JMOF Program Australia

Increase Cooking skills and Knowledge

Increase Cooking Self-Efficacy (confidence to cook)

Increase Enjoyment & Satisfaction of Cooking and Eating

Increase Global Self Esteem

Increase Social Connectedness around Cooking and Eating

Increase Frequency of Cooking meals

Increase Healthy Eating

Increase Affordability of Meals

Decrease risk factors for ill health

Key

Emerging/convincing evidence

Limited evidence