



**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.**