

MAINE



SNAP-Ed

Healthy Eating on a Budget

Cooking Matters for Teens

Youth: Ages 13-18 years

Description: Share our Strength's Cooking Matters™ is a nutrition education program that teaches teens how to prepare healthy and tasty meals that are low-cost. Each of Cooking Matters' specialized nutrition curricula teaches hands-on meal preparation, practical nutrition information, and food budgeting skills.

Goal: To teach teenagers how to make healthy food choices and prepare healthy meals and snacks on a limited 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, Chop Chop cutting board and recipe book upon completion of the program*

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

Topics:

- How to cook like a real chef
- How to prepare healthy meals, snacks and drinks
- Tips for smart shopping
- Spotting smart food choices

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

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.

