

Healthy People, Strong Communities



United Way
Central & Northern
Vancouver Island

Some Healthy Options May Not Always Be What They Seem

A couple of years after moving to Vancouver Island from Guatemala with her husband and five children, Lori* discovered a community cooking program funded by United Way, and attended a few sessions. In this short time, her outlook towards food choices drastically improved. Lori is enthusiastic to learn about healthy eating and Canadian foods.

“When Lori discovered Froot Loops was not a healthy option for her kids, she was nearly in tears.”

At the cooking program, Lori loves to use the kitchen “gadgets” such as the manual can opener. She uses a knife to open cans at home. There happened to be an electric can opener at one location and she was amazed at it.

Lori regularly bought Froot Loops, a brand of sweetened, fruit-flavoured breakfast cereal for her children, thinking it contained real fruit and was a healthy meal option. The first ingredient in Froot Loops is sugar, and there is very little fiber, and no real fruit. When Lori discovered this was not a healthy option for her children, she was on the verge of tears.

Lori is trying hard to improve the way her family eats, especially since her father died of colon cancer several years ago. Lori is concerned about her family getting the appropriate amount of fiber and nutrients in their diet.

At the cooking sessions, nutrition topics such

as sugar, fiber, and different types of fats are discussed. Other healthier breakfast cereals were suggested so Lori could keep the costs down but still make healthy meals for her family.



Small steps over time lead to big changes. Lori loves to cook and now that she has the knowledge on what foods are nutritional, it's a matter of creating meals based on healthier, affordable options.

Thanks to your donations, Lori has made significant changes to her family's eating habits, and has noticed that her children now have more energy throughout the day. Without generous donors like you, Lori wouldn't be able to attend free community cooking sessions.

To read more stories about people you have helped, visit uwcncvi.ca.

**Names have been changed.*