill foundation that is maintained throughout each of the five curriculums. Each curriculum has also been adapted to meet the needs of a specific priority population: newcomers, lower income families, seniors and people of Indigenous or Punjabi descent. Community Facilitator Manuals and Participant Handbooks were developed for each of these priority populations.

The program is built around six sessions, with each session addressing a different topic based on Canada's food guide and its key messages.

- Session 1 Variety for Healthy Eating
- Session 2 Vegetables, Fruits and Whole Grain Foods
- Session 3 Protein Foods + Healthy Fats
- Session 4 Planning Healthy Meals, Snacks and Beverages
- Session 5 Savvy Shopping (Grocery Store Tour)
- Session 6 Celebration!

The program can be readily tailored to meet the needs of additional identified priority populations. Successful pilot programs have been introduced to pre-natal groups, young families, men's only groups, people living with mental health challenges and participants with chronic disease.

Pilot models typically demonstrate that one of the existing curriculums can meet the needs of a specific group with little to no modifications. In special circumstances, supplemental resources are added to compliment a curriculum.

Key provincial healthy eating messages related to reducing sodium intake and sugary drinks have been incorporated into Facilitator Manuals and Participant Handbooks.

TRAIN-THE-TRAINER PROGRAM

The 3.5-day program provides quality training and certifies individuals as FOOD SKILLS FOR FAMILIES Community Facilitators. Each Train-the-Trainer program is led by a team of Master Trainers - one Registered Dietitian and one adult education/facilitation expert.

The training allows each Community Facilitator in-training to practice their teaching skills. It includes role-playing and brainstorming around working with various participant groups. Various kitchen skills are demonstrated and then put into practice as recipes are cooked. All Community Facilitators have a valid FOODSAFE certificate and during training the group is reminded about food safety as it relates to a community kitchen setting.



COMMUNITY FACILITATORS

COMMUNITY FACILITATORS

As a result of completing the Train-the-Trainer program individuals are certified to deliver the six-session FOOD SKILLS FOR FAMILIES program. Community Facilitators gain access to the materials and resources published by the FOOD SKILLS FOR FAMILIES program.

Community Facilitators are typically lay personnel (not health professionals such as dietitians or nurses) who are already working in a community kitchen setting and are looking for a more structured/curriculum-based program to offer to their community. To learn about the Community Facilitator Lifecycle process, see **Appendix A**.

The BCCDC supports Community Facilitators to set up and deliver programs through host organizations in their community. On average Community Facilitators deliver one to two programs per year. As of March 2020, there were 239 active Community Facilitators working in B.C. For more on where Community Facilitators are located refer to Program Delivery section.

COMMUNITY FACILITATOR REQUIREMENTS

To qualify to become a Community Facilitator an individual must be a current employee of an approved host organization and able to deliver the program as part of their role.

Prior to this requirement Community Facilitators acted as independent contractors and as such were compensated for their time by the BCCDC (see **Fully Funded** model below). Since the addition of this requirement, all newly trained Community Facilitators are compensated for their time by their employers (see **Cost Share** model below).

COST SHARE

A cost share model occurs when a staff member of a Host Organization has been trained as a Community Facilitator. The facilitator delivers the program as part of their role with the organization. The BCCDC provides support, participant handbooks, materials and covers the cost of groceries, mileage and items to make the kitchen food safe.

- Support
- Participant handbooks + materials
- Groceries + mileage
- Food safe supplies

FULLY FUNDED

A fully funded model occurs when the organization hosting the program does not have a Community Facilitator on staff. In this situation the BCCDC arranges for a Community Facilitator to deliver the program. In addition to all the items covered under a cost share model, the BCCDC also compensates the Community Facilitator for their time.

- Support
- Participant handbooks + materials
- Groceries + mileage
- Food safe supplies
- Facilitation fee

SUPPORT + CONTINUING EDUCATION

WEBINARS

As part of the ongoing support and education offered to Community Facilitator's, the BCCDC hosts a series of webinars throughout the year. Each session typically consists of a 30-minute presentation conducted by a community leader on a learning component related to the program followed by a question and answer period.

Webinars provide facilitators with more in-depth knowledge on specific program related topics or linkages to additional resources. They also provide an opportunity to connect with other Community Facilitators and build a stronger network. There is an opportunity during each call for facilitators to share successes, challenges and provide advice to one another.

Three webinars were hosted during this evaluation period, topics included:

- Updated Active Seniors Curriculum Preview + Launch
- Affordability of Healthy Eating in B.C.
- Running a Successful Grocery Store Tour

NEWSLETTERS

The *Community Facilitator Newsletter* is a continuing education component that is sent quarterly to Community Facilitators.

The newsletter provides a variety of information to inspire Community Facilitators. Each newsletter includes a feature article on a topic related to the program. The newsletter also includes links to videos on kitchen skills and recipes, updates on programming, an interview with a Community Facilitator on their experience leading FOOD SKILLS FOR FAMILIES programs or on a community initiative surrounding access to healthy food, and provides a channel for the BCCDC to keep them informed on upcoming events. The average open rate for the Community Facilitator Newsletter was 35%.

Recent editions included:

- Summer 2019: What's New at Food Skills for Families
- Fall 2019: Colours of Food
- Winter 2019: Exciting Program Updates
- Spring 2020: The Dish on Intuitive Eating

**PARTNERSHIPS
+ COLLABORATIONS**

The FOOD SKILLS FOR FAMILIES program continues to engage key partners to expand the reach of the program and enhance linkages with Ministry of Health, regional health authorities, First Nations Health Authority, other Ministries and additional healthy eating and food literacy programs to serve the needs of priority populations.

BC MINISTRY OF HEALTH + BC HEALTH AUTHORITIES

The BCCDC has worked with the Ministry of Health to implement collaborative strategies with other province-wide programs that support healthy eating, food skills development and improved access to healthy foods for priority populations, for example: Farmers' Market Nutrition Coupon Program .

The BCCDC continues to collaborate with health authorities to share information and provide updates on FOOD SKILLS FOR FAMILIES program delivery in each region and to enhance linkages with other healthy eating and food literacy programs at regional and community levels.

HOST ORGANIZATIONS

The BCCDC partners with community organizations throughout B.C. who work with priority populations. These organizations include Indigenous Friendship Centres, newcomer and refugee agencies, churches, temples, food hubs, food banks, community kitchens, neighbourhood houses, community resource centres and school districts. For a complete list of host organizations that the BCCDC partnered with between April 2019 and March 2020, refer to the **Appendix B**.

Organizations who express an interest to host a FOOD SKILLS FOR FAMILIES program are selected based on criteria including appropriate kitchen facilities, ability to recruit participants from the priority populations and availability of a FOOD SKILLS FOR FAMILIES Community Facilitator.

To see a list of Host Requirements visit www.bccdc.ca/our-services/programs/food-skills-for-families#Get--Involved

