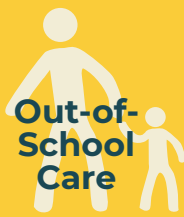


# Gordon Neighbourhood House



Connecting the community through food programs and interactive activities



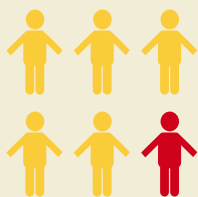
FOOD SECURITY BEGINS



with **Children**

**1 in 6**

Kids live in food insecure households<sup>1</sup>



## Vital Nutrients

for Children

### CALCIUM

Establishing peak bone mineral density<sup>3,4</sup>



### HEALTHY FATS

For retinal development & neuronal myelination<sup>3,5</sup>



For more information, please check out our blog!  
[blogs.ubc.ca/lfs350\\_gnhdesserts](https://blogs.ubc.ca/lfs350_gnhdesserts)



**1 in 5**

Canadian children have excess energy consumption<sup>2</sup>

## Avocado brownies



- ✓ Few ingredients
- ✓ Rich in calcium + healthy fats
- ✓ Cooking skills

## Workshop

3 field visits

Ice-breaker day activity

90-minutes healthy dessert workshop

20 children aged 5-10 y/o

Printed recipe handouts

## Healthy Desserts

### FOOD LITERACY WORKSHOP

## Our Project

### OBJECTIVE

Conduct a food literacy workshop to introduce nutritious, flavourful desserts for the children in the Out-of-School Care Program

### METHODS

- 1) Develop a healthy dessert recipe
- 2) Design & conduct an interactive healthy desserts workshop
- 3) Evaluate workshop through stakeholders' feedback

## THE IMPLICATIONS

- Food literacy education for children can address food-related issues such as food insecurity and childhood nutrition.
- In the future, conducting multiple diverse workshops that touch on different aspects of food literacy.

## BEFORE

*'Why are we putting avocados?'  
'I hate avocados.'*



*'I don't see the avocados anymore'  
'It smells awesome!'*



## AFTER

1. PROOF. (n.d.). Food insecurity in Canada. Retrieved from <http://proofutoronto.ca/food-insecurity/>  
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4. Arrabal-Polo, M. A., Arrabal-Martín, M., Arias-Santiago, S., Garrido-Gomez, J., Poyatos-Andujar, A., & Zuluaga-Gomez, A. (2019). Importance of citrate and the calcium: citrate ratio in patients with calcium renal lithiasis and severe lithogenesis. *BJU International*, 111(4), 622-627. doi:10.1111/j.1464-410X.2012.11292.x  
5. Lawrence, G. D., & Project Muse University Press eBooks. (2010). *The fats of life: Essential fatty acids in health and disease*. New Brunswick, N.J.: Rutgers University Press.