



community food centres CANADA

good food is just the beginning



Mind Your Food

In Canada, **one in six children is food-insecure.**¹ Without regular access to healthy food, their physical and mental health is at risk.



The Approach (What we do)



Collaborate with project partners and youth to develop a hands-on, 10-week **program that explores nutrition, food traditions and food justice**



Pilot the program with youth aged 13-19 including those from **Indigenous, newcomer, and low-income communities**



Evaluate and improve the program based on partner and participant feedback

The Outcome (The difference we want to make)



Youth are armed with increased **nutrition knowledge and food skills**



Youth build **confidence and sense of belonging**






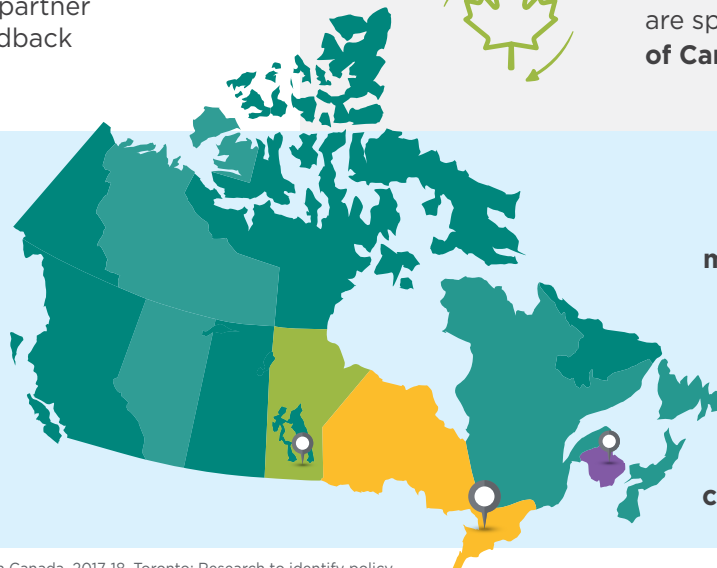
Promising approaches are spread to **other parts of Canada**

Where We Are

 **Toronto, Ontario**
Community Food Centres Canada

Implementation sites

-  • Eel Ground, NB
-  • Winnipeg, MB
-  • Toronto, ON



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¹Tarasuk V, Mitchell A. (2020) Household food insecurity in Canada, 2017-18. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/>

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