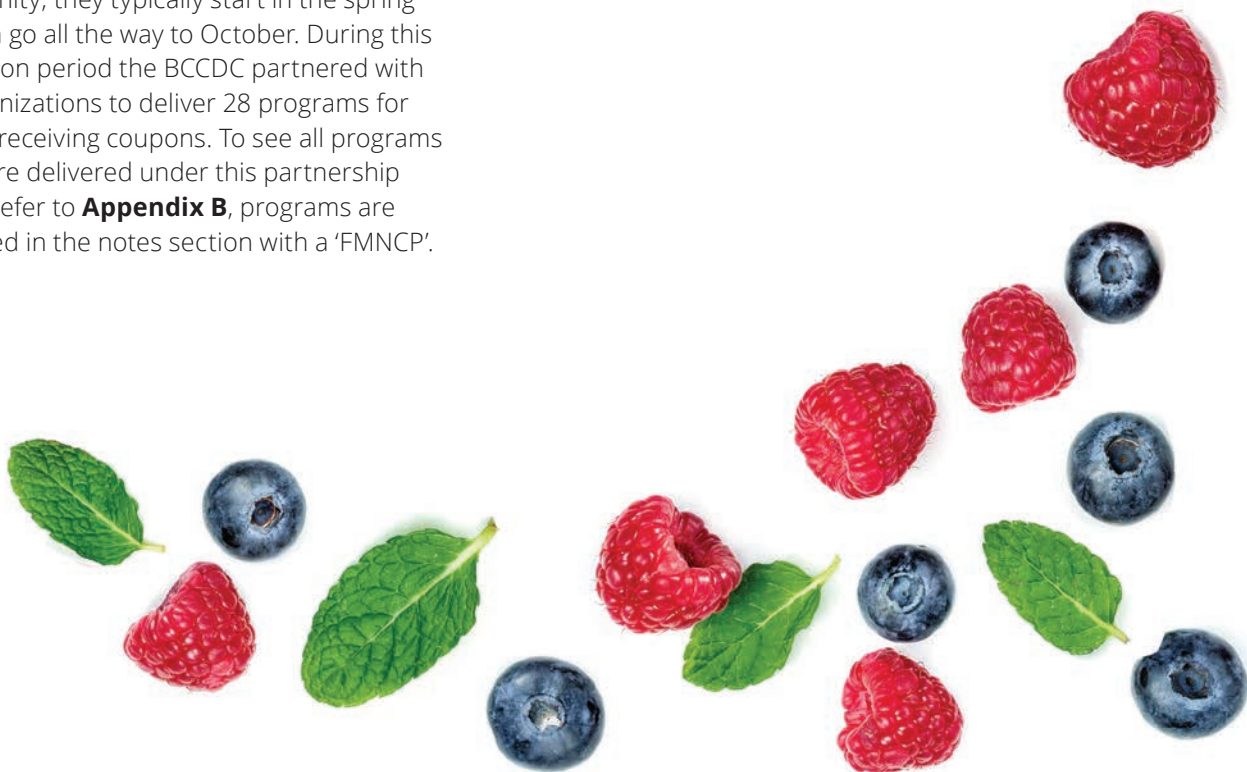
FOOD SKILLS HOST NEWSLETTER

This bi-annual newsletter shares resources and best practices to assist hosts in their community kitchen planning, volunteer engagement and program planning activities. Editions during this evaluation period focused on highlighting Food Skills transition to the BCCDC and change management. Interviews with hosts are also featured to inspire and share ideas that are building communities across the province. The average open rate for the Host Newsletter was 25%.

FARMERS' MARKET NUTRITION COUPON PROGRAM

The Farmers' Market Nutrition Coupon Programⁱⁱ (FMNCP) provides coupons to lower-income families and seniors who are enrolled in participating cooking and skill-building programs. Coupons are distributed weekly and can be used at participating farmers' markets to purchase eligible products which include fruit, vegetables, meat, fish, nuts, dairy and fresh cut herbs.

Markets vary in duration depending on the community; they typically start in the spring and can go all the way to October. During this evaluation period the BCCDC partnered with 22 organizations to deliver 28 programs for people receiving coupons. To see all programs that were delivered under this partnership model refer to **Appendix B**, programs are identified in the notes section with a 'FMNCP'.





**PROGRAM
DELIVERY**

TRAIN-THE-TRAINER PROGRAM DELIVERY

Between April 2019 and March 2020, six Train-the-Trainer programs were held resulting in 63 new Community Facilitators. These trainings took place in Vancouver (2), Richmond (2), Nanaimo and Kamloops.

The table below captures all 239 active Community Facilitators by region.

COMMUNITY FACILITATORS BY REGION

REGION	TOTAL
Fraser	57
Interior	43
Island	32
Northern	54
Vancouver Coastal	53
TOTAL	239

PROGRAM DELIVERY

FROM INCEPTION (SEPTEMBER 2008 – MARCH 2020)

Since the FOOD SKILLS FOR FAMILIES program began in September 2008ⁱⁱⁱ, 1,766 programs have been delivered to approximately 15,300 participants with a total reach of approximately 47,500 adults and childrenⁱ.

The following three tables show the total number of programs by region, priority population and date delivered since inception.

PROGRAMS BY YEAR

YEAR	# OF PROGRAMS
2008	22
2009	135
2010	129
2011	86
2012	189
2013	162
2014	166
2015	155
2016	182
2017	162
2018	179
2019	154
2020*	45
TOTAL	1,766

*Delivery to March 31 2020.

PROGRAMS BY REGION

REGION	TOTAL PROGRAMS SEPT 2008 – MAR 2020	
Fraser	528	30%
Interior	225	13%
Island	301	17%
Northern	235	13%
Vancouver Coastal	477	27%
TOTAL	1,766	

PROGRAMS BY PRIORITY POPULATION

TARGET GROUP	TOTAL PROGRAMS SEPT 2008 – MAR 2020	
Indigenous	308	17%
Active Senior	158	9%
Caregiver ^[1] (pilot)	8	0%
Low Income	956	54%
Newcomers	197	11%
Pre-Natal (pilot)	20	1%
Punjabi	119	7%
TOTAL	1,766	

EVALUATION PERIOD PROGRAMS (APRIL 2019 – MARCH 2020)

This evaluation report covers program delivery from April 2019 to March 2020 through funding from the Province of British Columbia. A total of 152 programs to approximately 1,400 participants were delivered, with an overall reach to approximately 4,300 adults and children.ⁱⁱⁱ

The following two tables show the total number of programs by priority population and region, delivered during this evaluation period.

PROGRAMS BY REGION

REGION	TOTAL PROGRAMS APR 2019 - MAR 2020	
Fraser	50	33%
Interior	24	16%
Island	27	18%
Northern	19	13%
Vancouver Coastal	32	21%
TOTAL	152	

PROGRAMS BY PRIORITY POPULATION

CURRICULUM	TOTAL PROGRAMS APR 2019 - MAR 2020	
Indigenous	8	5%
Active Senior	14	9%
Lower Income	105	69%
Newcomers	16	11%
Pre-Natal (pilot)	4	3%
Punjabi	5	3%
TOTAL	152	

DELIVERY TO INDIGENOUS POPULATIONS

The BCCDC continued its outreach to Indigenous partners both on and off reserve and during this evaluation time period partnered with 23 host organizations to deliver 29 FOOD SKILLS FOR FAMILIES programs to Indigenous populations.

Indigenous groups favoured using the lower income curriculum in 62% of their programs. The Indigenous curriculum was used in 28% of the programs and seniors at 10%.

SPECIALTY PROGRAMS + PILOTS

In certain situations the BCCDC categorizes programs as a pilot so that (if needed) they can be easily identified and evaluated at a later date. This may arise when a program's participants have particular needs or have a unique make up. Programs identified may include those offered to a certain demographic such as men only, couples, youth or multi-generational (for example youth and grandparent). They may also include programs offered to special groups such as people living with mental health challenges, those with developmental disabilities or those identified as having a chronic illness.

Programs delivered under a pilot model in this evaluation period are listed below.

- Mental Health
- Pre-Natal (18-week program)
- Youth





EVALUATION METHODOLOGY

COLLECTION METHOD

PARTICIPANT PRE + POST QUESTIONNAIRE

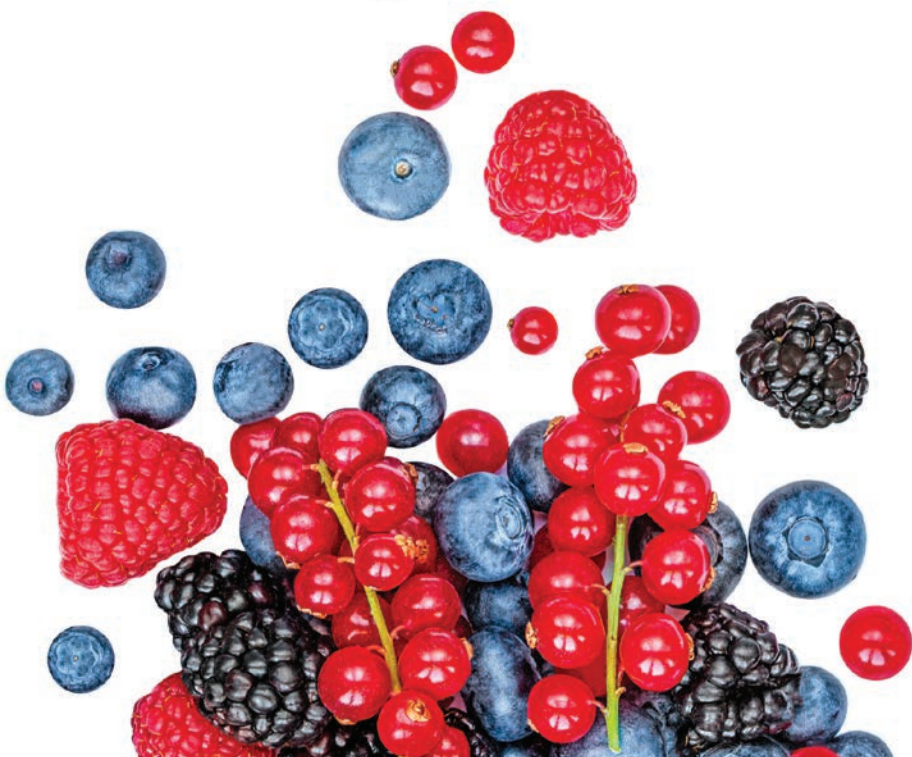
Participants are asked to complete a pre-questionnaire in week one (Session One Form) and a post questionnaire (Session Six Form) in the final session on week six in each program. A copy of Session One and Session Six forms can be viewed in **Appendix C and D**.

