

Food insecurity and food skills among school-aged children



UNIVERSITY OF ALBERTA
SCHOOL OF PUBLIC HEALTH

ROI4Kids



We wondered... *Is household food insecurity related to children's involvement in family meal choices and food preparation?*

We studied:

5,244 Canadian children aged 10-11 years old who completed the Children's Lifestyle and School Performance Study.



Food insecurity: unreliable access to nutritious, affordable food.

Meal preparation requires food skills:

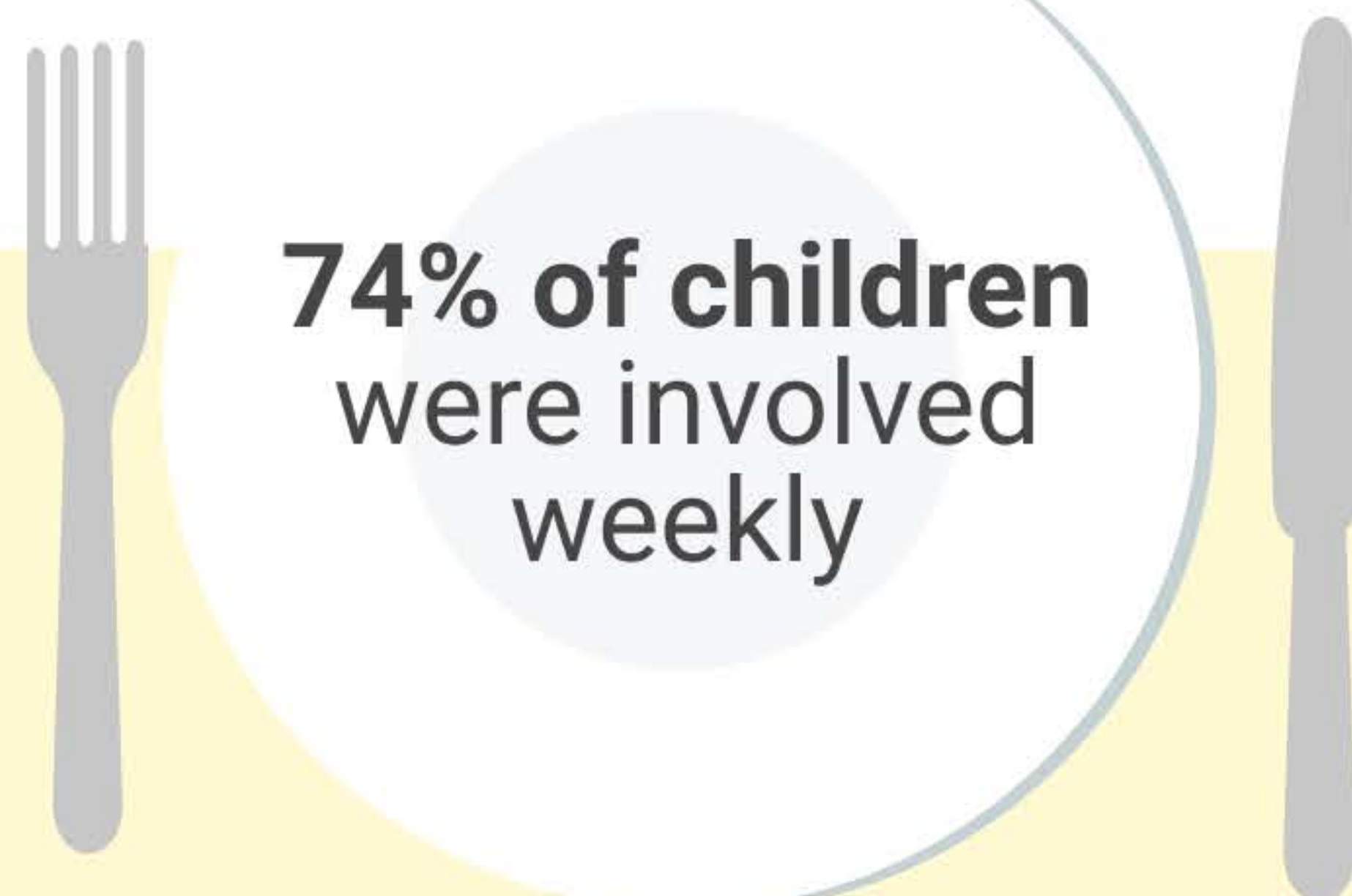


Food skills: possession of knowledge and skills to select and prepare foods from all food groups, using commonly available equipment.

