



COOKING MATTERS FOR NO KID HUNGRY

Cooking Matters helps families to shop for and cook healthy meals on a budget, as part of Share Our Strength's No Kid Hungry campaign.

In Colorado, we've provided nutrition education and cooking skills to low-income families for 20 years. We offer six-week courses, one-day courses for childcare professionals, grocery store tours and online toolkits available to anyone. All of our programming works together to ensure that kids are surrounded by healthy food where they live, learn and play. Courses are team-taught by chef educators and nutrition experts and are free to participants.

OUR SIGNATURE SIX-WEEK COURSE

In this two-hour weekly course, we teach basic cooking skills, food safety and nutrition information so families can cook healthy meals at home. We offer classes for parents, families, kids and teens and all participants receive a bag of groceries each week, kitchen utensils and a guidebook with nutrition information and more than 60 healthy, delicious recipes.

COOKING MATTERS AT THE STORE

In one-hour grocery store tours, participants learn to read nutrition labels, use unit pricing and select healthy foods for their families. Participants receive a \$10 gift card, a reusable shopping bag and a take-home guide to smarter shopping.

FOR CHILDCARE PROFESSIONALS

In this one-day course, childcare professionals learn healthy meal preparation, food safety and how to help children try new foods. Participants earn CEUs, learn to create a positive food environment and take home a toolkit that includes a knife and cutting board, mixing bowls, a meat thermometer and child-size serving utensils.

ONLINE EDUCATIONAL TOOLS

In these easy-to-use online guides, we provide simple activities for adults working with young children. Our downloadable resources include guides for chefs, community organizations, schools or food pantries to offer cooking demonstrations.



WWW.COOKINGMATTERSCOLORADO.ORG
303. 892. 8480