



2136 teenagers

133 schools
grades 7 - 10



20 hours of
cooking &
nutrition education

Outside school hours,
on school premises

DAILY CONSUMPTION HABITS

Before

After

Vegetables



2.5 serves

3.2 serves

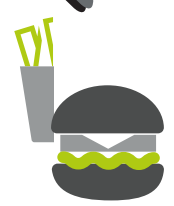
Fruit



1.8 serves

2.3 serves

Energy dense foods



1.8 serves

1.4 serves

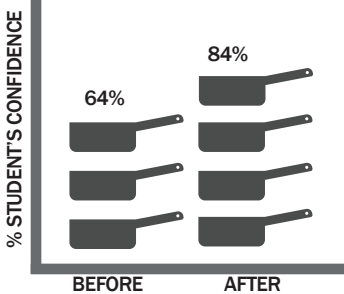
82%

of students were able to independently cook a meal at the completion of the program

32% 82%

31%

increase in confidence to prepare healthy foods at home



Attitudes



“My favourite part of the program was making a variety of healthy meals that everyone can enjoy. I also loved the taste of them!”