



COOKING MATTERS™ PROGRAMS



FOR KIDS, TEENS, ADULTS, PARENTS & FAMILIES

Description: Share Our Strength's Cooking Matters™ classes provide a culinary-enhanced nutrition education program that teaches participants how to prepare meals that are healthy, tasty and low in cost. Each lesson engages participants in hands-on meal preparation, practical nutrition tips and food budgeting skills.

Goal: To provide participants with the knowledge and skills to make healthy food choices, as well as to prepare healthy meals and snacks on a limited budget.

Highlights:

- Lessons feature hands-on learning and include group discussions with fellow participants, a nutrition educator and a volunteer chef.
- Tasty food samples are prepared by the chef and participants at each session.
- Each participant receives a free recipe book and reusable grocery bag upon completion of the program.
- For the adult classes only, each participant receives a bag of groceries to prepare one recipe each week to prepare a meal at home.

Topics:

- Healthy cooking techniques
- Tips for safe food handling, preparation and storage
- Reading the Nutrition Facts on food labels
- Tips for smart shopping
- Budgeting tips to stretch food dollars and maximize food resources

For more information visit:

www.maine.gov/snaped

OR

Call: 221-4560.

USDA is an equal opportunity provider and employer. 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 Healthy Maine Partnership agencies statewide as access points for SNAP-Ed delivery, we strive to educate Maine SNAP recipients on low cost, healthy eating and active lifestyles.

