



Food | Housing | Health | Youth

Healthy Eating for Wellness (HEW) 2021 & 2022 Pilot Projects Executive Summary Report



The implementation of the HEW course was made possible by a generous donation from Harley Valentine and [Castlepoint NUMA](#). Not only did they build the kitchen at the GBF Wellness HUB, they also funded the supplies and materials for the pilot projects.



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ACKNOWLEDGEMENTS

This report has been prepared by GBF Community Services. GBF officially began when the Benevolent Society of Grimsby and District was established in 1965 as a non-profit charity. Over the years GBF has become a very successful social enterprise. Financial donations and revenues from sold donated goods, allow GBF to invest in social change and make a significant impact within four service pillars: Food, Housing, Health, and Youth.

As part of the 2019 business planning process, GBF created the Healthy Eating for Wellness Initiative. One of the projects within this initiative was the implementation of the Healthy Eating for Wellness (HEW) Course. This report summarizes why and how the course was piloted, plus project findings and conclusions.

Authors:

Dr. Irene Podolak, Dr. Anteneh Ayanso, and Linda Rowilson.

Editors:

Ala Benish, Stacy Elia, Ashley Marr, Trudy Overell, Christine Switalski, and Deborah Wilson.

Contributors:

We sincerely thank all pilot project participants for their support in evaluating the project. Their constructive feedback allowed GBF to revise the HEW course and position it to be sustainable for future participants.

Healthy Eating for Wellness — Class of Fall 2021



Healthy Eating Ambassadors (L to R)

Linda Rowilson Hilda Stuive William Lawson Chris Switalski Irene Podolak Trudy Overell Deborah Wilson Ashley Marr Kathleen Morasiewicz Ala Benish

Sponsor:

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CASTLEPOINT
NUMA



A. INTRODUCTION

Grimsby, and the surrounding area, has changed and grown since it became a Town in 1922. The demands on health and social services have been steadily increasing in response to demographic changes and increased morbidity associated with housing shortages, food insecurity, mental illness, social isolation, and chronic disease. Health and social services budgets have struggled to meet these demands in the Niagara Region. As a result, community-led efforts promoting wellness have been implemented to address these challenges. A sample of Niagara-based organizations focused on wellness promotion include: Niagara-On-The-Lake (NOTL) Community Wellness Committee, South Niagara Health & Wellness Centre, Strong Fort Erie Neighbourhoods (SFEN), Quest Community Health Centre, and the Niagara Food Security Network (NFSN).

GBF Wellness Promotion

Promoting wellness for GBF’s clients has always been, and will continue to be, a fundamental impact goal. However, given the increased health and social demands in our area, and the challenges experienced with the COVID-19 pandemic, GBF realized it was time to **expand wellness promotion services beyond our clients to also encompass our community**. This led to extensive research and the development of a **Wellness Promotion Model** (shown below) that embraces four domains: Physical, Mental, Social, and Environmental Wellness.

GBF Wellness Promotion Model



Food Insecurity Context

The Food and Agriculture Organization of the United Nations (FAO) states that "**Food security** exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life".

Statistics Canada states "**Food insecurity** exists when one or more members of a household does not have access to the variety or quantity of food that they need due to lack of money."

Food insecurity has been a significant problem in the Niagara Region, affecting 15.1 % of households (based on 2017-2018 data). This statistic is recognized as an underrepresentation of the full picture of food insecurity today due to the impact of the COVID-19 pandemic. Food shortages resulting from an ineffective supply chain, the rising cost of food (especially fresh produce) and unemployment are dramatically increasing food insecurity in Niagara. Insufficient money coming into a household to cover necessities of life means households are forced to make decisions about either paying their rent or buying food. All too often shelter becomes the priority and families go hungry.

GBF is witnessing this unfortunate situation within our community more frequently than ever. In 2020, 20% of GBF’s clients were new. Thanks to the generosity of Grimsby residents, GBF was able to serve 596 unique individuals on a regular basis, which equates to 6,656 visits. Food donations increased from 20,355 Kg. in 2019 to 45,989 Kg. in 2020.

