

COOKING MATTERS

Cooking Matters courses are designed as six weekly, two-hour lessons. Many classes are available in both English and Spanish.

- **Cooking Matters for Adults** teaches low-income adults about healthy meal preparation and shopping on a limited budget. This curriculum can also be paired with programming for: adults living with diabetes, parents of preschoolers, and adults living with HIV/AIDS.
- **Cooking Matters for Parents** teaches parents how to select, purchase, and prepare healthy foods on a limited budget.
- **Cooking Matters for Families** brings school-aged children and their families together to learn about healthy eating, planning meals as a family, and working together in the kitchen.
- **Cooking Matters for Teens** teaches adolescents in sixth grade and up how to make healthy food choices and prepare healthy meals and snacks.
- **Cooking Matters for Kids** teaches children in third through fifth grade how to prepare healthy meals and snacks and to make smart choices wherever they go—at school, at home, at the store, or out to eat.
- **Cooking Matters for Child Care Professionals** teaches child care professionals about healthy meal preparation and creating a healthy food environment for the kids in their care.

EverThrive Illinois: Healthy Lifestyles Initiative

EverThrive Illinois works to improve the health of women, children, and families over the lifespan through community engagement, partnerships, policy analysis, education, and advocacy.

Our *Healthy Lifestyles Initiative* offers outreach, education, and programming to provide individuals with skills they can use to be proactive in improving their health, while also addressing food insecurity. We advocate for policies that will protect the health of vulnerable populations and work to end hunger in America. EverThrive Illinois is the lead state agency for Share Our Strength's *Cooking Matters*[™], which empowers families at risk of hunger with the skills, knowledge, and confidence to make healthy and affordable meals. Through hands-on classes taught by volunteer culinary and nutrition experts, course participants learn how to select nutritious and low-cost ingredients and prepare them in ways that provide the best nourishment possible to their families.

Learn more: www.everthriveil.org/healthylifestyles



Improving Access to Nutrition for Less Money



***Cooking Matters* has received special recognition from the U.S. Department of Agriculture for excellence in nutrition education and was featured by First Lady Michelle Obama's *Let's Move* campaign, a nationwide initiative dedicated to raising a healthier generation of kids.**

Our School Breakfast program focuses on building awareness of childhood hunger and its effects on academic achievement. We assist Cook and collar county schools in the implementation of alternative breakfast models in an effort to increase school breakfast participation.

Cooking Matters'[™], specialized curricula cover practical nutrition information, hands-on food preparation, and food budgeting and shopping. All participants receive recipes and other educational materials from the lessons and adult and teen participants take home a bag of groceries each week to practice at home.

745,000

ILLINOIS KIDS STRUGGLE WITH HUNGER

More than 745,000 children in Illinois are at risk of hunger and not getting the food they need to lead healthy, active lives. ⁴

38%

COOKING MATTERS PARTICIPANTS RELIED ON NUTRITION ASSISTANCE IN 2012:

38% participated in Supplemental Nutrition Assistance Program (SNAP)
17% participated in SNAP for Women, Infants, and Children (WIC)
30% received Free/Reduced-Priced School Lunch
12% accessed food pantry or commodities ¹

1,500+

ILLINOISANS PARTICIPATED IN COOKING MATTERS

In 2014, Cooking Matters hosted over 150 classes and 40 grocery stores tours reaching more than 1,500 individuals in Illinois.



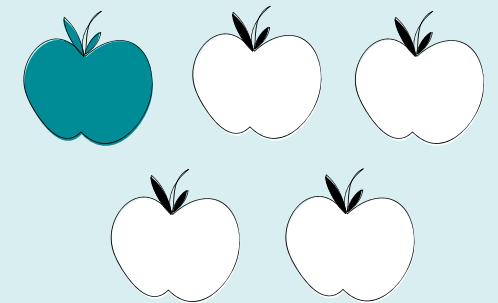
Formerly Illinois Maternal & Child Health Coalition

Join us. For more information about volunteer opportunities or hosting a Cooking Matters class, please contact Lolita Lopez at llopez@everthriveil.org or (312) 491-8161 x 23.

1 in 5

KIDS AT RISK OF HUNGER

16 million American children live in families who struggle to put food on the table. Food insecurity – lacking the means to get enough nutritious food on a regular basis – affects 48.8 million Americans. ¹



21.8%

CHILDREN LIVING IN POVERTY

In 2012, 46.5 million people were living in poverty and the U.S. poverty rate for children under age 18 was 21.8%. ²

6.1 million

HOUSEHOLDS RELY ON EMERGENCY ASSISTANCE

In 2011, 5.1% of all U.S. households accessed emergency food from a food pantry one or more times. ³

- 1 No Kid Hungry Child Hunger Statistics
- 2 US Census Bureau: Poverty Statistics
- 3 Household Food Security in the United States Report 2011
- 4 Share our Strength