

## Food for Us! transforms students into healthier eaters after 10 lessons.

BC Dairy Association commissioned *Verita Strategy Group Inc.* to assist with an evaluation of the Food for Us! nutrition education program. Students who completed the program, their parents, and the teachers who delivered the program all participated in this comprehensive evaluation.

### Research Highlights

After completing the program, students could make better food choices:

An examination of **4,916** pre-program lunch food diaries and **4,651** post-program lunch food diaries showed significantly **more balanced lunches** after completing Food for Us!

The **quality of lunches** prepared at home improved significantly. Students reported packing more from the food groups: Fruits & Vegetables, Milk & Alternatives, and Meat & Alternatives.

**More than 96%** of teachers surveyed were ‘very satisfied’ or ‘satisfied’ that most students could classify foods into food groups and demonstrate an understanding of balanced meals and healthy snacks.

Knowledge and skills were retained over the long term:

**Six to nine weeks** after taking the program, over **90%** of the students could name and classify foods by food group—essential skills for planning balanced meals and choosing healthy snacks.

Behaviour changed at home:

**Parents packed more balanced lunches** for their children, suggesting the program effects transferred from the students to their parents.

“I have taught the lessons for many years now and really love the program. I especially like how the student booklets and food cards have real photos on them. It is also great that the food is multicultural!”  
– Grade 2 Teacher

“Some students talked to their parents and actually asked them to get healthier snacks. Students were definitely talking about the content of their lunches more and were aware of whether they had balanced meals or not.”  
– Grade 3 Teacher

For the complete evaluation report, email [nutrition@bcdairy.ca](mailto:nutrition@bcdairy.ca).