How You Can Partner With

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

Free Hands-On Courses, Workshops, and Tours

We host programs with local agencies to help families maximize their food budgets and benefits received through public nutrition programs like SNAP and WIC. Programs are now available both in-person and online.

We Work With...

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

Participant Benefits

- 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!

“[Cooking Matters] helped me discover healthy things to make that are easy and yummy that I can make with my daughter!”

Hosted by the New Hampshire Food Bank
### 2024 Cooking Matters® Programs Offered:

<table>
<thead>
<tr>
<th>Program</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Cooking Matters for Parents</strong></td>
<td>6 week course offering groceries for families to practice a new recipe together!</td>
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<tr>
<td><strong>Cooking Matters at Home</strong></td>
<td>Eight different workshops for families that can be offered as a one time session or series.</td>
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<tr>
<td><strong>Cooking Matters at the Store</strong></td>
<td>One time store tour workshop teaching participants how to shop healthy on a budget.</td>
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<tr>
<td><strong>Cooking Matters at the Farmers’ Market</strong></td>
<td>One time workshop teaching participants to shop on a budget at farmers’ markets.</td>
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<tr>
<td><strong>Cooking Matters for Adults</strong></td>
<td>6 week course empowering adults to shop for and cook delicious, nutritious meals</td>
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### Partner with Us

Contact Cooking Matters NH at cookingmatters@nhfoodbank.org

nhfoodbank.org/cookingmatters