

Share our Strength's Cooking Matters™ is a groundbreaking nutrition-education program that connects families with food by teaching them how to prepare healthy, tasty, low-cost meals. Professional chefs and nutritionists volunteer their time and expertise to lead hands-on course that instruct adults, teens and kids how to get the most nutrition out of a limited budget. Cooking Matters has reached more than **100,000 individuals across the country since 1993.**

- Cooking Matters Maine is a program of Good Shepherd Food Bank.
- Cooking Matters partners with host agencies such as local family and community centers, after school programs, and food pantries to offer CM classes to the agency's clients.
- Each of the Cooking Matters specialized nutrition curricula teaches hands-on meal preparation, practical nutrition information and food budgeting skills. This can be the difference between feeding families for just one night and making sure they have the knowledge, skills and resources to prepare healthy meals for a lifetime.



Cooking Matters at the Store is a **FREE** interactive grocery store tour where participants learn how to buy fruits and veggies on a budget, compare unit prices, read food labels, identify whole grains, and many other useful tips.

Cooking Matters at the Store tours are offered in one of three ways:

- Traditional Store tour
- Pop-up
- Event Day

After completion of the tour, participants receive a \$10 gift card to Hannaford, a recipe booklet, and a reusable shopping bag!



To set up a store tour at a different time or location or for more information about Cooking Matters at the Store contact cmats@gsfb.org or call 207-577-4847