With the pandemic continuing throughout 2021, people in Grimsby (clients and non-clients) needed more support from GBF because they couldn’t afford to purchase food and pay their rent or mortgage. As a result, individual visits increased to 7,033 and food donations more than doubled to 94,408 Kg. Preliminary 2022 data makes it evident that food insecurity will continue to be a challenge in our community for some time to come.

HEW Course Impact Goals

The challenges discussed above influenced GBF to explore additional ways to deal with food insecurity for both its clients and the community at large. GBF’s successful food access program (delivered by our Food Bank) will continue to grow and provide weekly and seasonal food hampers to clients and community residents in need. However, GBF also recognized that dealing with the food access issue alone would not adequately address food insecurity. As a result, GBF decided to also focus on providing education and food skills development to: a) address barriers to healthy, affordable eating, and b) promote sustained adoption of healthy eating behaviours. Given this new direction, GBF created a Health Eating for Wellness (HEW) Course at a newly built kitchen at the Wellness HUB site.



The primary impact goal for the HEW course was:

- 1. To design and deliver the Healthy Eating for Wellness (HEW) Course to effectively educate clients and community participants on how to develop healthy food skills and behaviour, i.e., how to select and prepare nutritious, affordable meals, and how to develop healthier food consumption habits.**

Two additional goals were included to inform GBF on whether to continue delivering the course as an ongoing program. These included:

- 2. To determine if implementing a Healthy Eating for Wellness course will have a positive impact on participants’ wellness and instructors’ level of satisfaction.**
- 3. To determine if the HEW course is scalable and sustainable going forward.**

B. 2021 PILOT PROJECT IMPLEMENTATION APPROACH

Participant Demographics

Ten HEW course participants were selected specifically to represent a diverse group of individuals within the following categories: GBF staff, clients, and volunteers; age; gender, plus household status (i.e., living alone, with a partner, and/or with children).

All participants consented to be actively involved in the five-week pilot project and contributed to evaluating the pilot to benefit future participants. None of the participants dropped out of the course.

Project Implementation Framework

The implementation of the HEW course was an impact-driven effort. The application of a structured Project Implementation Framework enabled Project Leadership to assess the project's impact in simple, practical, and meaningful ways. The Framework guided the project through four phases to ensure the following:

1. **KNOWING:** everything leadership needed to know at the project's outset, i.e., what they wanted to accomplish and the resources they could leverage to successfully achieve project impact goals.
2. **PREPARING:** the project plan, course curriculum and evaluation tools needed to implement and evaluate the pilot project.
3. **DOING:** what needed to be done to implement the project, which included ongoing assessment so that adjustments could be made along the way to ensure a successful outcome.
4. **LEARNING:** what went well and what needed to be improved to create a sustainable healthy eating program for the future.

Five enablers: 1) stakeholder engagement, 2) methods & tools application, 3) resource deployment, 4) change management, and 5) impact measurement, were also included throughout the project. They ensured the right people were doing what they needed to do at the right time to successfully implement and evaluate the pilot project. Prospective and retrospective discussions provided project participants an effective method of learning by doing.

Tools & Data Collection Process

Data collection to assess the Healthy Eating for Wellness Course involved a variety of methods and 15 tools as summarized in the following table.

Healthy Eating for Wellness Project Data Collection Methods & Tools

Methods/Tools	Data Collection Process	Date	Participants n=10
Tool #1: Food Consumption Survey – Part 1 and Part 2	Distributed survey during class; instructed to complete it and leave on table, or, take it home to complete and return it at the next session.	August 30, 2021	8 surveys completed
Tool #2: Essential Nutrients & Food Matching Exercise	Distributed during class; instructed to complete it and leave on table or take it home to complete and return it.	August 30, 2021	9 exercise tools completed
Tool #3: Module 1 Evaluation Questionnaire	Distributed during class; instructed to complete it and leave on their table or take it home to complete and return it.	August 30, 2021	8 questionnaires completed

