



SHARE OUR STRENGTH'S
**COOKING
MATTERS**[®]
NO KID HUNGRY

SHARE OUR STRENGTH'S NO KID
HUNGRY CAMPAIGN



In the world's wealthiest nation, no child should grow up hungry. Over the course of a year, however, more than 16 million children in America cannot count on having enough nutritious food. That's one in five kids in America today who struggle with hunger.

The No Kid Hungry[®] campaign catalyzes innovative coalitions among governors, mayors, businesses, chefs, teachers and community leaders across the country to connect families at risk of hunger with the programs that can help them.

Combining access with education, we also teach families how to cook healthy, affordable meals through our Cooking Matters[®] program.

Together, we are making No Kid Hungry a reality in America. Learn more at Strength.org.

NATIONAL SPONSOR



COOKING MATTERS: BUILDING FOOD SKILLS TO END CHILDHOOD HUNGER

Share Our Strength's Cooking Matters empowers low-income families with the skills to stretch their food budgets so their children get healthy meals at home, as part of the No Kid Hungry campaign to end childhood hunger in America. Participants learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. Cooking Matters helps families maximize the benefits they receive through federal nutrition programs like SNAP (food stamps) and WIC (Women, Infants and Children).

Founded in 1993, Cooking Matters has been featured by First Lady Michelle Obama's Let's Move! campaign and recognized by the U.S. Department of Agriculture for excellence in nutrition education. Cooking Matters is nationally sponsored by Walmart.

HOW IT WORKS

Cooking Matters serves families across the country through:

- **Hands-On Cooking Courses**
Community partners that serve low-income families offer six-week Cooking Matters courses to adults, kids and families. Each course is team-taught by a volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult and teen participants take home a bag of groceries at the end of each class.
- **Interactive Grocery Store Tours**
Cooking Matters at the Store tours provide families with hands-on education as they shop for food, giving them skills to compare foods for cost and nutrition. Participants learn how to plan and budget for healthy, affordable, and delicious meals for their families.
- **Mobile, Online and Educational Tools**
Recipes, videos, toolkits and fun kids' handouts are available at CookingMatters.org and in the smartphone app, Cooking Matters.

IN THEIR OWN WORDS



"Since the class, I can triple the amount of food I buy with my WIC check and feel good about what I'm feeding my kids."

- Lareese Cathey, Cooking Matters graduate, Maryland



"I save anywhere between \$100 and \$150 a month after Cooking Matters. It makes a difference."

- Stacy Hanno, Cooking Matters graduate, Colorado

BY THE NUMBERS

- **27,461**: Six-week course participants in 2013
- **21,903**: Grocery store tour participants in 2013
- **87%**: Course graduation rate
- **66%**: Families eating more whole grains after the course
- **63%**: Families intending to compare unit prices after a grocery store tour

GET INVOLVED

Everyone has a strength, and everyone has something to share - chefs, culinary students, nutrition educators, companies, moms, dads and kids that care. Help us make No Kid Hungry a reality in America. Learn more at CookingMatters.org

OUR PARTNERSHIP MODEL

Share Our Strength is committed to ensuring that our partners across the country have access to best in class resources for nutrition education, which includes the most up to date thinking on teaching methodology. Through strategic partnerships at the local, state, regional, and national level, we engage organizations across the country with Cooking Matters courses and tours.

At the national level, we create and maintain materials and training to execute Cooking Matters courses and tours, free of charge for our nonprofit partners. We also manage all elements of evaluation, material ordering, and create reports for our partners on their Cooking Matters reach and reported participant outcomes. Our partners in communities across the country manage all volunteer components, as well as participant recruitment, and course and tour execution. Together, we are on track to collectively reach more than 91,000 participants in courses and tours by the end of 2014.

Here are some of our lead partners for our work in nutrition education across the country:

- Arkansas Hunger Relief Alliance: Arkansas
- 18 Reasons: California
- Community Health Network of CT: Connecticut
- Capital Area Food Bank: DC metro area
- FLIPANY: Florida
- GPAN: Georgia
- Idaho Food Bank: Idaho
- EverThrive Illinois: Illinois
- Dare to Care: Kentucky
- Second Harvest Greater NOLA: Louisiana
- Good Shepherd: Maine
- Gleaners MI: Michigan
- University of MN Extension: Minnesota
- Operation Food Search: Missouri
- Inter-Faith Food Shuttle: North Carolina
- Visiting Nurse Association: Nebraska
- New Hampshire Food Bank: New Hampshire
- Food Bank of South Jersey: New Jersey
- CCE- Tompkins County: New York
- Foodlink, Inc. New York
- City Harvest: New York
- Local Matters: Ohio
- Oregon Food Bank: Oregon
- Second Harvest Lehigh Valley: Pennsylvania
- Lowcountry Food Bank: South Carolina
- North Texas Food Bank: Texas
- Tarrant Area Food Bank: Texas
- Solid Ground: Washington