



**Getting kids involved in cooking** helps them learn about food, try new things and build skills for a healthy future.

# Good food FOR FAMILY

When families cook and eat together, it's more than just a meal – it's a time to yarn, share stories, and pass down knowledge.

**What's your family food story?**

Sharing meals helps everyone slow down and enjoy their food. When we connect with family and share healthy food it helps us stay strong in body, mind, and spirit.

**Screen free meal times are great for connection.**