



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 expertise to lead hands-on courses and tours that instruct adults, teens and kids how to get the most nutrition out of a limited budget. Cooking Matters has reached more than **265,000 low-income individuals across the country** since 1993.

Cooking Matters Maine is a program of the Good Shepherd Food Bank. Cooking Matters classes and tours are offered statewide in collaboration with Maine SNAP-Ed, 5-2-1-0 Let's Go!, Eat Well Nutrition Program and community partners.

Pop-Up Tours

Cooking Matters at the Store Pop-Up Tour is a portable version of our traditional Cooking Matters at the Store tour.

By bringing the grocery store to participants where they are, barriers to participation such as ability, transportation, translation, time and weather are eliminated.

Potential locations include: community centers, classrooms, health fairs, conference rooms, housing facilities, churches- any place where people congregate!

Participants who complete the Pop-Up tour also receive a \$10 Hannaford gift card and recipe booklet.

Tour participants will learn how to-

- Expand their food budget
- Use unit pricing
- Buy fruits and vegetables on a budget
- Identify whole grains
- Read food labels
- Save money!

These 60-minute Pop-Up tours are **FREE** of cost for host sites and participants.

To schedule a Pop-Up Tour or for more information about Cooking Matters at the Store:

Contact **CMATS@GSFB.org** or call 207-782-3554 x1125