



Baptist Child  
FAMILY OUTREACH

# Share Our Strength's Cooking Matters Colorado

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# Introductions

Name

What do you  
already know  
about Cooking  
Matters?

Favorite food?



# The Problem: Hunger

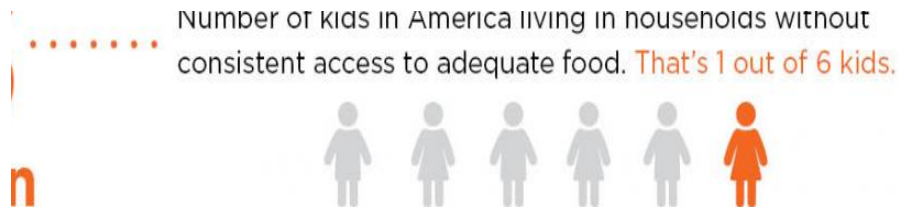


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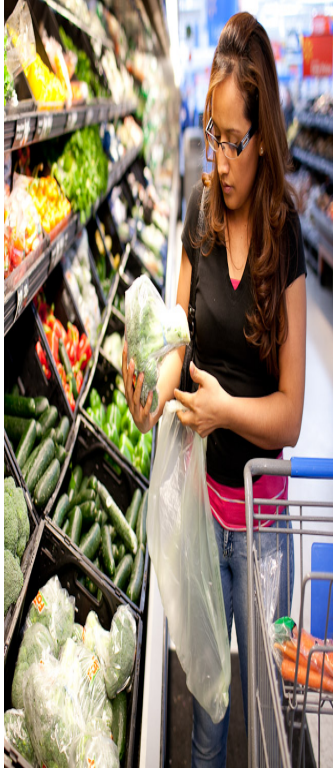
# What percent of Colorado kids are at risk of hunger?

Answer:  
16% or **1 in 6**  
**kids**



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# CHILDHOOD HUNGER



Of food stamp recipients in Colorado, more than 3 in 4 (75%) live with children



In Colorado, children under 6 are the most likely to live in poverty



235,000 kids in Colorado rely on SNAP



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# The Solution:

## CONNECTING FAMILIES WITH FOOD



Expand access to  
SNAP (Food Stamps) & WIC



Serve more  
SCHOOL BREAKFASTS



Increase  
SUMMER MEALS



## VOLUNTEER-LED FOOD SKILLS EDUCATION



How to  
SHOP STRATEGICALLY



How to Choose  
HEALTHIER FOODS



How to Prepare  
BALANCED MEALS



**NOKID  
HUNGRY**  
SHARE OUR STRENGTH



Share Our Strength's Cooking Matters



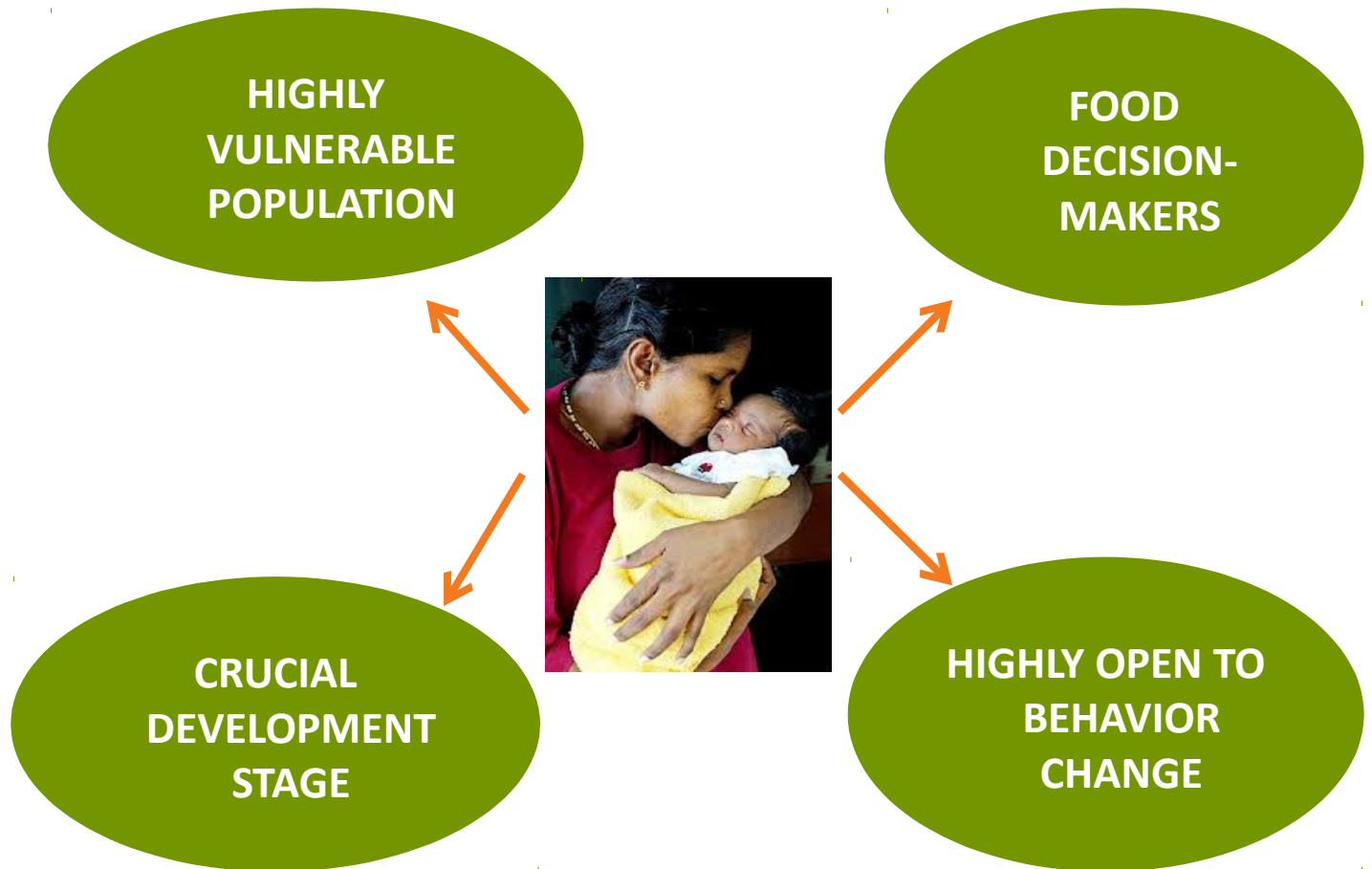
# Cooking Matters Video





# Priority Audience:

## Why caregivers of kids under 5?



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# Cooking Matters Signature Courses:



## Community Agencies

- Schools
- Head Starts and Early Childhood Centers
- Food Banks and Pantries
- Churches
- Low income housing sites
- Hospitals and clinics
- Community Centers

- Six classes, 2 hours each week
- 12- 15 participants
- Hands-on Meal Preparation
- Food Budgeting and Nutrition Education
- Take Home Groceries





# Cooking Matters at the Store :

One time, 90 minute tours conducted at:

- Grocery stores
- Farmer's markets
- Community sites

Help low-income families gain the skills to shop healthy on a budget



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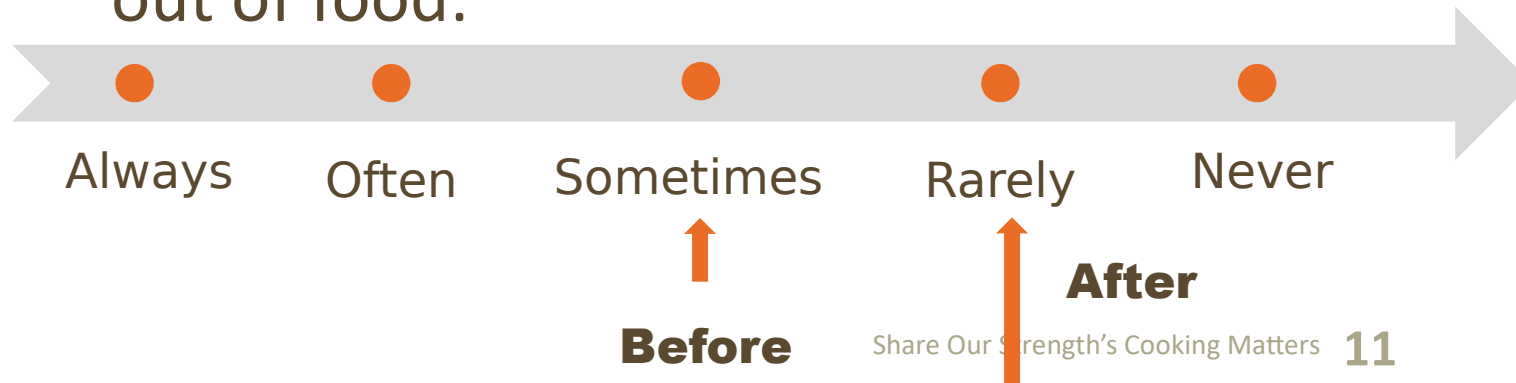


# Courses create long term behavior change

6 months after taking a Cooking Matters course families are:

- Making make home-cooked meals healthier
- Eating more fruits and vegetables

How often participants worry about running out of food:

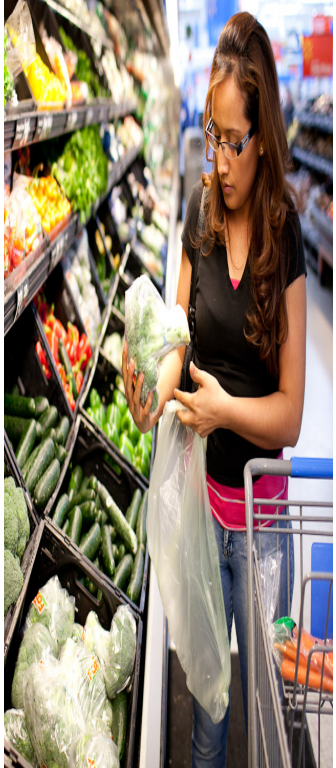


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“Cooking Matters has changed my life.”



