

MAINE



SNAP-Ed

Healthy Eating on a Budget

Cooking Matters for Adults

Adults: 18+ years

Description: Share our Strength's Cooking Matters™ is a nutrition education program that connects adults with food by teaching them how to prepare healthy and tasty meals that are low-cost. The Cooking Matters' curriculum 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.

Goal: To teach low-income adults about healthy meal preparation and sensible shopping on a limited food budget.

Program Highlights:

- FREE groceries for one recipe each week for participants to prepare the meal at home
- Lessons feature hands-on learning and include group discussion with trained nutrition educators and volunteer professional chefs
- Food samples prepared by the chef and participants provided at each session
- FREE reusable grocery bag and recipe book upon completion of the program*
- FREE food thermometer*

* For those who attend at least 4 out of the 6 classes

Topics:

- Cooking tips and techniques
- Tips for safe food handling, preparation and storage
- Nutrition information and recipes for healthy eating
- Budgeting- tips to stretch food dollars and maximize food resources

For More Information contact your local Healthy Maine Partnership or contact Maine SNAP-Ed at 207-221-4560 or Mainesnap-ed@une.edu

In partnership with



**Good Shepherd
Food-Bank**
Feeding Maine's Hungry

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