COMMUNITY FACILITATOR SUMMARY REPORTS

Summary reports from facilitators are submitted at the conclusion of each program.

HOST ORGANIZATION SUMMARY REPORTS

Summary reports from host organizations are submitted online at the conclusion of each program.



DATA

COMPLETION RATES

Between April 2019 and March 2020, 583 participants completed a paper-based pre-questionnaire and 489 participants completed a paper-based post questionnaire.

The number of participants responding to specific questions in the pre-questionnaire range from a low of 563 to a high of 583 and in the post-questionnaire ranged from a low of 475 to a high of 489. In all cases, the range in numbers is due to missing data (i.e., participants did not answer all questions).

In addition to data management challenges, Community Facilitators identified several reasons that precluded some participants from fully completing the program, including: personal or family health issues (28%), work conflicts (18%), physical limitations (11%), language (9%) and cultural issues (9%). Many Community Facilitators also indicated other reasons (27%) such as transportation, childminding, anxiety or dietary restrictions.

LIMITATIONS OF THE DATA

Many different individuals were involved in collecting program data which makes consistent adherence to data management protocols a challenge, specifically with regard to ensuring that post-questionnaire are filled out by all participants who complete the program.

It is recognized that the data captured in written surveys can be subject to literacy issues, language barriers and other limitations.

IMPLICATIONS OF MATCHED VERSUS UNMATCHED PRE- AND POST-QUESTIONNAIRES

A review of the participant data showed that the unmatched group most often had pre-questionnaire data but lacked post-questionnaire data either because this was not submitted, or submitted without a completed unique identifier. The patterns of scores on the pre- and post- questionnaire items are similar for the matched and unmatched participant groups. Results reported in this evaluation are based on matched cases (N=432), rather than all pre (N=583) and all post (N=489), unless specified.



PARTICIPANT DEMOGRAPHICS



85.5%
FEMALE



13.5%
MALE

1%
PREFER
NOT TO SAY

18%
OF PARTICIPANTS
IDENTIFIED
AS INDIGENOUS

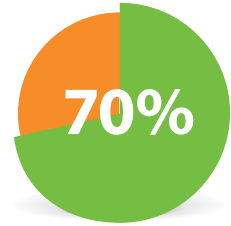
OF THAT 18%:

73% FIRST NATIONS

1% INUIT

17% METIS

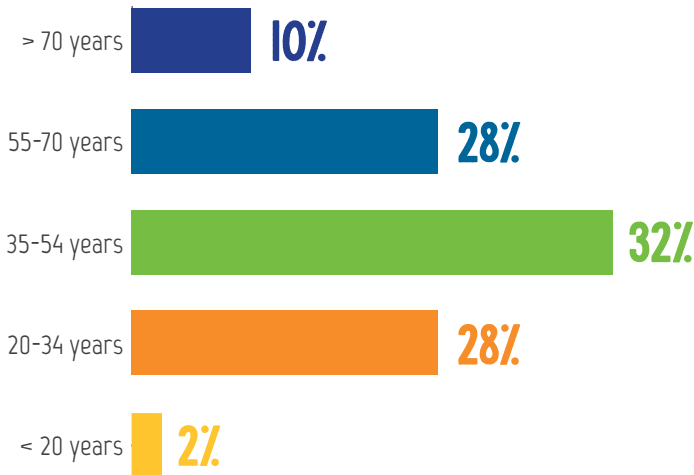
9% INDICATED 'OTHER' OR LEFT BLANK



Participants who prepared meals for one or more other **ADULTS**



Participants who prepared meals for one or more **CHILDREN**



PROGRAM IMPACT ON PARTICIPANTS

The following section provides an overview of the results from the pre- and post- questionnaires completed by participants in programs delivered from April 2019 – March 2020.

HEALTHY EATING BEHAVIOUR + 'BIGGEST CHANGES'

Overall, the 'biggest changes' reported by participants are: eating more vegetables and fruits; using less salt, sugar, fat and oils; cooking more at home and trying new recipes; reading food labels more often; being more aware of and making healthier food choices; and feeling more confident about selecting healthier choices and cooking healthier. Examples of comments to the right from participants reflect these key changes.

VEGGIES + FRUITS

Participants reported eating more vegetables and fruits as a result of taking the FOOD SKILLS FOR FAMILIES program and were more likely to meet the recommended proportions than before taking the program.

Results from matched pre- and post- participant questionnaires from the current evaluation period are illustrated on the following pages. The graphs show a consistent increase in vegetable and fruit consumption after participating in the FOOD SKILLS FOR FAMILIES program as reported by all respondents. Barriers to healthy eating continue to exist for participants and influence healthy eating choices..

"My husband and my son started eating veggies when I've baked them"

"Better ideas for adding veggies to my diet"

"Follow the food guide and consume more fruit and vegetables"

"Being introduced to new vegetables and how to cook them "

"Eating together with my husband and noticing when my plate is not half filled with veggies"

VEGGIES + FRUITS

INCREASE IN EATING FRUIT
TWO OR MORE TIMES PER DAY



INCREASE IN EATING VEGETABLES
TWO OR MORE TIMES PER DAY



INCREASE IN KNOWLEDGE
OF PLATE PORTIONS



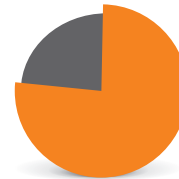
AT THE END OF THE PROGRAM PARTICIPANTS WERE ASKED ABOUT THEIR OVERALL HABITS AND SENSE OF CONNECTION:



87% stated they would eat more vegetables and fruits as a result of taking the program



8% indicated they were eating more meals with others as a result of taking the program



78% indicated they felt more connected to their community as a result of the program

COOKING AT HOME

Among those who responded to this question, the percentage of participants that reported they never cook at home on a typical day improved slightly (pre 6% and post 3%). By the end of the program, 97% of participants indicated that they prepared a main meal at home at least once a day compared to 94% at the start of the program.

BIGGEST CHANGE - COOKING MORE

"I won't eat out so often, learnt to make my own healthy meals, thanks so much!"

"Making more home dishes, the class is inspiring"

"It gave me confidence to make more meals from scratch and [to follow] a recipe"

"Making hummus at home"

"Making our own dessert rather than buying one from the store"

USE OF SALT

Participants reported adding salt to their meals less frequently at the end of the program than at the beginning; 37% of participants indicated they never use salt after taking the program, compared to 28% at the start, an increase of 30%. Fewer participants reported using salt twice a day (pre 30% and post 23%) after taking the program.

BIGGEST CHANGE - LESS SALT

"Decrease salt intake and increase veggie intake "

"Cook home cooked healthy meals - mindful eating. Choosing high fibre and low solid fats and salt"

"Hopeful in cutting back salt intake"

"Using different seasoning"

"I cook food with less salt"

SUGARY DRINKS

There was an 18% change in participant consumption of sugary drinks over the course of the six-week program. At the beginning of the program 38% of participants reported drinking sugary drinks once a day or more. This improved to 32% at the end of the program. Quotes from participants indicated their efforts in using less sugar in their meals and snacks and consuming fewer sugary drinks.

BIGGEST CHANGE = LESS SUGAR

"More fruit and veggies. More water"

"Increase water and fibre"

"Stop drinking pop and adding sugar to smoothies"

"Drinking sparkling water"

"Learning more information about labels and sugar content"

DEEP-FRIED FOODS, FATS + OILS

Participant pre- vs. post- questionnaire data showed a small shift toward eating fried food less often. Those reporting eating fried foods never or 1-2 times per week increased from 81% at the start of the program to 84% at the end of the program.

BIGGEST CHANGE = LESS FAT

"Eating less fatty foods like milk, cheese and yogurt. Eating more vegetables"

"I will use less salt and sugar and oil"

"Use less oil and eating less fried foods"

"Using less salt + less oil can still make a delicious meal"

"Steam instead of deep fry"

BIGGEST CHANGES

Further examples from program participants about the ‘biggest changes’ they made as a result of the program relate to eating healthier in general and are demonstrated by the following comments.

