

How You Can Partner with



Hosted by the New Hampshire Food Bank

Teaching caregivers with limited budgets to shop for and cook healthy meals.

Free Hands-On Courses, Workshops, and Tours

- 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!



We host programs with local agencies to help families maximize their food budgets and benefits received through public nutrition programs like SNAP and WIC.

We work with...

- Head Starts
- Schools
- Food Pantries
- Family Resource Centers
- Community Health Centers
- And much more!

What Participants Have to Say

"It helped me discover healthy things to make that are easy and yummy that I can make with my daughter!"

"It helped my children feel more confident in the kitchen"

"There are more options for healthy foods than I had thought!"

2023 Cooking Matters Programs

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

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 families 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



Partner with Us!

Contact

Cooking Matters NH

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New Hampshire Food Bank

Cookingmatters.org

**COOKING
MATTERS®**

