



Creating a hunger-free community

Worcester County Forum on Hunger: *A Call to Action*

***SNAP as a Household Resource –
Cooking Matters Model Program***

Alicia McCabe
Massachusetts Director
Cooking Matters



SHARE OUR STRENGTH'S
COOKING
MATTERS™
NO KID HUNGRY

Share Our Strength's Cooking Matters™

*Teaching Massachusetts families how to
eat better for less since 1994*



NO KID HUNGRY

Share Our Strength's Platforms



An Integrated Approach

Share Our Strength surrounds children at risk of hunger with nutritious food where they live, learn and play.

LIVE

- Food Stamps
- Food pantries and shelters
- Food for pregnant women, infants and preschool kids (WIC)
- Fresh-food markets and stores
- Nutrition education
- Cooking classes
- Earned Income Tax Credit (EITC)
- Temporary Assistance to Needy Families (TANF)
- Advocacy



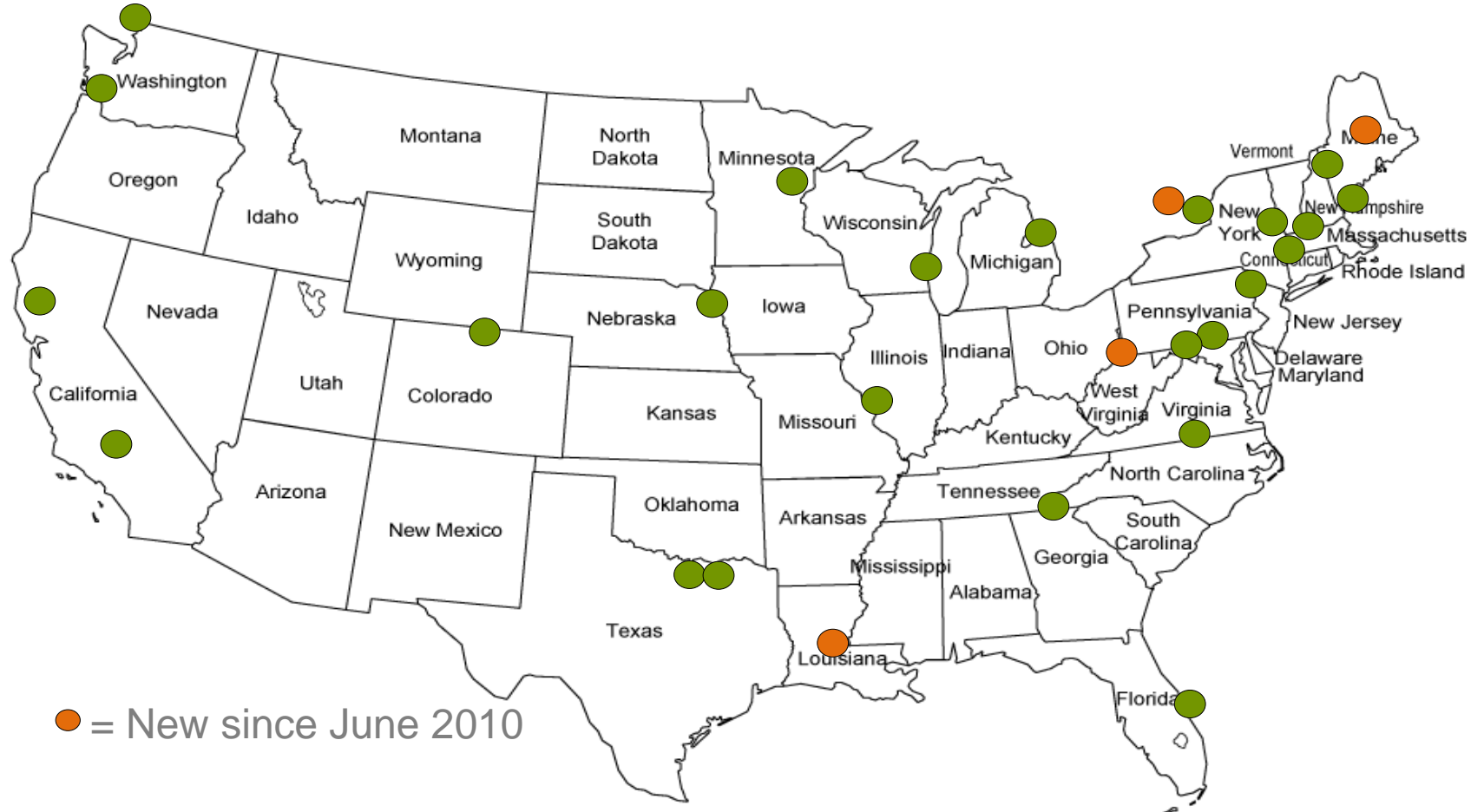
LEARN

- Nutritious, high-quality meals during school and after (school breakfast and lunch, afterschool snacks and meals)
- Nutrition education
- Cooking classes