EATING MORE FIBRE

- *“Eating more veggies that we don’t eat a lot. Adding more veggies to baking”*
- *“Knowing that grains are good for health”*

TRYING NEW FOODS + NEW RECIPES

- *Get to know some new ingredients and spices”*
- *“Learning new recipes and new food handling skills/ cooking techniques”*

ROLE MODELING

- *“I liked everything. I showed my friends the knowledge I learned”*
- *“Now I know I can cook healthy food, I can choose the best options for my family”*

LABEL READING

- *“Being conscious of eating fruits and vegetables, reading canned food labels and comparing the serving size on the nutrition facts table.”*
- *“Cook more at home and read labels when I do groceries”*

MODIFYING RECIPES

- *“Substituting better-for-you ingredients”*
- *“Learning healthy alternatives to processed foods”*

HEALTHY EATING IN GENERAL

- *“After attending this program I am ready to prepare healthy food at home”*
- *“Making an effort to plan better meals more frequently”*

VARIETY + BALANCE

- *“Diversifying my grains, proteins and I’m hoping it kick-starts meal planning for me”*
- *“Having 30+ new recipes that we’ve prepared and tried will bring more variety to our meals. Thinking more critically about where foods come from and how food is produced, packaged, marketed and prepared.”*

PARTICIPANT CONFIDENCE

At the beginning of the program, participants were asked to report whether they agree, disagree, or neither agree or disagree with a number of statements related to confidence in the kitchen. For example, participants were asked if they felt confident following a recipe. They were asked the same questions at the end of the program to capture changes.

Participants reported significant increase in confidence as a result of taking the program in all areas, namely

- Planning meals using a variety of healthy foods: increased from 63% to 87%
- Cooking using healthy ingredient: increased from 69% to 91%
- Following a recipe: increased from 72% to 85%
- Preparing foods: increased from 83% to 94%
- Cooking foods: increased from 73% to 91%
- Following basic food safety: increased from 88% to 96%
- Reading and understanding information shown on food labels: increased from 59% to 82%
- Using food labels to make healthy choices when grocery shopping: increased from 55% to 79%
- Navigating around a grocery store: increased from 78% to 91%

Remarks made by participants also illustrate the change in confidence as a result of the program. Participants reported feeling more confident about trying new foods and using new ingredients in their cooking. Participants noted they had built confidence about healthy eating because of their increased ability to read and understand food labels.

“This program taught me how easy it is to prepare healthy food. It's easier than it seems.”

“Very informative class. No question was too small. Helped me believe in my ability to read recipes”

“I cook new food and I am not afraid to try new recipes”

“Learn a lot about Canadian style dishes. I am confident to make a dinner of this style now”

“I read even more carefully the ingredients of food. I feel more inspired and confident in cooking”

BARRIERS TO HEALTHY EATING

The FOOD SKILLS FOR FAMILIES program provides participants with opportunities to try new foods, introduce and share these foods with their families, and aims to positively influence their healthy cooking and eating knowledge, skills, attitudes and behaviour. For those with limited incomes, the major barrier to choosing and preparing healthy foods for themselves and their family is cost and being able to identify which recipes and cooking methods are healthier.

More participants reported 'no barriers' to healthy eating at the end (59%) of the FOOD SKILLS FOR FAMILIES program than the beginning (37%). While most barriers decreased significantly, participants reported no change in regards to feeling food costs were still too high. Among pre-program and post-program participants 14% indicated 'I can't afford to buy vegetables and fruits'.

AREAS OF GREATEST IMPACT

At the end of program, participants indicated that they knew more about healthy recipes, and how to identify and cook healthy meals. By the end of the program many participants realized that they liked 'healthy' foods and reported they no longer experienced any barriers to buying healthy foods.

Participants reported that the following parameters were significantly changed as a result of taking the program.

- 'I don't know which foods are healthy' decreased by 78%
- 'I don't have healthy recipes' decreased by 73%
- 'I don't know which methods of cooking are healthy' decreased by 70%
- 'I don't like the taste of healthy foods' decreased by 59%

The graph on the following page displays barriers participants identified pre-program versus post-program.

WHAT STOPS YOU FROM BUYING HEALTHY FOODS?

BARRIER	PRE-PROGRAM	POST-PROGRAM	% INCREASE OR DECREASE
I don't know which foods are healthy	14%	3%	↓ 78%
I don't know which methods of cooking are healthy	22%	7%	↓ 70%
I don't have the right kitchen equipment or utensils	12%	8%	↓ 34%
I don't have healthy recipes	32%	9%	↓ 73%
I don't like the taste of healthy foods	12%	5%	↓ 59%
I can't afford to buy vegetables and fruits	14%	14%	↓ 0%
I don't have time	17%	13%	↓ 24%
I prefer eating out	8%	6%	↓ 25%
Nothing stops me from buying healthy foods	37%	59%	↑ 61%
Other	15%	9%	↓ 35%



PROGRAM FEEDBACK

PARTICIPANT FEEDBACK

Participants were provided the opportunity to comment on their satisfaction with the Community Facilitator, the Participant Handbook, what they liked most about the program and any improvements they would like to see.

SATISFACTION WITH THE PROGRAM

When participants were asked what they liked most about the program, most indicated that they enjoyed:

- *"...Everyone in the class shares their own ideas, opinions, and experiences in healthy cooking."*
- *"The cooking part was the part I like the most because I felt accomplished..."*
- *"Learning about new recipes, cooking together and sharing different things about healthy food"*
- *"The community feel; cooking with others and eating together"*

"That cooking is nothing to be scared of and it's a great way to spend time with family."

"I had never cooked before this class. I have a four year old at home and I knew how important eating healthy is for people however, I didn't know how to properly feed her. Now I feel confident in a kitchen and the best part has been cooking with my daughter. I didn't know I was missing an experience with her, but I was. Being able to share the time with her cooking our dinner together regularly now.

I truly am so thankful for being given this opportunity to take this class. Thank you."

SATISFACTION WITH THE COMMUNITY FACILITATOR

Almost all participants (98%) reported a high level of satisfaction with the FOOD SKILLS FOR FAMILIES Community Facilitator (excellent 84% and good 14%).

Participants thought the Community Facilitators as very knowledgeable, supportive, friendly, patient and enthusiastic. Many participants felt that the facilitators had a passion for education and took their time to explain and interact with the group in creative ways that made the program fun and informative.

- *"Excellent facilitator! She is extremely knowledgeable and organized. She passes on her enthusiasm to me. I gained a lot of confidence in the last 6 weeks."*
- *"Excellent communication skills and empathy for participants"*
- *"Knowledgeable, enthusiastic, encouraging + allows creativity"*
- *"Always cheerful and full of good advice"*

SATISFACTION WITH THE PARTICIPANT HANDBOOK

Participants continue to report that they found the FOOD SKILLS FOR FAMILIES Participant Handbook easy to use and includes clear, practical instructions as well as many helpful tips and tricks. Over (98%) indicated that they will use the handbook at home.

The majority of the participants commented on how much they enjoyed the recipes in the handbook, many of them have tried the new recipes at home and sharing the information with their families.

“I love this book, very beautifully designed with pretty pictures and easy to read. Very inspiring book!”

“There are many useful recipes and tips that I will continue to use them in the future”

“Helpful tips and comprehensive guide”

“I like the book very much; easy to follow the recipes”

“Frequently use recently to get familiar with the concepts and recipes”

“I took so many notes in my cookbook. I use it almost everyday now. I’ve also showed it to friends and they have taken copies of pages”

PROGRAM IMPROVEMENTS + SUGGESTIONS

Program participants were asked if there is anything that they feel should be improved for future programs. Many participants indicated that the program should be longer (longer sessions, more sessions, advanced classes). The current feedback added that the program should also be offered more frequently so more people could benefit from it.

The majority of participants had very positive comments indicating that they are very satisfied with the program the way it is and had no improvements to suggest. *“It is perfect”* and *“I wish there were more programs like this”*. A number of repeated suggestions included providing more recipes for children (kid-friendly), more recipes from different cultures, more tips on substitutions for intolerances and allergies.

COMMUNITY FACILITATOR FEEDBACK

Upon completion of a FOOD SKILLS FOR FAMILIES program, Community Facilitators fill out an online summary report to provide feedback on the challenges and successes of their program. Of the 152 programs included in this evaluation, 71 Community Facilitators (47%) took part in providing feedback.

SATISFACTION WITH CURRICULUM

Of the 71 Community Facilitators who responded to this question, the majority “agree” (94%) that the curriculum worked for their group. Comments from facilitators that didn’t agree indicated challenges were due to groups with low literacy. A number of facilitators commented that some of the traditional ingredients, specifically in the Indigenous curriculum, were not available and substitutions were needed.

