

Christopher Family Foundation Food and Family Program

The Food and Family Program’s mission is to build positive connections between food and family life in order to promote healthy eating, preserve family traditions, and build stronger relationships with an emphasis on children and youth.

The Food and Family Program takes a strengths-based approach to life’s challenges and believes that the most effective programming is built on the assets that each family brings to the table. The following projects are in the Food and Family Program’s portfolio:

- Abriendo Caminos: Clearing the Path to Hispanic Health
- An Evaluation of the Backpack Program in East Central Illinois
- Family Dinner Campaign Evaluation: Kids Eat It Up
- “Fostering” Health and Nutrition
- Gene–Microbiome–Environment Interactions
- Health Transitions in Immigrant Families Initiative
- Healthy Today, Healthy Tomorrow
- JUS Media? Programme
- Mealtime Strategies for Picky Eating
- Preventing Diabetes in Hispanic Communities
- Sprouts: Growing Healthy Habits Curriculum



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