Tool #4: Safe Food Temperature Guide – Information Resource	Distributed temperature guide during the class for ongoing use in their home.	September 13, 2021	10 distributed
Tool #5: Cold Food Storage Chart – Information Resource	Distributed storage chart during the class for ongoing use in their home.	September 13, 2021	10 distributed
Tool #6: Fill Your Plate Exercise	Distributed during class; instructed to complete it, leave on their table, or take it home to complete and return it.	September 13, 2021	6 exercises completed
Tool #7: Module 2 Evaluation Questionnaire	Distributed during class; instructed to complete it and leave on their table or take it home to complete and return it.	September 13, 2021	8 questionnaires completed
Tool #8: Weekly Meal Plan Exercise	Distributed during class; instructed to take it home to prepare a meal plan for the week.	September 20, 2021	3 meal plans were completed
Tool #9: Grocery List Exercise	Distributed tool during class; instructed to take it home to prepare the corresponding grocery list.	September 20, 2021	4 grocery lists were completed
Tool #10: Module 3 Evaluation Questionnaire	Distributed during class; instructed to complete it and leave on their table or take it home to complete and return it.	September 20, 2021	9 questionnaires completed
Tool #11: Healthy Eating for Wellness (HEW) Course Operations Questionnaire (evaluating course operations) Focus Group	Distributed the questionnaire a week in advance during the Module 4 session. Instructions were provided on how to complete the questionnaire. A focus group was conducted in Module 5 to discuss participants' Questionnaire responses. Participants submitted their completed questionnaire forms at the end of the Module 5 session.	September 27 th , 2021 October 4 th , 2021 October 4 th , 2021	Questionnaires distributed to all 10 participants 9 Focus Group participants 6 completed Questionnaires
Tool #12: Healthy Eating Course Personal Impact Evaluation Questionnaire (evaluating participants' personal impact experienced) Focus Group	Distributed the questionnaire a week in advance during the Module 4 session. Instructions were provided on how to complete the questionnaire. A focus group was conducted during Module 5 to discuss participants responses to the HEW Course Impact Evaluation Questionnaire. Participants submitted their completed questionnaire forms at the end of the Module 5.	September 27 th , 2021 October 4 th , 2021 October 4 th , 2021	Questionnaires distributed to all 10 participants 9 Focus Group participants 6 completed Questionnaires
Tool #13: Module 4 Evaluation Questionnaire	Distributed survey during class; instructed to complete it and leave on their table or take it home to complete and return it to the Food Bank when completed.	October 4 th , 2021	5 completed Questionnaires
Tool #14: Staying Connected Contact list	Distributed the contact list during the last session and requested each person to add their contact information.	October 4 th , 2021	9 participants shared their information
Tool #15: Healthy Eating Bingo Card	Originally distributed at the beginning of the course. Participants were asked to make edits. The edited version was reviewed by all participants at the final session.	October 4 th , 2021	6 participants provided edits to the bingo card

C. 2021 PILOT PROJECT KEY FINDINGS & RECOMMENDATIONS

After reflecting on the three Project Impact Goals, Project Leadership made some concluding observations about the success of the 2021 HEW course and how to proceed going forward. These are summarized below for each Healthy Eating for Wellness Project Impact Goal.