FACILITATOR COMMENTS

“The food skills workshop series are very popular among newcomer clients at Victoria Immigrant and Refugee Centre (VIRCS)... During this workshop, the participants supported each other and ensured they all took turn to cook the recipes”

“The clients loved the food skills program and were sad to see it come to an end. I noticed clients becoming much more confident in their cooking skills as the weeks progressed”

“Our group included several people who live alone and so typically have very basic meals at home. They all expressed such gratitude for the experience of cooking and eating together - they found it enjoyable, and one was inspired to share meals with a neighbor”

“This group was finding it difficult as to what to eat in Canada...most of this group was from India or Nepal so we talked about some of the places they could find for what they were looking for. The store tour was really helpful for them in considering how to read labels, thinking about what to eat for breakfast, and interesting enough they were asking questions about the different color of fish as they had not eaten it much.”

BARRIERS TO HEALTHY EATING

Facilitators were asked to identify the top four barriers they heard participants mention when buying, preparing and eating healthy foods; these are listed in the table to the right.

Participation in the FOOD SKILLS FOR FAMILIES program was able to significantly reduce many participants barriers (as reported in previous section). Of the barriers mentioned, all were reduced except for cost.

BARRIERS TO PARTICIPATION

In terms of barriers for fully participating in the FOOD SKILLS FOR FAMILIES program, 22% of the 71 facilitators who answered said there were none. Others reported illness, pre-planned travels, transportation/physical limitations and dietary restrictions as top barriers to participation, as well as conflicts with work/school schedules and time commitment of the program.

Facilitators were also asked what the reasons were for participants not completing the program. The table to the right outlines all the reasons.

PARTICIPANT BARRIERS

BARRIERS TO HEALTHY EATING

- 16%** Don't have healthy recipes
- 15%** Don't know which methods of cooking are healthy
- 10%** Don't have time
- 10%** Don't know which foods are healthy

BARRIERS TO PARTICIPATION

- 28%** Family or personal health issues
- 26%** Family or personal commitment
- 18%** Work conflicts
- 9%** Timing of program
- 7%** Needed transportation support
- 6%** Unable to find daycare
- 4%** School conflicts
- 2%** Moved
- 1%** Program did not meet expectations

SOCIALIZING + CREATING COMMUNITY

Building and strengthening community is an important part of the FOOD SKILLS FOR FAMILIES program. Confidence in the kitchen can be greatly impacted by creating new friendships and working together with peers to reinforce new positive habits.

Community Facilitators often remark that this program fosters an environment of connection, support and sharing. Participants shared email addresses, phone numbers and started to follow each other on social media in order to stay in touch. Participants would often arrange shared transportation to/from the program.

Facilitators also commented on how participants were socializing outside of the program and organizing activities and groups to continue after the program.

Comments from Facilitators illustrating these new connections are below. Reducing loneliness and social isolation is a positive unintended consequence of the FOOD SKILLS FOR FAMILIES program.

“Participants making dates for getting kids together. Participants realizing they live close and can coordinate getting each other’s kids to school by sharing walk duties. Participants helping each other with transport - arranging carpooling to program. Talk of getting together to do food preservation projects together - i.e., big batch soup making for freezer meals. Helping each other keep an eye on the young babes sleeping in car seats in adjacent room (half pony wall separating).”

“I watch [the] community come together in more than 1 aspect such as discussing other community projects, talking about community BBQ in the summer and put together food from the cookbook to introduce food skills to the community.”

“Some participants exchanged phone numbers and made plans to meet regularly to go for walks together.”

“A few participants were looking at car pooling together to town to purchase vegetables and fruits.”

HOST ORGANIZATION FEEDBACK

Following each FOOD SKILLS FOR FAMILIES program the host organization is asked to complete an online report. Of the 152 programs included in this evaluation, 61 host organizations provided feedback.

The majority of hosts were repeat hosts (67%). New hosts reported hearing about the program from a local community member, their local Community Facilitator, other organizations or their local health authority while others found out about the program directly from the FOOD SKILLS FOR FAMILIES website.

All hosts rated the Community Facilitator as either 'excellent' (86%) or 'good' (14%).

Almost all hosts (98%) reported that they would like to run the FOOD SKILLS FOR FAMILIES program again.

PARTICIPANT ENGAGEMENT POST PROGRAM

Many hosts commented that participants had joined their community kitchen program. Others plan to attend programs including: community garden groups, parenting/women/men support groups, family drop in programs and potlucks. Additionally, many hosts commented that participants would love to take the FOOD SKILLS FOR FAMILIES program again if the opportunity was presented to them.

SUPPORTS

The BCCDC provides program support including coverage of expenses and access to materials (books, posters, etc.). While support for childminding, translation and transportation are not provided, some hosts are able to provide these out of their own budgets. Although many hosts feel providing these supports would improve their ability to attract and maintain participants, not all hosts are able to fund these services (shown in the table below).

SUPPORTS PROVIDED BY HOST ORGANIZATIONS

SUPPORTS	PROVIDED	NOT PROVIDED (due to funding)
	% OF HOSTS	
Childminding	56%	25%
Translation	20%	7%
Transportation	18%	25%
Participant Incentives	n/a	16%

HIGHLIGHTS

COOKING AT HOME

All but one participant reported that they cook at least once a day from home with the majority of participants indicating that they cook twice a day (47%). Fifty-four percent of the participants indicated that this was different from before they took the program.

- *“Less eating out and more cooking at home.”*
- *“Eating with my family and more recipes cooked from scratch.”*
- *“I am now more familiar with different variety of vegetables from different parts of the world.”*

INCREASED VEGETABLE AND FRUIT INTAKE

Since participating in the program, 76% of participants reported that they are eating an increased amount of vegetables and fruit, compared to 7% who have said they have not. This positive impact can be seen from the comments left by participants who include vegetables and fruit in their diet as well as trying new produce. Some of these comments can be seen below.

- *“...there were vegetables I never knew how to cook before the program, so I didn't buy them.”*
- *“Making more veggie meals.”*
- *“I am now more familiar with different variety of vegetables from different parts of the world.”*



RECIPES AT HOME

The majority of participants (87%) are still using the participant handbook. When asked to share what they liked most about the handbook, participants specify the recipes and how easy the handbook is to follow as well as the visual appeal and tips throughout the book. Those who are not using the handbook, indicated that they lost it or that they have other sources for recipes.

- *“I really liked several of recipes (especially the vegetable recipes) and the emphasis on natural food choices resonated with me.”*
- *“Easy good recipes and full of useful tips.”*
- *“I still have [the handbook] in my kitchen drawer and refer to it for several of the recipes. Whenever I open the drawer, I am reminded of the positive experience that I had with the group and it also helps me stay focused on what I learned from the program.”*

COMMUNITY IMPACT

When participants were asked if they felt more connected to their community as a result of taking the program, 81 people (62%) out of the 130 who responded indicated ‘yes’. Other participants indicated ‘no’ (12%), ‘maybe’ (24%) and 2% indicated that they were ‘unsure’.

- *“Met a lot of wonderful women and the instructor was excellent.”*
- *“I love to learn and share with my community.”*
- *“It was really nice to have a reason to interact with people from all backgrounds in my community.”*
- *“Since I live on my own, I enjoyed prepping meals with the participants and sitting down to the delicious meal.”*

BARRIERS TO HEALTHY BUYING, PREPARING, AND EATING

More than half (57%) of the participants did not report any barriers in buying healthy foods. The top three barriers reported include: the cost of vegetables and fruits (11%), not having the right kitchen equipment or utensils (6%), and lack of time (6%). Others commented that the quantities bought in stores are too large of a portion for individuals and are unable to use it before the items go bad.

**SUMMARY
+ FUTURE CONSIDERATIONS**

SUMMARY HIGHLIGHTS

The results of the evaluation of the FOOD SKILLS FOR FAMILIES programs delivered from April 2019 to March 2020 confirm the program's ability to positively influence participants' healthy eating, cooking and nutrition knowledge, skills, attitudes, confidence and behaviour, and to build community capacity. The program continues to be highly regarded by all stakeholders involved. The evaluation results provide evidence that this program is an effective tool to foster healthy eating.

Stakeholders recognize that the primary legacy of the FOOD SKILLS FOR FAMILIES program is the standardized, best practice core curriculum for teaching healthy cooking skills with a consistent core knowledge and skill foundation that is readily adaptable to meet the needs of the identified priority populations: newcomers, lower income families, seniors and people of Indigenous or Punjabi descent.

