



Health & Home
CARE
Society of BC

YES Food! Project

(Youth & Elders Sharing Food!)
2015-2016

During the 2015-16 school year, the Health & Home Care Society of BC (Care BC) Family Respite Centre (FRC) launched the *YES Food! Project* (Youth and Elders Sharing Food!) in collaboration with David Thompson Secondary School. The *YES Food! Project* brought youth and elders together through the cooking and sharing of food in an effort to connect seniors to the greater community and reduce social isolation. The 47 David Thompson Secondary students who participated in the program learned about the health and nutritional needs of seniors, improved their intergenerational communication skills, and contributed to the overall health of the community by spending time with the FRC clients.

The students visited the FRC in groups of 4-6 and prepared their food in front of the group; they socialized with the FRC clients while enjoying the snacks. The FRC clients were encouraged to engage in conversation and try different nutritious snacks (like muffins, smoothies, tapioca soup or Chinese crepes), exercising their mental and physical capabilities.



We asked the *YES Food! Project* participants about their experiences in a survey.

9/10 Students rated the project 9/10 as a positive learning experience. They reported an increased awareness of dietary limitations some seniors may face due to ailments and/or changing nutritional needs.

“ *There are different dietary restrictions like low-blood pressure, diabetes, low iron, etc.* ”

– Carey, Student Participant

“ *I enjoyed interacting with seniors and learning about their past.* ”

– Jade, Student Participant

9.5/10 The FRC staff rated the clients’ enjoyment of the intergenerational interaction with the students as 9.5/10. They were delighted that the learning opportunity for the students had a positive impact on the guests. The FRC staff said:

“ *It was very nice to have students here. They did really a great job. Thank you.* ”

“ *Some of the students discussed the ethnic background of the dish they were serving which added to the overall experience of the program.* ”

Learn more about the Family Respite Centre and all our Care BC programs at www.carebc.ca.