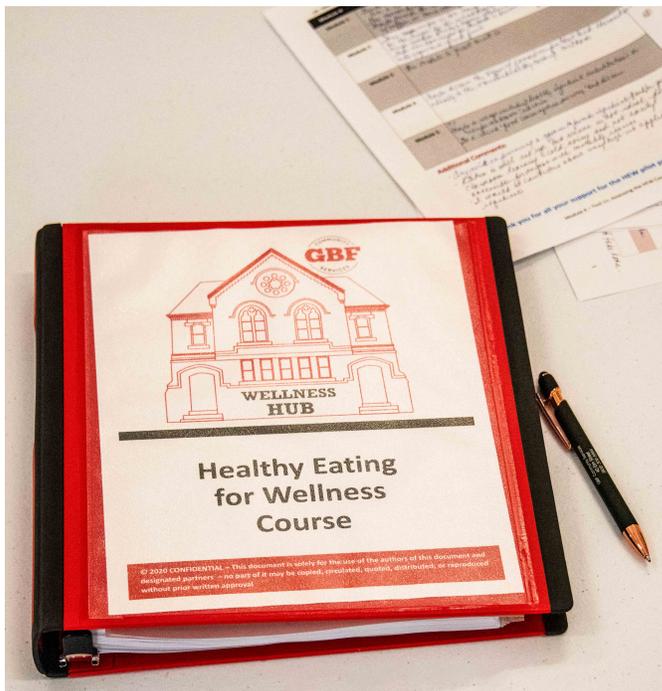
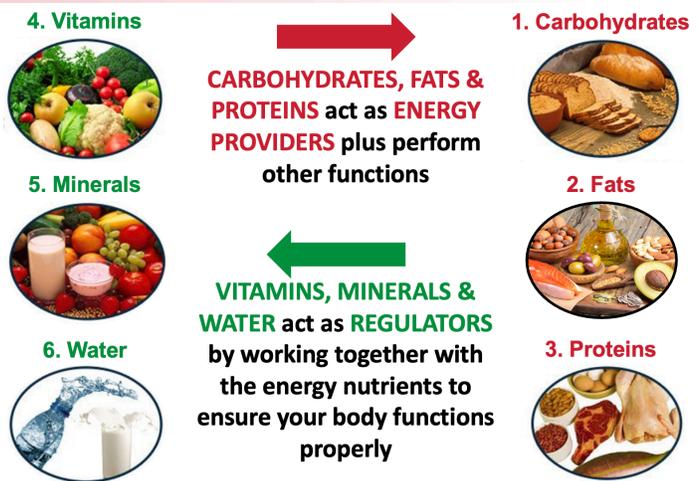
Impact Goal #1:

1. To design and deliver the Healthy Eating for Wellness (HEW) Course to effectively educate clients and community participants on how to develop healthy food skills and behaviour, i.e., how to select and prepare nutritious meals, and how to develop healthier food consumption habits.

Project Leadership Observations & Participant Feedback:

- The HEW course was specifically designed to address the nutritional learning needs of participants, as well as the development of healthy food preparation skills and mindful eating behaviours. In addition to slide presentations, it included internet videos, exercises, discussion topics, cooking demonstrations, distribution of information resources (i.e., articles, charts, etc.), plus sharing of personal experiences.
- Course participants positively rated the design of the course materials.

NUTRITION SCIENCE – 6 ESSENTIAL NUTRIENTS



They felt the binders were well organized, and the content was very professional. However, a recommendation was made to simplify the content for the “Science of Nutrition” module (Module #1) to ensure the duration of the session does not exceed three hours. Realignment of course content was recommended, along with extending the course from five to six weeks (or longer) to achieve this objective.

Participants felt food demonstrations were well presented and helpful, especially when they cooked the recipes themselves at home. However, they recommended that fewer recipes be made during each session. Therefore, the number of recipes demonstrated per session will be adjusted to provide ample time for interactive discussion and socialization. A Recipe Exchange (Rx) Club has been initiated.

- Participants unanimously felt they learned a lot by participating in the course. They also had fun and benefited from the opportunity to socialize with one another. The participants especially were proud of the certificate they received at the conclusion of the course acknowledging that they could now be called a Healthy Eating Ambassador.

Impact Goal #2:

2. To determine if implementing a Healthy Eating for Wellness course will have a positive impact on participants' wellness and instructors' level of satisfaction.



Project Leadership Observations & Participant Feedback:

- We learned that the course is just as much about social connections as it is about meeting participants' physical nutritional needs. It became evident that participants needed more time to socialize, especially during the beginning of the course to get to know each other and feel comfortable interacting. Providing more time for discussion and less time for content presentation is crucial to satisfying participant's social wellness needs.
- The module on healthy eating behaviours was well received. A few participants stated they have already made small changes in their eating habits during the course. Most participants felt the course will impact their eating habits going forward. Most participants stated they will also share their knowledge with family and friends.
- Additional data would need to be collected in the future to determine the extent of healthy eating behaviour modifications over a longer period. Recommendations included a follow-up meeting a few months after the completion of the pilot project.
- The Lead Instructor of the course (Irene Podolak) was very satisfied with the pilot project findings and feedback that was received. However, it was recognized by all participants that the scope of work effort to deliver the course is far too great for one person to manage on their own. It was suggested that having multiple qualified instructors/ facilitators would provide variety in teaching styles as well as improve instructor satisfaction.