A strength and added value of the FOOD SKILLS FOR FAMILIES program acknowledged by stakeholders (a second important legacy) is the province-wide pool of 239 (active) Community Facilitators trained to teach healthy eating and cooking skills to all priority populations. The Train-the-Trainer program helps to ensure best practice in terms of consistent content and delivery of the FOOD SKILLS FOR FAMILIES program, thus contributing to its overall efficacy.

Over the past year FOOD SKILLS FOR FAMILIES has continued to strengthen its partnerships with the Ministry of Health, regional health authorities, First Nations Health Authority and other organizations delivering programs to enhance healthy eating and food literacy in the province. The program has increased its reach to lower income families, people with mental health challenges and mental health service providers, and more men are acquiring food skills.

The evaluation results provide evidence that this program is an effective tool to foster healthy eating.

The program continues to be highly regarded by all stakeholders involved.

FUTURE CONSIDERATIONS

Based on the evaluation consultation and survey results, a number of considerations are presented to optimize the future delivery of the FOOD SKILLS FOR FAMILIES program.

EXPANDING TO ADDITIONAL PRIORITY POPULATIONS

Consider extending the FOOD SKILLS FOR FAMILIES program to additional priority populations, as program evolves. Determine through a pilot process if modifications to the curriculum are required.

EDUCATION AND TRAINING

Support ongoing training/development of Community Facilitators to ensure that they are informed on current best practices and curriculum changes, and facilitate opportunities for sharing knowledge and expertise.

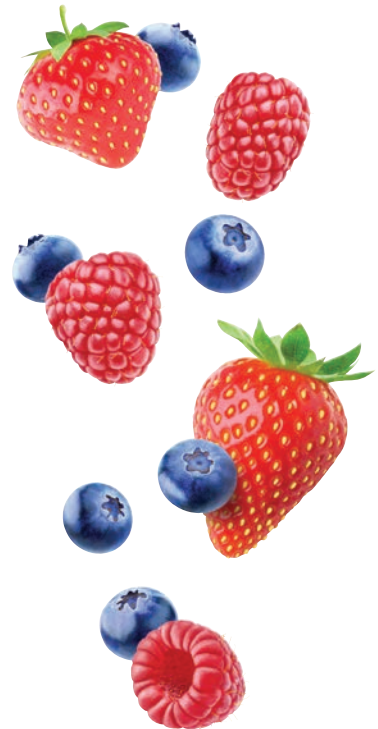


PARTNERSHIPS

- Continue to partner and collaborate with government, and other key stakeholders to ensure the successful implementation and sustainability of the program.
- Continue to work closely with the Ministry of Health, regional health authorities, First Nations Health Authority, Community Facilitators and host organizations to expand the reach of the program which will enable the identified priority populations the opportunity for food skills development.
- Continue to strengthen linkages between the FOOD SKILLS FOR FAMILIES program and other healthy eating and food literacy initiatives

PROGRAM EVALUATION

- Continue to review and support data management protocols to improve the efficacy of data on program outcomes.
- Continue to incorporate evaluation (pre- and post- evaluation data) as a core element of the FOOD SKILLS FOR FAMILIES program.
- Continue to build on the strategy to evaluate the longer-term impact of the FOOD SKILLS FOR FAMILIES program on healthy eating behavior, in particular eating fruits and vegetables.



FOOTNOTES

- i Total reach is based on the percentage of participants that reported having cooked for at least one child on a regular basis and for at least one other adult.
- ii <http://www.bcfarmersmarket.org/resources/subpage/nutrition-coupon-program>
- iii Program delivery from 2008 to March 2019 was led by Diabetes Canada and outcomes are available on previous evaluation reports.

RECOGNITION

The BCCDC expresses appreciation to the Province of British Columbia, regional health authorities, First Nations Health Authority and community food programs for their ongoing support of the FOOD SKILLS FOR FAMILIES program.

The FOOD SKILLS FOR FAMILIES program extends gratitude to the Master Trainers, Community Facilitators, participants, staff and host organizations for their contribution to the program, participation in the evaluation process and effort to ensure quality evaluation data was collected and reported.

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APPENDICES

APPENDIX A // COMMUNITY FACILITATOR LIFECYCLE

STAGE 1

INVITATION TO TRAINING

- Invitation is circulated to strategically chosen potential Community Facilitators, Host Organizations and partner networks

STAGE 2

TRAINING APPLICATION + REGISTRATION

- Applicants submit registration form, CV, letter of support from employer confirming they can run the program as part of their job and FOODSAFE certificate
- Applicants' employer (if a new host) must confirm they meet Host Requirements

STAGE 3

COMMUNITY FACILITATOR TRAINING + CERTIFICATION

- Once stage two requirements are satisfied, registration for training is considered confirmed and a seat at an upcoming 3.5 day training is held for the individual
- Employee will arrange for travel through their employer
- Once the 3.5 day Train-the-Trainer program is completed, individual is certified to deliver the six-session FOOD SKILLS FOR FAMILIES programs

STAGE 4

PROGRAM SET-UP

- New Facilitators must lead their initial FOOD SKILLS FOR FAMILIES program at their place of work within six months of training
- Support will be provided for additional six-week programs as funding allows (Typically BCCDC can support 1-2 programs per year)
- Hosts/Facilitators are responsible for securing suitable kitchen space and registering 12 participants and submitting a Host Agreement

STAGE 5

PROGRAM DELIVERY+ POST PROGRAM WRAP UP

- Deliver program as laid out in Facilitator Guide
- Purchase groceries from shopping list, organize grocery store tour
- Distribute program materials to participants, ensure pre and post forms are completed
- Return program materials to BCCDC after completion, ensure receipts are returned for reimbursement
- Complete online summary report

APPENDIX B // HOST ORGANIZATIONS + PROGRAMS / FRASER HEALTH

CITY	HOST NAME	CURRICULUM	NUMBER OF PROGRAMS	NOTE
Abbotsford	Archway Community Services - Abby Dads	Food Sense	1	Early Years Group
	Archway Community Services - Attachment Based Parenting	Food Sense	1	FMNCP
	Archway Community Services - Best for Babies (Punjabi)	Food Sense	1	
		Punjabi	1	FMNCP, Early Years Group
	Archway Community Services - Best for Babies Program - English Group	Food Sense	1	FMNCP, Early Years Group
	Archway Community Services - Community Connections	Newcomer	1	
	Archway Community Services - MAP	Food Sense	1	
	Archway Community Services - Parenting Life Skills	Newcomer	1	
	Gurdwara Sahib Kalgidhar Darbar - Abbotsford	Food Sense	1	FMNCP
		Newcomer	1	Early Years Group
	Khalsa Diwan Society - Abbotsford	Food Sense	1	FMNCP
Peardonville House Treatment Center	Food Sense	5		
Sara for Women Society - Abbotsford	Food Sense	1	Mental Health Group	
Agassiz	Agassiz Harrison Community Services	Food Sense	1	Early Years Group
	Seabird Island Band - Squiala First Nation	Food Sense	2	Pilot: Youth and Guardian

FMNCP = Farmers' Market Nutrition Coupon Program

APPENDIX B // HOST ORGANIZATIONS + PROGRAMS / FRASER HEALTH

FRASER HEALTH	CITY	HOST NAME	CURRICULUM	NUMBER OF PROGRAMS	NOTE
FRASER HEALTH	Burnaby	BCIT Student Association	Newcomer	1	School
		Burnaby Family Life - Burnaby Program	Food Sense	1	Early Years Group
		Cameray Child and Family Services	Food Sense	1	
		Chinese Christian Mission of Canada	Active Senior	1	
			Food Sense	2	
	ISS of BC - Burnaby Office	Newcomer	1	Newcomer Group	
	Chilliwack	Chilliwack Community Services	Food Sense	1	Early Years Group
	Coquitlam	Chateau de Ville	Food Sense	1	
		City of Coquitlam - Glen Pine Pavilion	Food Sense	2	
		Place Maillardville Community Centre	Food Sense	1	
SHARE Family and Community Services – Cottonwood, New Beginnings		Food Sense	1	Mental Health Group	
		Food Sense	1	Early Years Group	
SUCCESS - Coquitlam	Newcomer	1			
Mission	Creative Centre Society for Mental Wellness	Food Sense	2	Mental Health Group	
	Mission Community Services Society	Food Sense	1	FMNCP, Early Years Group	
		Newcomer	1	FMNCP	
		Punjabi	1	FMNCP, Early Years Group	
	Sara for Women Society - Mission	Food Sense	1		
New Westminster	City of New Westminister - Century House	Active Senior	1		
	Fraserside Community Services Society - New Leaf Clubhouse	Food Sense	1	Mental Health Group	
Port Coquitlam	Westcoast Family Centres - Tri-Cities	Food Sense	1	Early Years Group	

