



Healthy Eating

EATING FOODS THAT SUPPORT HEALTH AND WELLBEING. INFLUENCED BY BOTH PERSONAL CHOICES AND EXTERNAL FACTORS LIKE AFFORDABILITY, ACCESS, AND OPPORTUNITIES FOR SHARED MEALS.



Prepared Meal
Delivery



Grocery Shopping



Meals in
Social Settings

Why does healthy eating matter?

- 1 in 3 older Canadians are at nutritional risk, often due to poor appetite, eating alone, or difficulty preparing meals.
- Sharing meals is as significant a predictor of wellbeing as income and employment.
- Research suggests that shared meals and meal delivery can improve diet quality and reduce health care use.

Healthy Aging Program Example

Agency: Whitevalley Community Resource Centre
Healthy Aging Program Stream: Social Meals

In Lumby, food security for homebound seniors is scarce. The Social Meals program provides nutritious, home-cooked meals for those most at risk, especially after hospital stays. Beyond nourishment, the program offers connection, for both recipients and volunteers, turning meals into a source of strength and community.

Learn more about healthy eating on Healthy Aging CORE BC:

[Website] [Food Security Now](#)

[Report] [Canada's Food Price Report 2026](#)

[Report] [Food Banks BC Hunger Report 2025](#)

[Infographic] [The Benefits of Eating with Others](#)

[Tipsheet] [Institutional or Innovative? What the setting of a congregate meal site says to guests](#)

[Tipsheet] [Home-Delivered Meals Delivery Logistics: Questions to Consider](#)

[Handbook] [Healthy Eating for Seniors](#)