Impact Goal #3:

3. To determine if the HEW course is scalable and sustainable going forward.

Project Leadership Observations & Participant Feedback:

- All participants felt the course was valuable and should be repeated targeting various audiences. However, it was recommended that suggestions for improvement should be incorporated to support Program sustainability and participant satisfaction going forward.
- The cost of the pilot project was approximately \$3,000; this included the purchase of food and basic supplies to conduct the course. Course leadership is confident that they can build a case to invest in the course in 2022. Recommendations have been made to solicit corporate sponsorship to sustain the Program going forward. A donation of \$5,000 was received; this covered the expenses for the 2021 course with \$2,000 left to start the second pilot project in the spring of 2022.

- Having only one instructor for the course would not be sustainable going forward. Involving two to three instructors during each session would provide variety and distribute the workload. Three of the participants stated they are prepared to be part of a training program in 2022 to share the workload of delivering the Program. Having a pool of qualified facilitators is a key success factor for scaling up the Program in the future.

Concluding Recommendations

The pilot project proved to be impactful; all three project impact goals were adequately realized. In addition, data findings clearly **demonstrated social return on investment**.



All project participants recommended that the pilot project was worthy of being scaled up and implemented as an ongoing program, providing a sufficient number of facilitators could be certified.

Given the project results, the Board of GBF approved proceeding with the Healthy Eating for Wellness Program in 2022, with the stipulation that the Program be improved, additional facilitators be trained, and the impact be evaluated on an ongoing basis.

D. SPRING 2022 HEW COURSE IMPLEMENTATION APPROACH, FEEDBACK & RECOMMENDATIONS

Spring 2022 HEW Course Implementation Overview

A Planning Group was organized following the 2021 pilot project. The Group held meetings in April and May of 2022 and determined how the pilot project recommendations would be implemented to improve the HEW course. The revised course consisted of seven sessions (as shown below) held on Monday mornings at the Wellness HUB.

Spring 2022 Course Dates	Topic	Cooking Demonstration Recipe (CD) Recipe Exchange (Rx)
Week 1: April 11th	Course orientation & safe food handling	CD1 Tomato soup & grilled cheese *Rx1 Tomato Sauce
Week 2: April 19th	Nutrition science	CD2 Mediterranean salad Rx2 Caprese skewers Rx3 Cranberry poached pears
Week 3: April 25th	Canada Food Guide & mindful eating habits	CD3 Granola with nuts, yogurt & fruit Rx4 Oat & bran porridge with fruit Rx5 Pumpkin bars
Week 4: May 2nd	Nutrition facts & meal planning	CD4 Corn & black bean salad Rx6 Fresh bean & tomato salad Rx7 vegan lentil loaf
Week 5: May 9th	Eating well affordably & healthy eating substitutions	CD5 Chicken & brown rice (or barley) Soup Rx8 Chicken stock Rx9 Rice paper rolls
Week 6: May 16th	Healthy cooking methods & food preparation tips	CD6 Slow cooker chili Rx10 Vegetable fried rice Rx11 Beef chow mien with soba noodles Rx12 Asian peanut noodles with chicken Rx 13 Pierogi dough & fillings
Week 7: May 30th	Course evaluation & celebration	Rx14 Mushroom barley soup Rx15 Whole wheat rolls Rx16 Banana pecan loaf

The course curriculum for the spring 2022 course was similar to the 2021 course, but, it was extended over a 6 week duration rather than 5. A 7th session was dedicated specifically to celebrating the success of the course and collecting feedback on how the course could be improved going forward.

