Food is more than fuel

Have you heard the saying 'food is fuel'? Well, it's actually a whole lot more.

All foods have a purpose whether it's convenience, culture, tradition, or nutrition. Being aware of these connections with food can be a powerful tool to help us nourish our bodies.

Food is also:

- Tradition
- Celebration
- Family
- Culture
- Learning
- Memories
- Connection
- Enjoyment

What does food mean to you? Write your ideas in the box below.