

# OTTAWA

Pinecrest-Queensway Community Health Centre

"I just learned how to live a healthier lifestyle"



## COOKING WITH ANNE

Youth in the Ottawa Pathways location have been involved in an innovative cooking project called "Cooking with Anne" which consists of weekly cooking demonstrations held on Instagram. Once youth have viewed the video, they are invited to share the nutritional tip of the week with program staff after which they are sent an electronic gift card to purchase the ingredients needed to recreate the dish that Anne, a Registered Dietician, cooked in the video. Youth are encouraged to post and share photos of their creations with program staff and friends!



"We've connected with our family, this has become a huge thing. You know, my mom comes home and she's like, oh, what's the recipe of the week? It's something that we can do together as a family, a way to connect the way to have fun. And yeah. to her, it's also a way to get us cooking more often. So it's like a really big plus side."



## EVALUATION TOOLS

Youth participants (7) from the Ottawa Pathways location filled out their version of the survey in March 2021.

Two (2) youth were interviewed using the SCC's **head, heart, feet** and **spirit** (HHFS) questions in order to get a better idea of their experiences in the program.



They answered questions about:

*Food and Nutrition and Custom Questions about the Cooking with Anne project.*

# RESULTS



## FOOD & NUTRITION

Food and Nutrition Knowledge and Skills

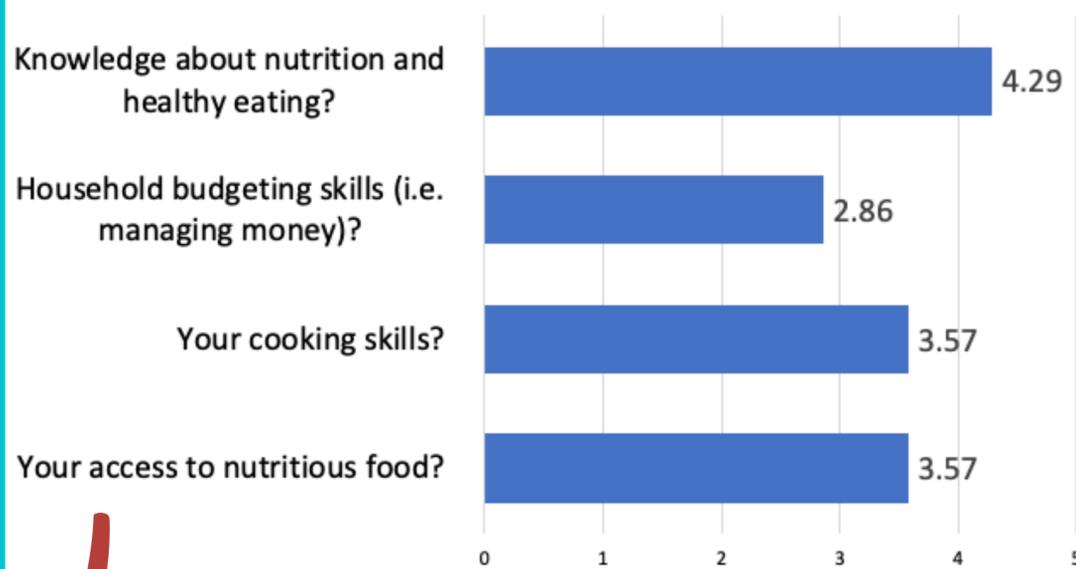


- **Highest mean score:** *I have a greater understanding and knowledge of issues related to healthy eating (4.57/5 = between "agree" and strongly "agree")*
- **Lowest mean score:** *My understanding of how to address issues related to healthy eating in my community has increased (3.71/5 = between "neither agree or disagree" and "agree")*



"I like it, because there are recipes that some of the recipes I've already used before, but like we get a healthier alternative to it, and an easier and healthier alternatives to them."

How much did the Cooking with Anne project help to increase....



## CUSTOM QUESTIONS

- Participants reported that the project helped them gain knowledge about nutrition, cooking skills as well as access to nutritious foods!
- They also expressed having aquired household budgeting skills but it seems that they could use more focused workshops in this area.



## CONCLUSION

Youth in Ottawa gained knowledge about food, nutrition and cooking thanks to the "Cooking with Anne" project. This project also created opportunities for them to bond with each other and with their families through cooking and sharing a new meal every week.

Recommendations:  
Having youth fill out the questionnaire at the beginning and end of the program would provide greater insight into youths' academic success and knowledge about food and nutrition.