One recipe was demonstrated during each cooking demonstration (CD) in the class. GBF assembled a food kit for participants to ensure they had all the ingredients they needed to cook the six demonstrated recipes.

Participants also received tips on how to prepare additional recipes exchanged (Rx) so that they could prepare them in their home.

An additional objective of the course was to train four facilitators to deliver the Program during 2022 and beyond. This objective was exceeded. Of the graduating class of 13 participants, 6 individuals received a Facilitator Certificate.

Healthy Eating for Wellness – Class of Spring 2022



Spring 2022 Course Feedback

The following is a summary of the participants' responses to four evaluation questions:

1. What did you like best about the course?

- Comradery, social connections, and fun – meeting new people, informative discussions, and sharing with participants that were openminded (“I was able to bond with some volunteers and clients”).
- It was a great group. Moving people to different tables each week facilitated getting to know more about each other. Lots of sharing from people of different walks of life, i.e., personal stories, recipes, tips, etc.
- Provided a sense of togetherness and a platform to learn from each other. Information, tools, different cooking techniques, and tips – all very useful. “I learned to make soup”. “Batch cooking for one very helpful”.
- Focus on health and wellness. The wellness promotion theme and “the link of eating healthy to enable physical wellness was an eye opener”.
- Amazing curriculum – very organized, educational, and easy to read/understand. The binder is full of information and references that enable you to acquire knowledge and know-how.
- Learning how to make substitutions in the recipes and alter them to my preferences.

- Provided new food ideas and the inspiration to try something different. “Challenged the taste buds”.
- Provided opportunities for some to learn how to be a facilitator.
- Felt more connected to GBF and learned about the great contributions they make to our community.

2. What did you like the least about the course?

- It is a major time commitment for participants to participate in 7 consecutive sessions.
- Facilitators spent a lot of time preparing (sometimes on the weekend) to be ready for Monday morning.
- The use of canned foods is not always a healthy option. Even frozen foods are a better option. Fresh foods are best.
- Not enough interaction by participants – too much lecture-based. The course needs to be more activity-based.
- Need to emphasize food safety/hygiene when in the kitchen.

3. How would you suggest we improve the course?

- Increase interactions by participants so that they aren’t just observers, e.g., have them prepare a meal plan in a small group. Also include stretches following sitting for a long time.
- Secure food allergy/preferences from prospective participants at the time of registration, so that you can take the information into account when doing the food demonstrations.
- Include information targeted at people with medical disorders, e.g., diabetes, heart disease, etc. during relevant sessions.
- Emphasize eating fresh foods, while taking budget into consideration.
- For clients and low-income participants, would be beneficial to emphasize recipes that would use ingredients from GBF’s Food Bank. Include information on how to stretch/expand food to create more servings.
- Emphasize that you sometimes need to balance eating healthy with convenience, food access, and cost. Provide options in recipes to help achieve this balance.
- Try to make the cooking demonstrations more visible, e.g., provide a mirror over the area.
- Maybe break the series down into several (shorter) programs?
- “Don’t bother with meal kits”; have people bring their own containers so that they can take cooked food home if they want it.
- Provide more information about what the course includes to inform people and inspire them to participate. “People need more information to decide if the course is for them”.
- Reinforce that everyone is on their own healthy eating journey.

4. What impact did the course have on you (in any way) over the 7 weeks?

- Realized food brings people together (“fellowship”) and that “food gives life”.
- Made me more mindful of what, when and how I should eat to promote wellness.
- Made me more aware of diverse ways of eating. “Inspired me to be more creative”.
- Was able to share and contribute in a meaningful way – “felt included”. Got to know others from the community.

- Increased awareness of healthier cooking/eating options, plus techniques such as batch cooking, reading labels, menu planning, etc.
- Great to be able to interact with others after the challenges of COVID.
- Made me realize how important it is to continue learning from others and being connected.

2022 Spring Course Recommendations

The following is a summary of the recommendations to be incorporated into the Fall 2022 HEW Course.