APPENDIX B // HOST ORGANIZATIONS + PROGRAMS / FRASER HEALTH

CITY	HOST NAME	CURRICULUM	NUMBER OF PROGRAMS	NOTE
Surrey	ISS of BC - Surrey Office	Newcomer	1	Newcomer Group
	Oak Avenue Neighbourhood Hub Society	Food Sense	1	
	School District 36 - Welcome Centre	Punjabi	1	School
	Sources Community Resource Centres	Food Sense	1	
Tsawwassen	Tsawwassen First Nation	Active Senior	1	
White Rock	OPTIONS Community Services Society - Whale House	Food Sense	1	Mental Health Group
TOTAL			50	

FRASER HEALTH

APPENDIX B // HOST ORGANIZATIONS + PROGRAMS / INTERIOR HEALTH

INTERIOR HEALTH	CITY	HOST NAME	CURRICULUM	NUMBER OF PROGRAMS	NOTE
	100 Mile House	Cariboo Family Enrichment Center	Food Sense	1	FMNCP, Early Years Group
	Alkali Lake	Esk'etemc First Nation Health Center	Active Senior	1	
			Food Sense	1	
	Clearwater	Yellowhead Community Services Society	Active Senior	1	
	Cranbrook	Community Connections Society of Southeast BC	Food Sense	2	FMNCP, Early Years Group
			Pre-Natal Pilot	1	
	Kamloops	Kamloops Immigrant Services	Food Sense	1	FMNCP
		Mount Paul Community Food Centre	Food Sense	2	
		Secwépemc Child and Family Services	Food Sense	1	
Kelowna	Central Okanagan Food Bank	Food Sense	1	FMNCP	
	Ki-Low-Na Friendship Society	Indigenous	1		
Keremeos	Lower Similkameen Community Services Society	Food Sense	1		
Lytton	Lytton Tl'kentsin Health Services	Food Sense	1	FMNCP	
Merritt	Conayt Friendship Society	Food Sense	1	FMNCP	
Nakusp	Old Fire Hall Collective Society	Active Senior	1		
Penticton	Dragonfly Pond Family Society	Food Sense	1	FMNCP	
Salmon Arm	Canadian Mental Health Association	Food Sense	1	Mental Health Group	
	Senior's Health and Wellness Centre	Food Sense	1		
Savona	Skeetchestn Indian Band	Active Senior	1		
Vernon	Food Action Society of the North Okanagan	Food Sense	1		
	North Okanagan Friendship Center Society	Food Sense	1	FMNCP, Early Years Group	
Williams Lake	Cariboo Chilcotin Child Development Centre Association	Food Sense	1	Early Years Group	
TOTAL				24	

APPENDIX B // HOST ORGANIZATIONS + PROGRAMS / ISLAND HEALTH

CITY	HOST NAME	CURRICULUM	NUMBER OF PROGRAMS	NOTE
Chemainus	Huli'tun Health Society	Food Sense	1	
Coal Harbour	Quatsino Health Clinic	Food Sense	1	
Coombs	Arrowsmith Community Recreation Association	Active Senior	1	
Courtenay	Comox Valley Family Services Association	Food Sense	2	FMNCP (1), Early Years Group
Duncan	Cowichan Green Community	Food Sense	1	FMNCP
	Hiiye'yu Lelum Society	Food Sense	1	
Gold River	School District 84 - Gold River Secondary School	Food Sense	1	School
Ladysmith	Ladysmith Resource Centre Association	Food Sense	1	
North Saanich	Holy Trinity Anglican Church	Indigenous	1	
	Tseycum First Nation	Food Sense	1	Early Years Group
Parksville	Island Health - Parksville Family Place	Pre-Natal 18 Week Pilot	3	FMNCP, Early Years Group
Port Alberni	Huu-ay-aht First Nation	Indigenous	1	School
	Hupacasath First Nation	Indigenous	1	
	Port Alberni Friendship Centre	Food Sense	2	
Qualicum Beach	Society of Organized Services	Food Sense	1	FMNCP
Ucluelet	Ucluelet First Nations	Food Sense	1	
Victoria	Inter-Cultural Association of Greater Victoria	Newcomer	1	
	Saanich Neighbourhood Place	Food Sense	2	
	Society of Saint Vincent de Paul	Food Sense	1	
	Victoria Immigrant and Refugee Centre Society	Newcomer	1	
	Wale Road Initiative for Food Security	Food Sense	1	Youth/ Youth+Guardian
	YMCA-YWCA of Vancouver Island	Food Sense	1	
TOTAL			27	

APPENDIX B // HOST ORGANIZATIONS + PROGRAMS / NORTHERN HEALTH

NORTHERN HEALTH	CITY	HOST NAME	CURRICULUM	NUMBER OF PROGRAMS	NOTE
	Burns Lake	Carrier Sekani Family Services - Burns Lake	Food Sense	1	
			Indigenous	1	
	Hazelton	Gitanmaax Health & Wellness Centre	Food Sense	2	
	Houston	Houston Link to Learning	Food Sense	1	FMNCP
			Indigenous	2	
	Kitimat	Kitimat General Hospital and Health Centre - Living Well Program	Food Sense	1	
	Moberly Lake	West Moberly First Nations	Food Sense	1	
	Prince George	Aimhi - Prince George Association for Community Living	Food Sense	1	
	Quesnel	Bouchie Lake Recreation Commission	Active Senior	1	
Food Sense			1		
Trinity Lutheran Church		Active Senior	1		
		Punjabi	1		
Smithers	Smithers Community Services Association	Food Sense	1	FMNCP	
		Indigenous	1	FMNCP	
		Newcomer	1	Newcomer Group	
Terrace	Kalum Community School Society	Punjabi	1		
	Ksan House Society	Food Sense	1		
TOTAL				19	

APPENDIX B // HOST ORGANIZATIONS + PROGRAMS / VANCOUVER COASTAL HEALTH

CITY	HOST NAME	CURRICULUM	NUMBER OF PROGRAMS	NOTE
Bella Bella	Hailika'as Heiltsuk Health Centre Society	Food Sense	1	
Gibsons	Vancouver Coastal Health - Sumac Place	Food Sense	1	Mental Health Group
		Newcomer	1	Mental Health Group
Richmond	Cambie Community Centre	Active Senior	1	
	Multicultural Helping House Society - Richmond 55'sers	Active Senior	1	
		Food Sense	1	
Sechelt	Sunshine Coast Community Services Society	Newcomer	1	

VANCOUVER COASTAL HEALTH

continued on next page...

APPENDIX B // HOST ORGANIZATIONS + PROGRAMS / VANCOUVER COASTAL HEALTH

VANCOUVER COASTAL HEALTH	CITY	HOST NAME	CURRICULUM	NUMBER OF PROGRAMS	NOTE
	Vancouver		Collingwood Neighbourhood House	Food Sense	1
		Frog Hollow Neighbourhood House	Food Sense	1	
		Hastings Community Center	Food Sense	1	FMNCP
		Kitsilano Neighbourhood House	Food Sense	2	
		Kiwassa Neighbourhood House	Food Sense	1	
		Little Mountain Neighborhood House	Food Sense	1	
			Newcomer	3	
		Marpole Oakridge Family Place Society	Food Sense	1	
		Moberly Arts and Cultural Centre	Food Sense	2	
		Mount Pleasant Community Center - Recreation Department	Food Sense	1	
		REACH Community Health Centre	Food Sense	1	
		Renfrew Park Community Centre	Food Sense	1	
		Thunderbird Community Centre	Food Sense	1	
		Vancouver Coastal Health - Healthiest Babies Possible	Food Sense	2	Early Years Group
		Vancouver School Board - Engaged Immigrant Youth Program	Food Sense	1	Pilot: Youth
		West Point Grey Community Centre	Active Senior	1	
			Active Senior	1	
	YMCA of Greater Vancouver (Robert Lee)	Active Senior	1		
		Food Sense	3	Early Years Group	
TOTAL				32	

APPENDIX C // SESSION ONE FORM / PRE-QUESTIONNAIRE



BC Centre for Disease Control
Provincial Health Services Authority

FOOD SKILLS FOR FAMILIES

Facilitator:
Host:
Phase:
Health Region:
Curriculum:
Program Type:
Program ID:
Participant Initials:



SESSION ONE FORM

To be completed by participant.

