

# RESILIENCY

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## HOLISTIC HEALTH BENEFITS OF HOME COOKING

Engaging in home cooking practices can lead to advantages regarding mental health, physical wellbeing, and even sustainability habits. Read more to learn about these benefits.

### MENTAL HEALTH

Therapeutic effects such as stress and anxiety reduction can be experienced through mindful meal preparation. Cooking at home provides a sense of accomplishment and joy, especially when cooking with family, which can enhance communication and bonding.

### SUSTAINABLE COOKING PRACTICES

Cooking with fewer packaged, processed foods and creatively using leftovers reduces packaging and food waste. Grocery shopping for local, seasonal foods promotes increased awareness of food sources and seasonality and supports local economies.

### PHYSICAL AND NUTRITIONAL

When making meals oneself, the opportunity for meal customization to meet diverse nutritional needs and preferences can enhance one's relationship with food. Home cooking offers hands-on opportunities to learn about the nutritional value of fresh ingredients.



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Cultivating wellbeing practices for life