Course Logistics and Participation

- Will make the course slightly shorter – rather than 7 sessions, will decrease the course to 6 sessions: one per week.
- The course will be held during the middle of the week (most likely Wednesdays) instead of Mondays to allow for more preparation time.
- The number of participants will be increased to 17-18 plus 2-3 facilitators per session (totalling 20 people). Preference will be given to GBF clients. Providing enough clients register for the course, a separate class could be implemented focused on low-income households. Alternatively, healthy eating education can be provided by Food Bank staff at the 40 Elm site, or an outreach option can be explored.
- The course will be locally advertised; people will need to register for the course.
- Depending on available Facilitators and public interest, in the future, we will consider offering separate courses for different groups such as children, teens, seniors, etc.

Course Materials & Implementation Changes

- Information about GBF's programs will be incorporated into the orientation session. Will ensure participants know how the course focuses on wellness promotion and food insecurity.
- The course curriculum will be organized into 6 sessions within a binder. Each session's materials will be added to the binder weekly to prevent information overload.
- Will include information about the microbiome in the Science of Nutrition session.
- Will be mindful of people's budgets to be able to cook the recipes. The focus will be on simple food and techniques that would be affordable, plus easy/convenient to make.
- Will make the sessions more interactive, i.e., include group activities at each table (e.g., creating a meal plan together), allow participants to engage in some of the cooking, arrange the tables in a circle, place food labels/products on tables to allow participants to check comparisons rather than being shown pictures, etc.
- Will continue cooking one simple recipe per session and exchanging recipes amongst participants.
- Will stop providing take-home kits for food preparation at home to avoid waste. Will ask participants to bring their own containers with them to class so that they can take food home if they want it.
- Recipe ingredients will be made available in the Food Bank to participants so that they can access them if, and when, they want them.

E. FALL 2022 HEW COURSE IMPLEMENTATION APPROACH, FEEDBACK & STRATEGY FOR GOING FORWARD

Fall 2022 HEW Course Implementation Objectives & Overview

The primary objectives for the Fall 2022 HEW course included the following:

- To further simplify the content in the HEW course binder and provide additional learning materials that participants can review at home to learn about food related disorders that they want to better manage or prevent.
- To enhance learning by applying more interactive exercises in small groups during each session.
- To provide 6-8 Facilitators opportunities to develop their teaching and cooking demonstration skills.

To achieve these objectives, the Fall 2022 HEW course was modified as follows:

- The course curriculum was simplified to ensure everyone could understand the content. Graphics were added and more discussions were held to explain the impact of food on disorders.
- Resources/articles were distributed to provide additional information about diabetes, high cholesterol, celiac disease, weight management, etc.
- The implementation approach was modified to include interactive exercises at each of the tables during each session. This provided additional clarification and reinforced learning.
- Three to four Facilitators attended each session. They shared the responsibility for delivering content, supporting interactive table discussions, demonstrating cooking one recipe per class, and sharing tips on how to cook recipes being exchanged.
- The selection of recipes was adjusted to emphasize simpler, more affordable, convenient, healthy ingredients.
- Additional servings of each week's Cooking Demonstration (CD) recipe were prepared in advance to ensure that everyone could enjoy a satisfying portion of the food during lunch. Participants could also bring containers to the sessions if they wanted to take left over food home.



- Social interaction was encouraged before the class, during interactive sessions, during lunch, and after the class was over. Some participants came early and stayed late to socialize.
- During the last session, participants had the opportunity to share their stories of how the HEW course impacted them.

The course consisted of six sessions (described in the table below) and was held on Wednesday mornings from 10am to 12:30 at the Wellness HUB.

