



# Your Eating for Health

by Suppers

## Impact Since 2020

**3101**

Attendees for all workshops and presentations



**147**

Virtual events with a practical approach to healthy eating



**57**

Presentations delivered by subject matter experts



### Feel Better

"Great program. I was really surprised by the change in my mood and energy levels just by eating a real breakfast."

### Improve Performance

"I learned how important the right foods and the amount of those foods are for energy and cognitive function. My running time has improved. My ability to concentrate and focus has improved."



### Feel Supported

"These programs provide community, so I don't feel alone with my diabetes. Cooking together empowers me to feel confident in making healthy meals at home compared to just being handed a recipe."



### Evidence Based Programs

We partner with a vibrant community of healthcare practitioners, chefs and farmers all of whom value the importance of eating for improved health. Our programs are informed by the latest science and research and reviewed by our Chief Medical Advisor, Dr. Maria "Adi" Benito.



**JUDGMENT**

We take a multicultural and inclusive approach to healthy eating by cultivating a space that honors individual identities and experiences. Always experimenting with healthier versions of celebratory foods.

### Our Vision

Provide a non-judgemental environment encouraging individuals to eat for their health

### Our Mission

Increase awareness of the importance and benefits associated with cooking and eating whole foods for health

### Our Programs

We take a practical approach to exploring a new way of eating based on delicious, whole foods to support good health. Our programs place the individual as a capable driver of their own behavior change.

### Recent Events:



- Mindful Eating for your Health
- What to eat after a Breast Cancer Diagnosis
- Smart Snacks: Optimizing Brain Power
- Healthy Cooking on a Budget

Check out our website to learn more about how to attend a program or schedule one for your organization

[www.eatingforyourhealth.org](http://www.eatingforyourhealth.org)



