

COOKING MATTERS®

SESSIONS AT A GLANCE

- Facilitated dialogue covers six lessons
- Participants take home recipes and recipe ingredients each week
- Recipe book, certificate, reusable grocery bag and an additional incentive given to participants who complete at least 4 out of 6 classes

6 WEEK OVERVIEW



Healthy Cooking Basics

Introduce participants to basic principles for choosing and preparing a variety of healthy foods at home

Covers: MyPlate and food groups, cooking at home, label reading, hand washing, knife safety



Fruits, Vegetables, & Whole Grains

Encourage participants to choose a variety of fruits, vegetables, and whole grains everyday and to consider ways to stretch foods across several meals

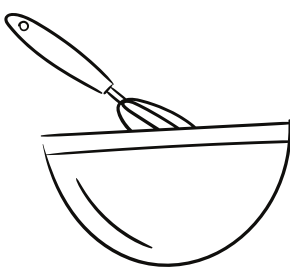
Covers: Eating various colors, rinsing fresh fruits/vegetables, planning for leftovers



Healthy Starts At Home

Encourage participants to prepare more meals and snacks at home

Covers: Types of fats, label reading, making healthier choices away from home, preparing healthier versions of convenience foods



Plan to Make the Most of Meals

Encourage participants to plan healthy, low-cost meals and make the most of their food dollars

Covers: Importance of breakfast, herbs and spice over salt, planning meals ahead, using unit prices and a list to save money



Shopping Smart

Encourage participants to use everything they have learned to make smart choices when food shopping

Covers: Saving time with a list, label reading, unit price comparisons, using store fliers



Recipe for Success

Celebrate participants' accomplishments and progress in selecting and preparing healthy meals

Covers: Beverage choices, food groups, physical activity, summary of learned topics

Contact Us!

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