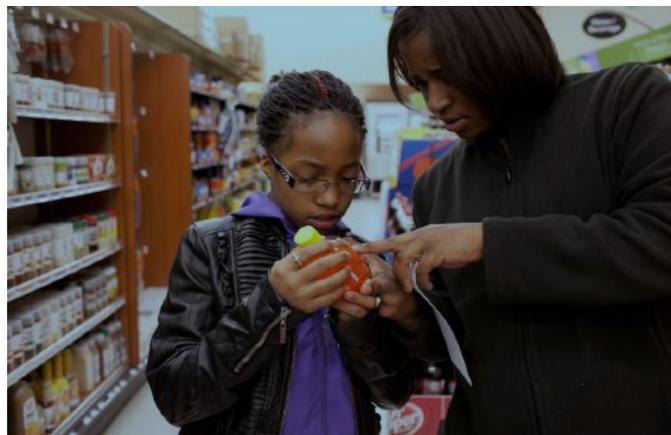


Share our Strength's Cooking Matters™ is a groundbreaking nutrition-education program that connects families with food by teaching them how to prepare healthy, tasty, low-cost meals. Professional chefs and nutritionists volunteer their time and expertise to lead hands-on course that instruct adults, 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 classes and tours are offered statewide in collaboration with Maine SNAP-Ed, which partners with Healthy Maine Partnerships to provide Nutrition Educators to teach the classes and facilitate tours.
- 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 that lasts 90 minutes. After completion, participants receive a \$10 gift card to Hannaford, a recipe booklet, and a reusable shopping bag! Through the tour, 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 the Store Pop-Up Tour is a portable version of Cooking Matters at the store that can be held outside of the grocery store. This benefits populations without transportation, those who cannot stand for long periods of time or those with disabilities. Potential locations include: classrooms, health fairs, conference rooms, nursing homes, places where people congregate, or at any location by request. Participants who complete the Pop-Up tour also receive a \$10 Hannaford gift card, reusable shopping bag and recipe booklet.

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