Thank you very much for completing this questionnaire and for participating in the Food Skills for Families program. Please take the time to review the information below and complete Page 2.

What will I be asked to do if I take part in the Food Skills for Families program?

- I agree to follow health and safety rules as required by the program.
- I understand that the Food Skills for Families program will not provide on-site child care during the session and that childcare is the responsibility of the participant and/or host organization.
- I understand I may be contacted by the facilitator to remind me about the sessions or to find out why I stop attending.

We need your help with evaluating Food Skills for Families.

- You will be invited to complete a short questionnaire before Session 1 and at the end of Session 6. Questions will cover the foods you eat, how you prepare them and your experience with the Food Skills for Families program.
- You may be contacted six months and one year after you completed the program to participate in a short follow up survey. The survey will ask similar questions to what is on the questionnaires you complete during the program.

Your answers will help us identify what works well and how to improve the program. We will always keep your information confidential.

What do I agree to if I sign this form?

- I agree to take part in the Food Skills for Families program.
- I agree that I fully understand the information on this consent form.
- I consent to the use of my personal information with the protections described above.
- I understand that my participation and its evaluation in this program are voluntary.

APPENDIX C // SESSION ONE FORM / PRE-QUESTIONNAIRE

Please complete and sign the following section:

First Name: _____ Last Name: _____

Email Address: _____

Please tick box to sign up for the Food Skills newsletter to keep in touch and receive tips and resources related to healthy living.

PRIVACY STATEMENT

The Food Skills for Families program requires your personal information, such as your name and contact information, to help us provide you services and to communicate with you. We use the answers and opinions you provide on our questionnaires to help us improve the Food Skills for Families program, such as identifying areas that work well for participants and where we can make our program better.

We collect your personal information as authorized under sections 26(c) and (e) of the *Freedom of Information and Protection of Privacy Act* ("FIPPA"). FIPPA is privacy legislation that governs BC's public bodies, including the BC Centre for Disease Control. Your personal information is considered confidential and is handled in accordance to FIPPA requirements.

If you have any questions about how the Food Skills for Families Program uses or handles the personal information you provide us, please feel free to contact foodskillsbc@bccdc.ca.

Signature:

Participant

Date:

MM/DD/YYYY (e.g. 02/20/2020)

APPENDIX C // SESSION ONE FORM / PRE-QUESTIONNAIRE

1. In a typical day, how often do you cook at home?

Please check one answer only.

- Never
- Once a day
- Twice a day
- Three times a day

2. Do you agree or disagree with the following statements?

	Agree	Neither agree or disagree	Disagree
I feel confident planning meals using a variety of healthy foods.			
I feel confident cooking meals using healthy ingredients.			
I feel confident following a recipe.			
I feel confident preparing foods. (e.g. cutting, washing, measuring)			
I feel confident cooking foods. (e.g. pan frying, baking, boiling)			
I feel confident following basic food safety steps. (e.g. washing hands before cooking, using a different chopping board for raw meats)			
I feel confident reading and understanding the information shown on food labels.			
I feel confident when using food labels to make healthy choices when I go grocery shopping.			
I feel confident finding my way around a grocery store.			

APPENDIX C // SESSION ONE FORM / PRE-QUESTIONNAIRE

How often do you?

	Never	Not every day (e.g. 1-2 times a week)	Once a day	2 - 4 times a day	5 or more times a day
Eat vegetables					
Eat fruits					
Drink sugary beverages (e.g. pop, juice, iced tea, energy drinks, sport drinks)					
Eat deep-fried foods					
Add salt to a cooked or prepared meal					

3. Is there anything that stops you from buying healthy foods?

Check all that apply:

- I don't know which foods are healthy
- I don't know which methods of cooking are healthy
- I don't have the right kitchen equipment or utensils
- I don't have healthy recipes
- I don't like the taste of healthy foods
- Vegetables and fruits are not available
- I can't afford to buy vegetables and fruits
- I don't have time
- I prefer eating out
- Other, please explain: _____
- Nothing stops me from buying healthy foods.

APPENDIX C // SESSION ONE FORM / PRE-QUESTIONNAIRE

4. According to Canada's food guide, how much of your plate should be vegetables and fruits? Please check one answer only.

- None
- ¼ of my plate
- ½ of my plate
- ¾ of my plate
- I don't know

Please provide the following details about yourself _____

6. Age

- 0 – 18
- 19 - 34
- 35 - 54
- 55 - 70
- Over 70
- Prefer not to say

7. What best describes your gender?

- Female
- Male
- Prefer not to say
- Prefer to self-describe _____

Continued on reverse side.

APPENDIX C // SESSION ONE FORM / PRE-QUESTIONNAIRE

8. Do you identify as Indigenous?

- Yes
- No

If yes, please select one of the following groups.

- First Nations
- Inuit
- Métis
- Other (*please specify*): _____

9. How many other adults (19 years of age or older) do you usually prepare food for at least once per day?

- None
- One
- Two
- Three
- Four or more

10. How many children (18 years of age or under) do you usually prepare food for at least once per day?

- None
- One
- Two
- Three
- Four or more

Thank you for your participation.

APPENDIX D // SESSION SIX FORM / POST-QUESTIONNAIRE



BC Centre for Disease Control
Provincial Health Services Authority

FOOD SKILLS FOR FAMILIES

Facilitator:
Host:
Phase:
Health Region:
Curriculum:
Program Type:
Program ID:

Participant Initials:



SESSION SIX FORM

Initials: _____

To be completed by participant during session #6.

We appreciate your help in filling out this questionnaire. Your answers identify what works well and how to improve the Food Skills for Families program. We will always keep your information confidential. Thank you very much for completing this questionnaire and for participating in the Food Skills for Families program.

First Name: _____ Last Name: _____

Today's Date:

MM/DD/YYYY (e.g. 02/20/2020)

APPENDIX D // SESSION SIX FORM / POST-QUESTIONNAIRE

1. In a typical day, how often do you cook at home?

Please check one answer only.

- Never
- Once a day
- Twice a day
- Three times a day

2. Do you agree or disagree with the following statements?

	Agree	Neither agree or disagree	Disagree
I feel confident planning meals using a variety of healthy foods.			
I feel confident cooking meals using healthy ingredients.			
I feel confident following a recipe.			
I feel confident preparing foods. (e.g. cutting, washing, measuring)			
I feel confident cooking foods. (e.g. pan frying, baking, boiling)			
I feel confident following basic food safety steps. (e.g. washing hands before cooking, using a different chopping board for raw meats)			
I feel confident reading and understanding the information shown on food labels.			
I feel confident when using food labels to make healthy choices when I go grocery shopping.			
I feel confident finding my way around a grocery store.			

APPENDIX D // SESSION SIX FORM / POST-QUESTIONNAIRE

3. How often do you?

	Never	Not every day (e.g. 1-2 times a week)	Once a day	2 - 4 times a day	5 or more times a day
Eat vegetables					
Eat fruits					
Drink sugary beverages (e.g. pop, juice, iced tea, energy drinks, sport drinks)					
Eat deep-fried foods					
Add salt to a cooked or prepared meal					

4. Is there anything that stops you from buying healthy foods?

If yes, check all that apply:

- I don't know which foods are healthy
- I don't know which methods of cooking are healthy
- I don't have the right kitchen equipment or utensils
- I don't have healthy recipes
- I don't like the taste of healthy foods
- Vegetables and fruits are not available
- I can't afford to buy vegetables and fruits
- I don't have time
- I prefer eating out
- Other, please explain: _____
- Nothing stops me from buying healthy foods.

APPENDIX D // SESSION SIX FORM / POST-QUESTIONNAIRE

For the following questions, please check one answer only.

5. As a result of taking the program, do you think you will eat more vegetables and fruits?

- Yes
- No
- Maybe
- I don't know

6. As a result of taking the program, do you eat more meals with others?

- Yes
- No

7. As a result of taking the program, do you feel more connected to your community?

- Yes
- No
- Maybe
- I don't know

8. According to Canada's food guide, how much of your plate should be vegetables and fruits?

- None
- ¼ of my plate
- ½ of my plate
- ¾ of my plate
- I don't know

9. Will you use the Participant Handbook at home?

- Yes
- No (please comment below)

APPENDIX D // SESSION SIX FORM / POST-QUESTIONNAIRE

10. How would you rate the Facilitator of the program?

- Excellent
- Good
- Average
- Not good

Please explain:

11. What did you like the most about the program?

12. What is the biggest change you made/will make as a result of taking the program?

13. Is there anything in the program that should be improved?



BC Centre for Disease Control
Provincial Health Services Authority