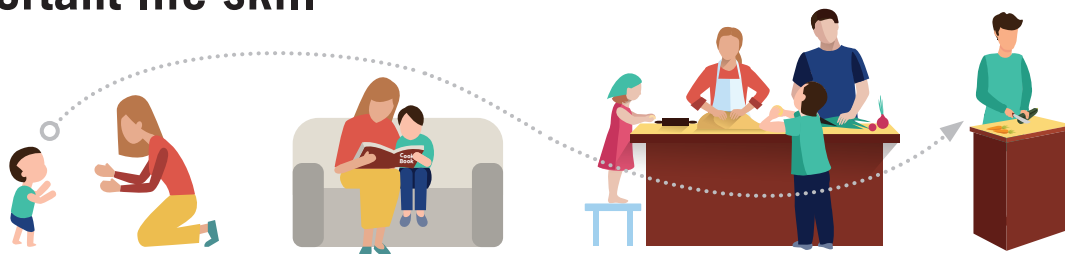


WHY COOKING MATTERS

#LetsCook30

Cooking is an important life skill

- Learning to cook at a young age helps children grow into **healthy independent adults**
- Skills learned while cooking can apply to math, science and reading



Cooking simple meals can be **fast** and **save money**



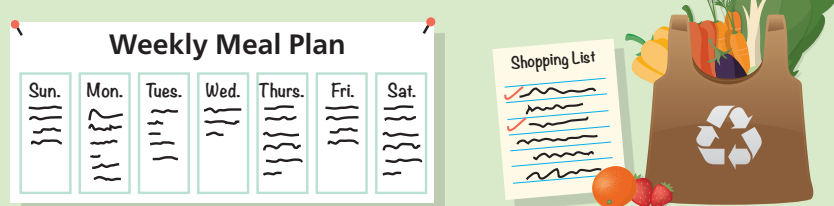
- When you **cook at home**, you get to **choose**:
- How much salt, sugar and fat to add
- How much to make
- A healthy cooking method like grilling, stir-frying or steaming

Cooking brings people together



- Cooking **connects** you to cultures and family traditions
- Cooking builds **confidence, self-esteem and healthy relationships**

Cooking is better for the environment



- Preparing a home-cooked meal **reduces packaging and food waste**
- **Meal planning** and **proper food storage** creates less food waste

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York Region