

2017

*Cooking Matters
Program Report*



Good Shepherd
FOOD BANK OF MAINE

Program Overview

As part of the No Kid Hungry campaign working to end childhood hunger in America, Share Our Strength partners with Good Shepherd Food Bank to deliver Cooking Matters® programming. Cooking Matters empowers low-income families to stretch their food budgets so their children get healthy meals at home. In Maine, Good Shepherd Food Bank partners with Maine SNAP-Ed, University of Maine Cooperative Extension and Let's Go 5-2-1-0 to deliver Cooking Matters programming in all 16 counties.*

Participants learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. Cooking Matters courses and tours equip families with the skills they need to stretch their food dollars and maximize the benefits they receive through public nutrition programs like SNAP (food stamps) and WIC (Women, Infants and Children).

** Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented through a contract with the University of New England (UNE). Utilizing the Health Maine Partnership agencies statewide as access points for SNAP-Ed delivery.*



SHARE OUR STRENGTH'S
COOKING
MATTERS®
NO KID HUNGRY

In 2017, Cooking Matters had 35 volunteers supporting 45 class series which is the equivalent of 720 hours. In addition, Cooking Matters has 2 AmeriCorps Direct Service Members 55 courses and 43 tours.

About Cooking Matters Courses:

Community partners that serve low-income families offer six-week Cooking Matters courses to adults, kids and families. Each course is team-taught by a volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult and teen participants take home a bag of groceries at the end of each class.

145 class series reaching 1505 participants

About Cooking Matters Tours:

Cooking Matters at the Store tours provide families with hands-on education as they shop for food, giving them skills to compare foods for cost and nutrition. Participants learn how to plan and budget for healthy, affordable, and delicious meals for their families, all for under \$10.

230 Tours

2790 tour participants

Funding:

Hannaford has been our largest sponsor of this program since its inception, providing groceries and other materials for every class. .

Joan and Bill Alford Foundation

Shaw's Supermarkets

Share Our Strength

Thomas Haas

Harvard Pilgrim Health Care Foundation

Quimby Fund

Kandace Kennedy Foundation

Cooking Matters partners with the following organizations to deliver Cooking Matters statewide:

The University of New England

City of Bangor: Bangor Region Public Health & Community Services

City of Portland

Coastal Health Care Alliance

Coastal Healthy Communities Coalition

Healthy Acadia

Healthy Androscoggin

Healthy Communities of the Capital Area

Healthy Community Coalition of Greater Franklin County

Healthy Lincoln County

Knox County Community Health Coalition

Maine General

Midcoast Hospital- Access Health

Redington- Fairview Hospital Somerset Public Health

River Valley Healthy Communities Coalition

Sabastcook Valley Health

The Opportunity Alliance

Western Maine Health

Androscoggin/ Sagadahoc Counties Cooperative Extension

Aroostook County Cooperative Extension

Cumberland County Cooperative Extension

Hancock County Cooperative Extension

Kennebec County Cooperative Extension

Oxford County Cooperative Extension

Somerset County Cooperative Extension

York County Cooperative Extension



Course locations:

409 Cumberland
AmeriCorps / Goodwill
Augusta Child Care
Avesta Housing Hyacinth Place
Avesta Housing Ridgewood
Apartments
Bath Head Start
Belfast HeadStart
Bingham High School
Bonny Eagle Adult Education
Brunswick Teen Center
Calais Methodist Home Inc
Cape Cod Elementary School
Cary Medical Center/ Healthy You
Center Point Community Church Food
Pantry
Community Partners, Inc
Countdown to a Healthy ME
Crooked River Adult and Community
Education
Cumberland County Jail
EdGE Program Maine Seacoast
Mission
Fairmount School / 21st Century
Comm. Learning Ctr
Family, Friend & Neighbor Care Project
Foster Grandparents and Senior
Companions- Opportunity Alliance
Gartley Street School
George J. Mitchell Before/After School
Goodwill - 75 Washington Ave
Gorham Adult Ed
Granite Street School
Group Main Stream
Healthy Androscoggin
Healthy Island Project
Holbrook School- RSU 63
Intercultural Community Center
Jobs for Maine Graduates - Deering
High School
Jobs For Maine Graduates - Durham
Community School

Jobs For Maine Graduates - Learning
Works
Jobs For Maine Graduates - Lewiston
Middle School
Jobs For Maine Graduates - Lewiston
Regional Technical Center
Kaler Elementary - Learning Works
Kennebec County- Cooperative
Extension
Kennebec County Correctional Facility -
CARA Program
Kennebunk Alternative High School
Labor of Love Nutrition Center
Lake Region Middle School
Lewiston Adult Ed
Lincoln Middle School
Living Innovations Saco
Long Creek Youth Development Center
Lovell United Church of Christ
Madison High School
Midcoast Maine Community Action
Mt. Blue Middle School
Muskie Building
My Place Teen Center
Nasson Health Care
Nokomis High School
North Deering Gardens
Oak Hill Middle School
OHI Brewer Area Food Pantry
Opportunity Alliance- Lydia LN - 50
Lydia Ln
Opportunity Enterprises Inc.
Opportunity Training Center - Central
Aroostook Association
Pediatric Associates of Lewiston
Penobscot Bay YMCA Teen Center
Penobscot River House
Course locations:
Pineland YMCA
Portland Adult Education
Portland Branch YMCA
Regional Education Treatment Center
RSU 14 Katahdin Program

Course locations:

Sanford Alternative High School
Sanford Kids Club
Siruno Stroke Prevention
Skillin Elementary School - Learning Works
Skowhegan Recreation Center
South Portland Parks and Rec Program
St Rose of Lima Parish
St. Mary's Nutrition Center
Thatcher Brook Center
The Birches
The Dempsey Center
United Baptist Church of Littleton
Unity Barn Raisers
VA Togus
Vassalboro Community School Project
REACH
Veterans Clinic Saco
Volunteers of America Northern New England - Topsham
Waldo County YMCA
Westbrook High School
Winslow Before/ After School Program
Wiscasset Middle High School
Wiscasset Middle High School
Work Opportunities Unlimited
WOW Program
YMCA Casco Bay / Freeport
York County Head Start