Fall 2022 Course Dates	Topic	Cooking Demonstration Recipe (CD) Recipe Exchange (Rx)
Week 1: September 14th	Course orientation & safe food handling.	CD1 Tomato Soup & Grilled Cheese Rx1 Roasted Tomato Sauce Rx2 Banana Nut Loaf
Week 2: September 21st	Nutrition Science.	CD2 Corn & Black Bean Salad Rx3 Fresh Bean & Tomato Salad Rx4 Mexican Cornbread
Week 3: September 28th	Canada Food Guide & mindful eating habits.	CD3 Granola With Yogurt, Nuts & Fruit Rx5 Oats & Bran Porridge Rx6 Pumpkin Bars
Week 4: October 5th	Nutrition facts & meal planning.	CD4 Tomato & Ricotta Pasta Rx7 Tomato Puree/Passata Rx8 Mediterranean Salad
Week 5: October 12th	Eating well affordably & healthy eating substitutions.	CD5 Chicken & Rice Soup Rx9 Chicken Stock Rx10 Healthy Apple Oat Crisp
Week 6: October 19th	Healthy cooking methods & food preparation tips.	CD6 Vegetable Fried Rice Rx11 Slow Cooker Chili Rx12 Vegan Lentil Loaf Rx14 Vegetarian Pizza

Course Participants

The photo below shows most of the Fall 2022 HEW course participants; a few individuals were not able to attend on the day of taking the photo, plus some Facilitators were not scheduled to attend this day. In total 20 participants completed the course, and eight Facilitators supported the Program.

Healthy Eating for Wellness – Class of Fall 2022



Fall 2022 Course Feedback

The following is a summary of the participants' responses to completing the following statement:

This is how the course has impacted me:

- The Healthy Eating for Wellness Course has helped me to see that it is possible to eat well on a budget.
- A lot of the info I had heard before but hearing it now has reinforced the knowledge and gave me new ideas to live a healthier, better life.
- My body, metabolism and motivation have been going through a lot of changes as I'm getting older. This class has energized me to make better choices and live the Best Life I Can.
- The class has given me tools to understand food and its nutrients, plus how foods are used by the body.
- I've learned great new recipes and met new people while enjoying samples of recipes that were prepared right in the class. I have tried foods that I have never had before!

- I am grateful for the people and companies who sponsored it (the course) because getting information in a binder means it can sit on my counter always at hand and available – not loose pages lying in a drawer out of sight.
- If I had taken this course years ago, I would have had the knowledge to manage my health better and perhaps not have the problems I do now.
- As a result of what I learned, I made better choices and surprised my doctor when my bloodwork had improved – no need to start taking drugs.
- I have enjoyed the various topics, chats, and foods. All the instructors were friendly and very informative. I have learned a lot about making better food choices.
- I'm constantly looking at food nutrition labels and have adjusted my breakfast menu to include homemade granola (so delicious) and porridge every morning.
- I have a better understanding of the importance of meal planning. I just need to prioritize this into my weekly routine.
- I thoroughly enjoyed the course. I have cooked for my family all my life and know some of the better ways to cook food but there is always more to learn and sometimes to re-learn.
- I bought a new frying pan (wok style) for lots of vegetable stir fry. Have also learned how to use spices better.
- This course has provided enjoyment and socialization, plus allowed some people to find their voice. We can always use more socialization, more peer support, and more mental health awareness.
- As each of us continues our health and wellness journey, it would be nice if the class could get together after 3 months in a participant-led review of cooking ideas, recipes, tips, etc. Would be great to support each other.
- Words cannot adequately convey the depth of my gratitude for this course. You have given me invaluable information regarding the foods I need to eat and how to combine them to ensure my body is receiving the nutrients it needs to repair the damage done by my gluten disease.
- This class is amazing! It is very professionally constructed and delivered. Thank you Irene, Facilitators, and GBF for offering this class, especially at no cost to participants. I'm amazed that you offer it for free to everyone.



In conclusion, it is evident that the HEW course has demonstrated physical, mental, and social value for the investment GBF and our donors have made. The HEW course is well aligned with GBF's vision – to enable our clients and our community to be well. As such, it has been included in GBF's 2023-2024 Business Plan.

Providing we have the resources (Facilitators and funds) to deliver the course, our strategy is to conduct 2 to 3 courses annually going forward.

Sponsor Support Going Forward for the HEW Program

Potential sponsors will be approached to gain their support for scaling and sustaining the HEW Program going forward. Without their support, and the Facilitators that donate their time, GBF would not be able to address the ever-increasing local food insecurity challenges being experienced.