

How You Can Partner With

COOKING MATTERS®

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

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!

”



2024 Cooking Matters® Programs Offered:

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

One time store tour workshop teaching participants how 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

**Scan to
learn more :**



Partner with Us

Contact Cooking Matters NH at cookingmatters@nhfoodbank.org

nhfoodbank.org/cookingmatters

**COOKING
MATTERS®**

New Hampshire
**FOOD
BANK**
A Program of Catholic Charities NH