FOOD DOES MORE THAN HELP YOU GROW PHYSICALLY

IT ALSO HELPS YOU GROW:

Culturally

e.g. Food connects you to family, traditions, and celebrations.

Socially

e.g. Meals bring people together and help build friendships.

Emotionally

e.g. Sharing meals can make you feel connected and cared for.

Mentally

e.g. Eating helps you think, learn, and focus.

Visit NEDIC.ca to access support through our confidential helpline or live chat!