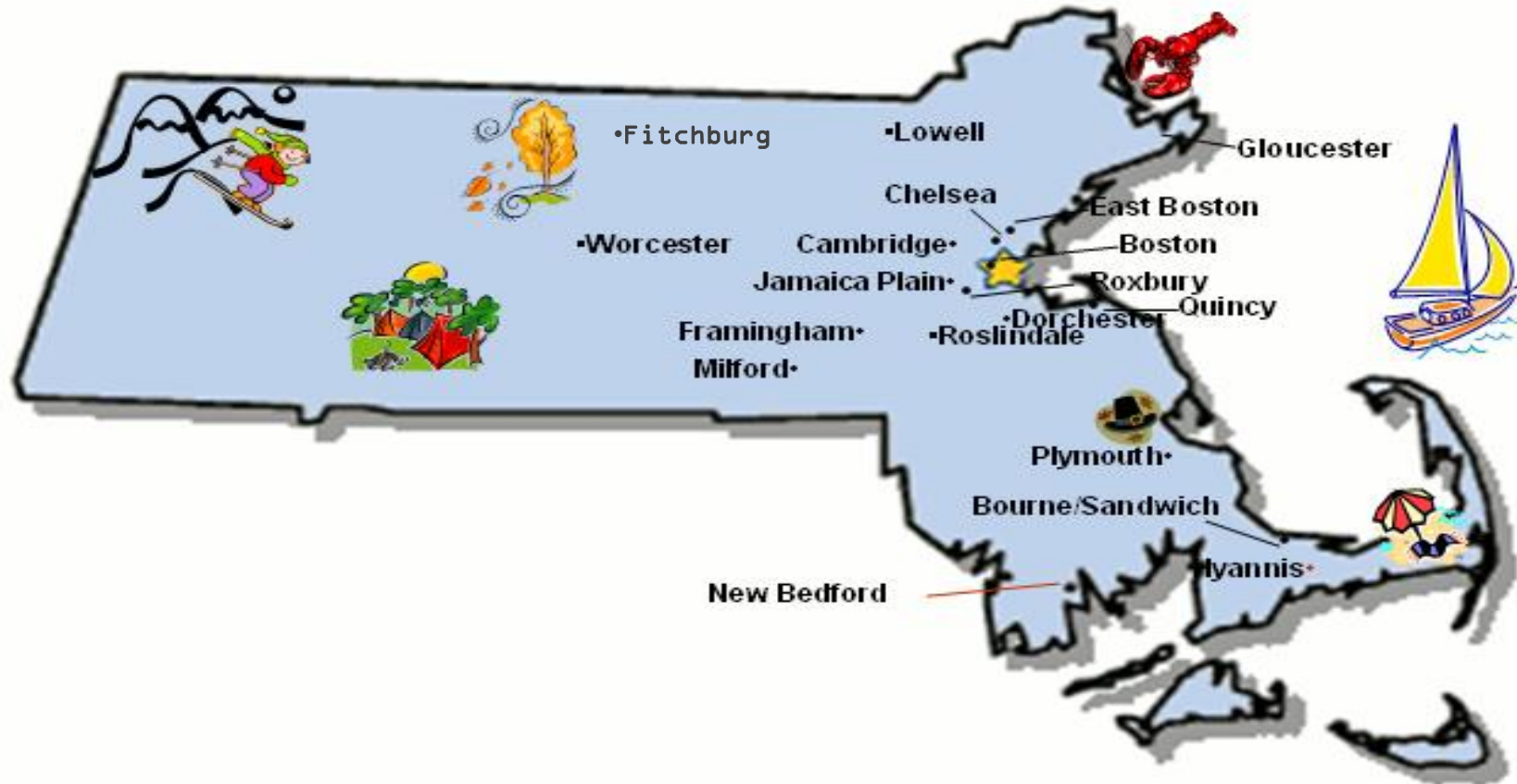
PLAY

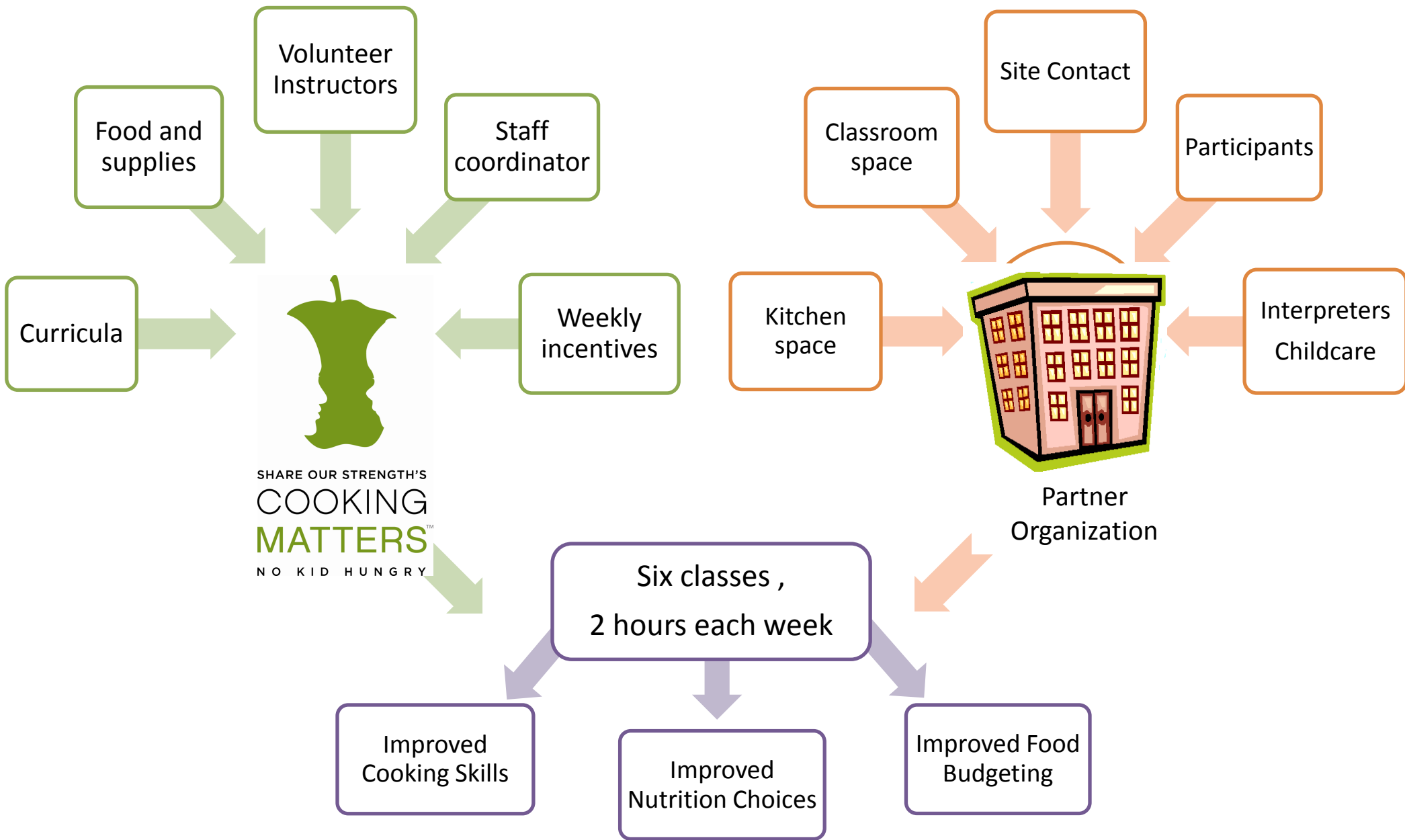
- Nutritious, high-quality meals when school is not in session (afterschool snacks and meals, summer meals)
- Fresh-food markets and stores
- Advocacy

