

# ARE YOU BREADY TO CRUMBLE

## Mythbusters for Kids

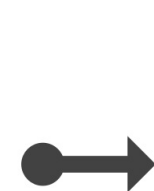


### What is the Gordon Neighborhood House



A place for everyone that supports inclusiveness, community, sustainable healthy food, and invests in children

### What is the after school care program?



A low cost program providing parents with affordable afterschool care for thier children

### Who participated?

**16**

boys and girls



**10%**

food insecurity is in families with children

**7%**

food insecurity is in families without children

### Whats the issue?

Children that attend the after school care program at the Gordon Neighbourhood House could be food insecure.

This food insecurity is not exclusive to Gordon Neighbourhood House but throughout Vancouver

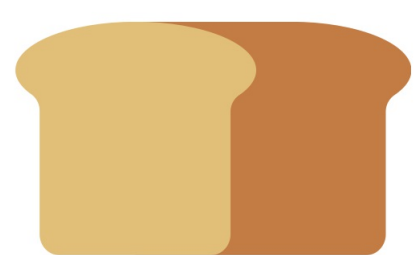
**1 in 3**

people utilizing food bank donations are children



This affects everyone in the community

### We made!



Children took home recipies and we discussed each food to encourage and engage critical thinking surrounding food

### What did we find?

**100%**

**Engaged**



**Retained**

### Food literate



Veggies  
Fruits  
Meat  
Grains



Now What?

### Food Literacy Workshops Can Help Promote Food Security in Children

Every afterschool program can do this!



It's Easy!



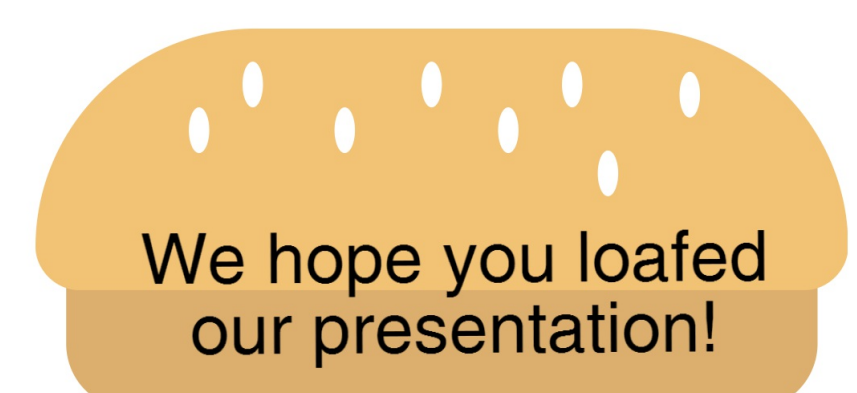
It's Cheap!



It's Fun!



"Are we making some food today?!"



[blogs.ubc.ca/mythbustersforkids2017](https://blogs.ubc.ca/mythbustersforkids2017)

THE UNIVERSITY  
OF BRITISH COLUMBIA

GORDON  
Neighbourhood House

Sources:  
Statistics Canada (2014); University of Bristish Columbia, Gordon Neighbourhood House