

President's Choice Children's Charity Food and Nutrition Projects

KINGSTON

Kingston Community Health Centre

"I'm interested in trying new foods that I haven't had before.. I'm here to try new things and different foods and cook with the people I like"



PATHWAYS CHEF

Youth in Kingston engage in the Pathways CHEF project where they access opportunities to learn about cooking, health, e-learning and having fun! Youth receive a new recipe every week and they work with program staff to write up a grocery list. Program staff then do the grocery shopping according to the list and drop off of all of the necessary ingredients. Once all of their materials are prepared, youth gather virtually and in person in a hybrid model, and cook with one another. They are able to ask questions and learn together.



"But then like I started coming to pathways. And I was really like involved with the wine and cooking. And I think it's just gotten me to, like, come out of my shell more and out of my comfort zone"



EVALUATION TOOLS

Youth participants (6) from the KCHC Program location filled out the quantitative modules during a Zoom meeting.

Two (2) youth were interviewed in a focus group with the SCC in order to get a better idea of the experiences participating in the project.

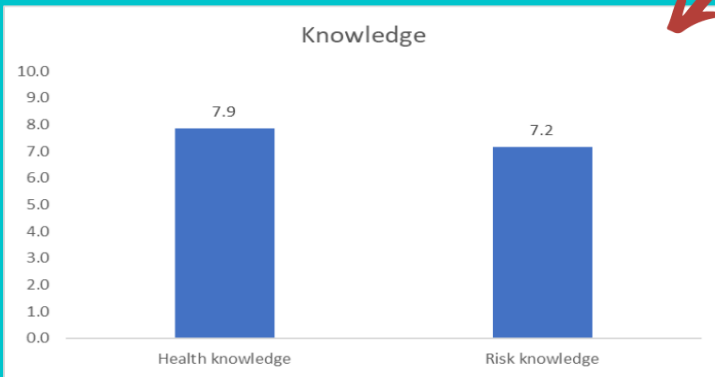
They answered questions about:
Youth Engagement Qualities and Healthy Living





HEALTH KNOWLEDGE

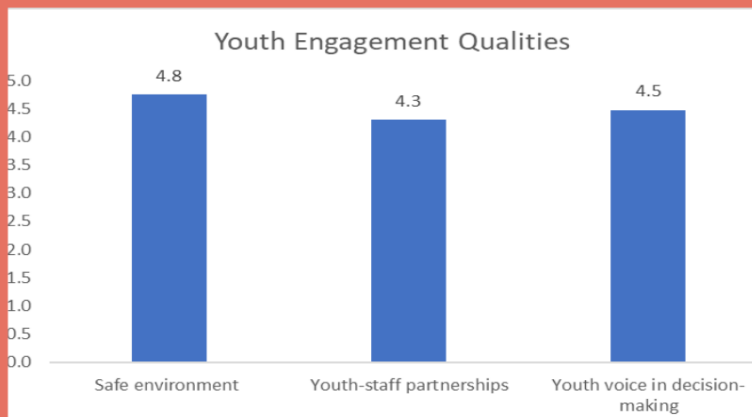
On a scale from 1 to 10



- Youth feel like they are more knowledgeable on healthy eating habits and the risks of unhealthy eating habits.
- This new knowledge may promote a healthier lifestyle for youth outside of the program.

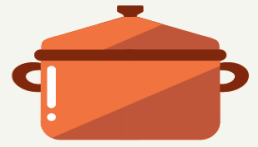
YOUTH ENGAGEMENT

Scale from 1 "strongly disagree" to 5 "strongly agree"



- Youth feel like the program is a safe space for them to learn, grow, and connect with others.
- Youth feel like there is a positive relationship between project staff and youth, and that their ideas are taken seriously in decision-making.
- Overall, youth have shown high levels of engagement, which may lead to higher self-confidence and leadership outside of the program.

RESULTS



FOCUS GROUP



CULINARY
SKILLS

NEW
EXPERIENCES

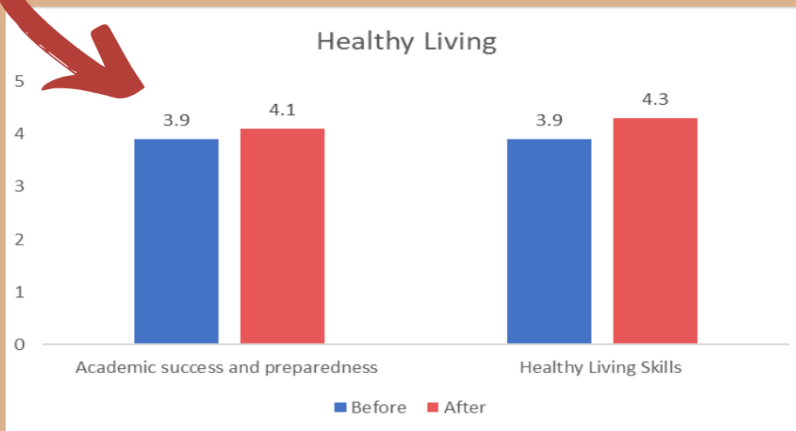
SOCIAL
CONNECTIONS

SELF
GROWTH

"I think I like cooking with the other people. I think that's what my favorite part is, definitely the cooking with other people"

HEALTHY LIVING

Scale from 1 "strongly disagree" to 5 "strongly agree"



- Participant answers suggest that the program increased academic success and preparedness, as well as healthy living skills.
- Youth revealed that they are more conscious of their lifestyles and the importance of a healthy diet.
- Youth also revealed that they learned about the relationship between healthy eating and academic success.

CONCLUSION

Youth participants from the KCHC Pathways location benefited from the opportunity to learn to cook together. They learned about nutrition, developed their identity and bonded with their peers!

