



NUTRITION BASED COOKING CLASSES FOR LOWER-INCOME FAMILIES

Cooking Matters for Adults teaches low-income adults about healthy meal preparation and sensible shopping on a limited budget.

Cooking Matters for Kids teaches children ages 7 to 12 about healthy eating and provides simple recipes that they can prepare themselves.

Cooking Matters for Teens teaches teenagers how to make healthy food choices and prepare healthy meals and snacks.

Cooking Matters for Parents teaches parents about healthy meal preparations and how to develop healthy food habits in kids.

Cooking Matters for Families brings school-age children and their families together to learn about healthy eating and the importance of family mealtime.

Cooking Matters for Child Care Professionals teaches child care professionals about healthy meal preparation and creating a healthy food environment for the kids in their care.

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 courses that instruct adults, teens, and kids how to get the most nutrition out of a limited budget.

- In Maine, Cooking Matters is **managed by the Good Shepherd Food Bank**. Classes are offered in partnership with Maine SNAP-Ed, Eat Well Nutrition Program, 5-2-1-0 Let's Go!, and community partners. Cooking Matters is offered Statewide through this unique partnership.
- Cooking Matters partners with host agencies such as **local community center, after school programs, and food pantries** to offer classes for the agency's clients.
- Each of Cooking Matter's 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 has given me an opportunity to reach out to those in my community who can benefit from my cooking experience. Everyone in our community should be empowered to utilize our most basic and inexpensive foods. It's not difficult, it's not expensive, and it's healthy; people just need the opportunity to learn how."

-Linda Manchester, chef-instructor, Raymond

HOW YOU CAN HELP: Volunteer, make a donation, or ask to be a host agency. Contact Courtney Kennedy, Good Shepherd Food Bank Nutrition and Education Manager at 207-782-3554 x1125 or ckennedy@GSFB.org