

Cooking Matters

Hands-on, learner-centered food skills education.

Teach families how to shop for and prepare **healthy meals** for families on a budget with an **evidence based program**.



COOKING MATTERS®

Overview

Our team uses a train-the-trainer model to support a statewide network of partners. This means we want **YOU**, valued community leaders, to host a Cooking Matters class! We will train you on facilitating a class and provide you with books, participant incentives (kitchen kits), and class stipends when available. We offer curriculum for recurring classes, ranging from 2-12 sessions.

Community Building

Cooking Matters is centered around community building. **We encourage class hosts to teach classes in familiar locations where participants already gather**, such as churches, schools, libraries, and community centers. By trusted leaders utilizing these spaces, **we aim to foster a sense of belonging and accessibility**, ensuring that everyone has the opportunity to engage in our programs

CURRICULUM

We have course books for:

- Adults*
- Parents*
- Families*
- Kids
- Teens
- Childcare Professionals

PROVIDED MATERIALS

- Instructor booklets
- Participation booklets
- Participant Incentives (See "Kitchen Kits" Below)
- Graduation Certificates
- All necessary paperwork

FUNDING

You can apply for a stipend to provide:

- Groceries for Class
- Take-home Groceries for Participants
- Nutrition Activities
- Class Materials
- Gas Cards
- Childcare

STIPENDS

\$1200 for Adult & Family Classes

\$800 for Child & Teen Classes

*Offered in English and Spanish

Note: Stipends will be awarded as funding allows.

Eligibility

Available funding and materials will be given priority to those hosting classes for **low-income, SNAP eligible** participants.

Kitchen Kits

These participant incentives include the following:

- Wavy chopper
- Produce Knife
- Measuring cups & spoons
- Cutting Board
- Vegetable Peeler

Note: This can be customized to fit your participants' needs

Training

- This is **required** before your first class.
- It teaches all you need to know, from the facilitating classes to filling out paperwork.
- Approximately **2 hours** long
- Done in one session
- Can be over Zoom or in person

