

COOKING MATTERS®

SESSION AT A GLANCE

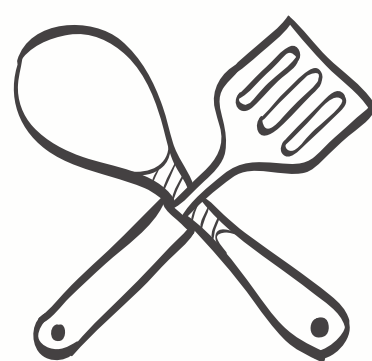
4 Week Lesson Overview

- Facilitated dialogue covers four 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 3 out of 4 classes

HEALTHY STARTS AT HOME

Goals: 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, types of fats, making healthier choices away from home, preparing healthier snacks



CHOOSING FRUITS, VEGETABLES, AND WHOLE GRAINS



Goals: 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

PLANNING AHEAD AND SHOPPING SMART

Goals: Encourage participants to plan healthy, low-cost meals, make the most of their food dollars, and make smart choices when food shopping

Covers: Importance of breakfast, herbs & spices over salt, planning meals ahead, grocery list to save money, label reading, and using store flyers/mobile app.



RECIPE FOR SUCCESS

Goals: Celebrate parents' accomplishments and progress in selecting and preparing healthy meals.

Covers: Summary of skills learned in previous weeks.

CONTACT US

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