



Your free and confidential resource for work-life wellness

## The New Superpower: Home Cooking & Baking

Cooking and baking at home gives you the power to increase nutrition, manage health challenges and save money.

Additional benefits of home cooking:

- create fun family memories
- develop life skills in youth
- support math learning in young children
- connect your family to global cultures when you cook recipes from around the world

Your new superpower can also be a sustainability tool: when you buy local foods, you support your neighbors and eliminate processed food and preservatives from your diet.

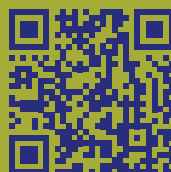
*"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together."* ~Guy Fieri, American restaurateur, author, and Emmy Award Winner

Find information about food and nutrition online at [www.NuVantage.org](http://www.NuVantage.org).

Free and confidential.  
After-hours crisis counseling is available.

**800.577.4727**

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