



Share Our Strength's Cooking Matters™ is a national program that empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals. Course participants learn how to select nutritious and low- cost ingredients and prepare them in ways that provide the best nourishment possible to their families.

Based on the USDA MyPlate, the Cooking Matters™ curriculum teaches healthy eating habits, cooking skills, budgeting, and food safety. Each class recipe is built around Incorporating various food groups into one's diet. Cooking Matters™ provides recipes, books, and handouts as well as a bag of groceries containing the ingredients of the day's lesson to adult participants. This allows them to practice their new skills with their families. Youth cook with the culinary instructor, and learn the importance of good nutrition, physical activity and food safety.

Cooking Matters for Kids

Children ages 8 to 12 learn about healthy eating and making simple recipes themselves.



Cooking Matters for Teens

Teens learn the importance of making good food choices, and put their cooking skills to the test.

Cooking Matters for Parents

Adults learn how to prepare healthy, delicious meals for themselves and their children.

Cooking Matters for Adults

Adults learn about healthy meal preparation and sensible shopping on a limited budget.

To complement this curriculum, we also offer the following addendums:

- EXTRA For Diabetes
- EXTRA for Wellness (HIV/AIDS)



Cooking Matters for Families

School-age children and parents come together to learn about healthy eating and cooking.



Cooking Matters for Childcare Professionals

Child care providers learn to prepare tasty, low-cost meals for children in their care.

Cooking Matters at the Store

A one time grocery store tour that teach families key food shopping skills to select nutritious and low-cost ingredients.

Ways To Get Involved:

Culinary Instructors

Teach adults, kids and teens the skills and techniques to make meals that are healthy, low-cost and easy to prepare.

Nutrition Instructors

Educate participants on making healthy choices based on MyPlate, focusing on a different food group or theme each week.

Class Assistants

Help instructors and class coordinators with set-up, clean-up, and facilitation of class activities.

To volunteer, contact Carolyn Sagi:

csagi@gcfb.org or (313) 580-9822

Find out more about Cooking Matters on our blog:

<http://cookingmatters.wordpress.com>