1 in 4 children lived in food insecure households

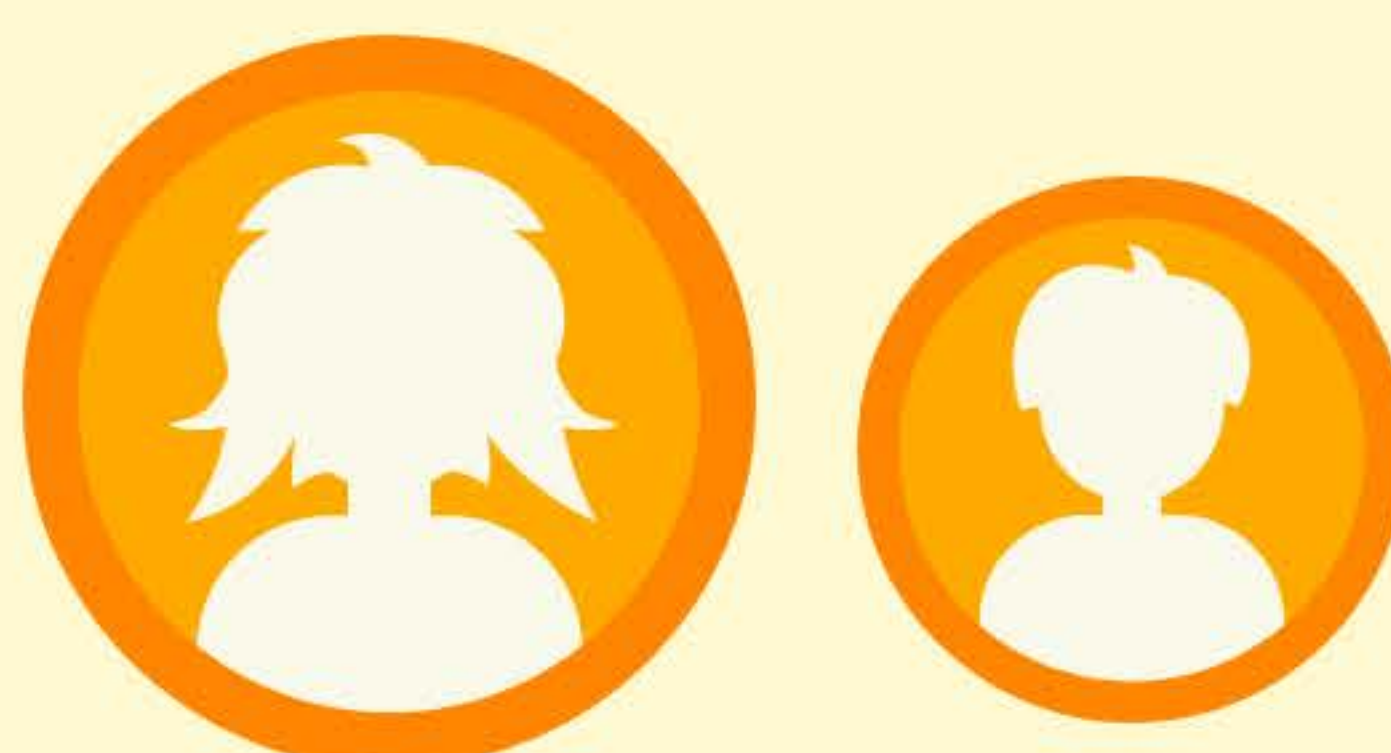


Family meal choices:



74% of children were involved weekly

Children helped make family meal choices regardless of household food security status



Boys less likely to help choose family meals, compared to girls

Help prepare food:

68% of children were involved weekly

Compared to boys from food secure households, boys from food insecure households were **65% more likely to assist with food preparation and cooking 4x/week**



We recommend:

Focus on **improving food skills** of all children as a health promotion strategy.