# Colorado Partnership Models

- **Share Our Strength Staff:**

- Implement programming at partner sites

- **Full-Time Contractors:**

- Full time job is to implement Cooking Matters programming

- **Train-the-Trainers:**

- Implement Cooking Matters programming as a portion of their job



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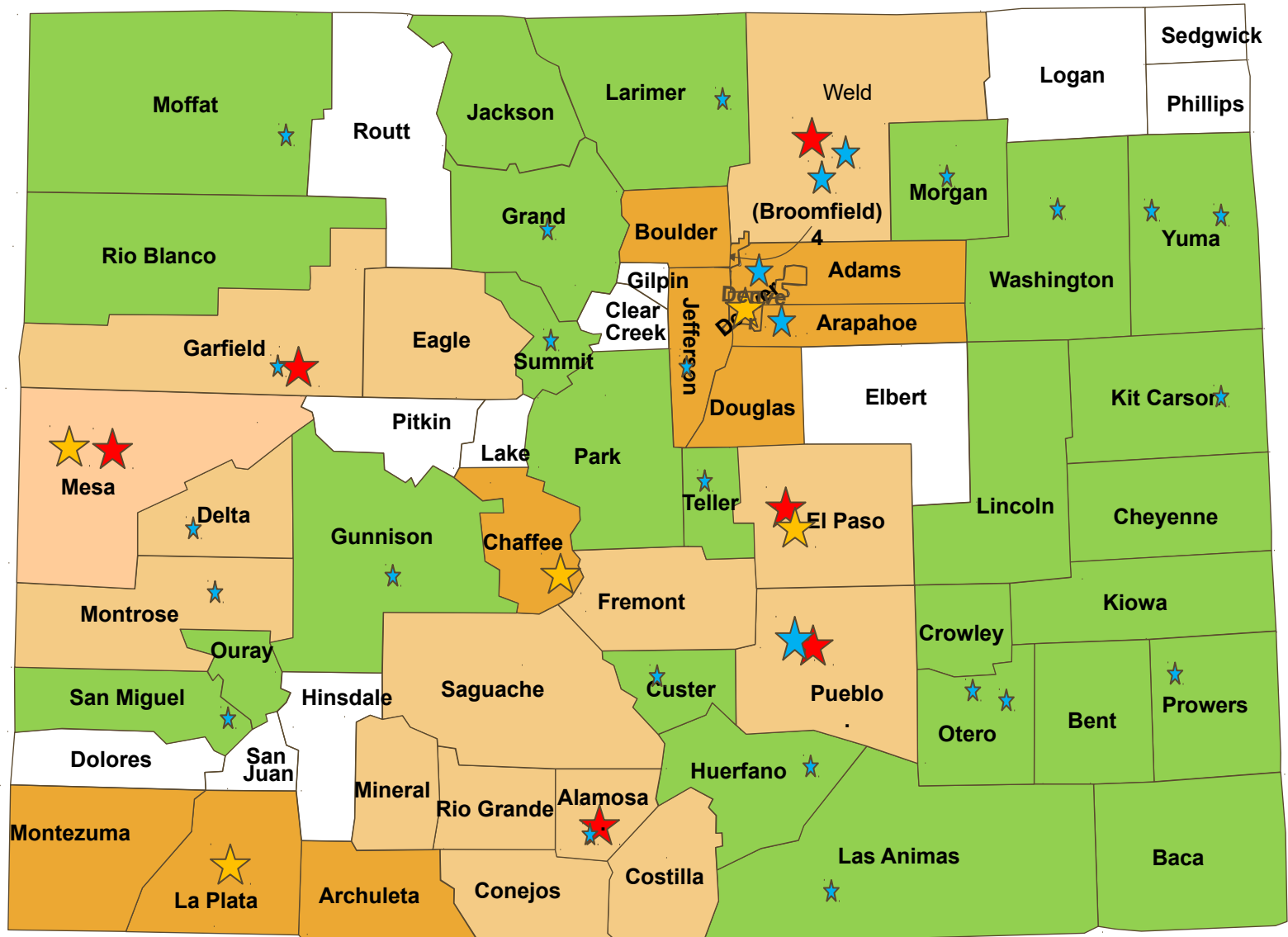
**Out of the 64 counties in CO, how many does Cooking Matters offer programming in?**



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# 55!

- ★ Share Our Strength Staff
- ★ Full Time Partner
- ★ Train the Trainer Partner





Since our inception in 1994, Cooking Matters Colorado has helped **over 100,000 families** shop for and cook healthy meals on a budget.

# How can we collaborate?



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- 1) Bring a Cooking Matters Course or Tour to your site!
- 2) Become a Train the Trainer Partner
- 3) Check out our website [Cookingmatters.org](http://Cookingmatters.org) for free, downloadable toolkits and resources



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# Train the Trainer

## **Cooking Matters provides:**

- Curricula
- Training and Technical Assistance
- Bin of Cooking Equipment and Nutrition Tools
- \$850 stipend
- Weekly incentives for participants

## **TtT Partner provides:**

- Class/Kitchen Space
- Groceries
- Participants
- Interpreters and Childcare
- Volunteer Instructors



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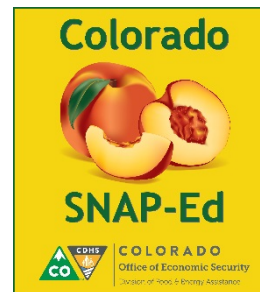
# Sponsors and Supporters

COOKING MATTERS COLORADO IS GENEROUSLY SUPPORTED BY:

- USDA Supplemental Nutrition Assistance Program – Education (SNAP-Ed)
  - Colorado Health Foundation
    - Buell Foundation
- Numerous other foundations, companies, and individuals.



The Colorado Health Foundation™



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