



Empowering families to make healthy and affordable meals.

“Cooking is a skill that lasts a lifetime, and it empowers people to make more nutritious food choices.”

Janet McLaughlin, Share Our Strength

Share Our Strength's Cooking Matters™ empowers families at risk of hunger with the skills, knowledge, and confidence to make healthy and affordable meals. Through hands-on classes taught by volunteer culinary and nutrition experts, course participants learn how to select nutritious and low-cost ingredients and prepare them in ways that provide the best nourishment possible for their families.

1 in 5 children in Foodlink's service area doesn't know where their next meal is coming from. Cooking Matters addresses food insecurity by teaching low-income families how to stretch their food dollar and prepare nutritious meals on a tight budget. Each course is designed as 2 hour lesson meeting weekly for 6 weeks. Foodlink offers the following curricula:

- » Cooking Matters for Adults
- » Cooking Matters for Kids
- » Cooking Matters for Teens
- » Cooking Matters for Families

Hands-on classes taught by volunteer chefs and nutritionists empower participants with skills and knowledge about:

- » Healthy cooking & snack making
- » Making healthy choices at home and in the store
- » Nutrition information
- » Food budgeting skills

Cooking Matters for Kids aligns with NYS Learning Standards in Health, PE, And FACS

foodlink
abundance shared

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COOKING
MATTERS®**

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