Low-income families learn to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals.

Participants receive food or monetary incentives to practice healthy recipes and cooking skills in their own homes!

"I feel more confident about cooking for my kids."

"My picky eater daughter has started to watch the classes with me and we are making some of the recipes together!"

We work with...
- Head Starts
- Schools
- Family Resource Centers
- Community Health Centers
- And much more!

"There are more options for healthy foods than I had thought!"
2021 Cooking Matters Programs

*Programs can now be offered both in-person and virtually! COVID precautions are in place for in person programs*

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**Cooking Matters for Parents**
6 week course offering groceries for families to practice a new recipe together!

**Cooking Matters at Home**
Eight different workshops for parents that can be offered as a one time session or series.

**Cooking Matters at the Store Tour** - One time workshop teaching participants to shop healthy on a budget.

**Cooking Matters at the Farmers Market** - One time workshop teaching participants to shop on a budget at farmers markets.

**Cooking Matters for Adults**
6 week course empowering adults to shop for and cook delicious, nutritious meals

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**Partner with Us!**
Contact Maria Smith
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New Hampshire Food Bank
Cookingmatters.org

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**New Hampshire Food Bank**
A Program of Catholic Charities NH