Current Lead Partners: 29 programs in 25 states

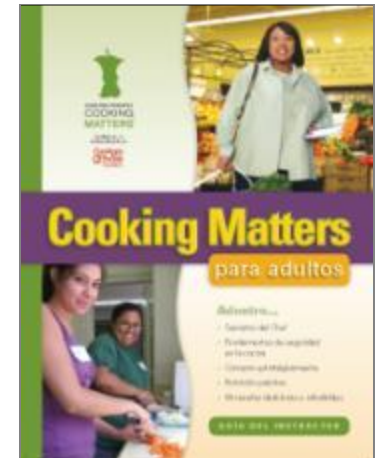
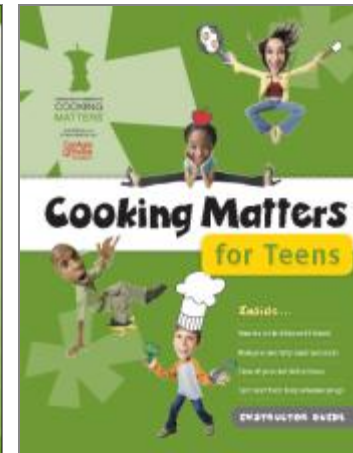
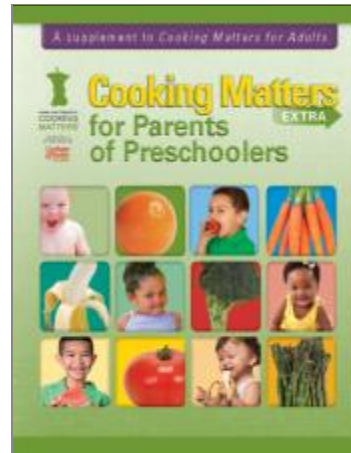
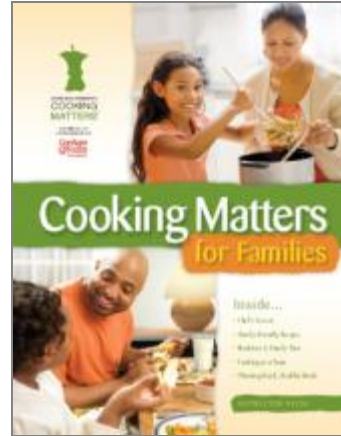
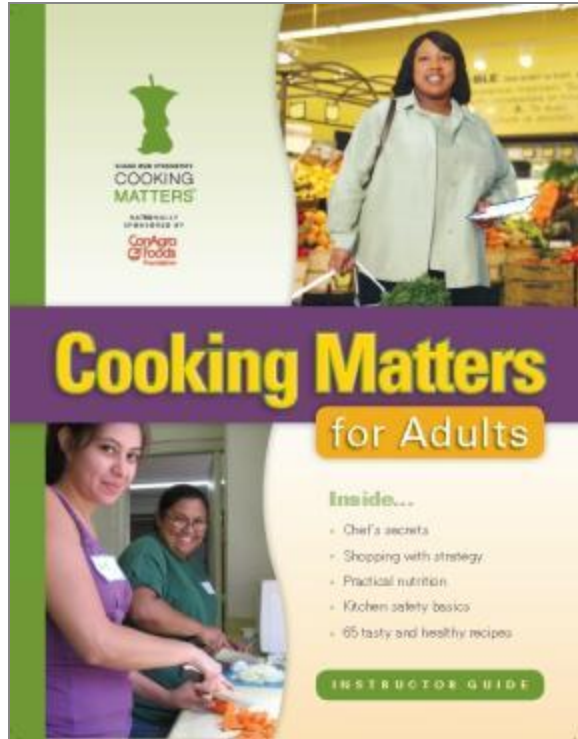


Courses in Massachusetts





Courses for parents, kids, teens, and families



Our Instructors

Culinary and nutrition volunteers team up to provide families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals



Where we teach

- Boys and Girls Clubs
- Head Starts
- Youth Centers
- Community Health Centers
- WIC Sites
- After-School Programs
- Group Homes



Worcester County Courses

Worcester area:

Hunger Free & Healthy Worcester

- 13 courses, Fanning Learning Center

Regional Environmental Council

- Fanning Learning Center
- Plumley Village
- 40 Belmont
- Great Brook Valley
- Worcester Boys & Girls Club

Fitchburg area:

Growing Places Garden Project

- Cleghorn Neighborhood center
- Memorial Middle School
- Crocker Elementary School
- Lonsjo Middle School
- McKay Campus School

Central & Western MA Manager

Jessica Maillet, MS, RD, LDN

- jmaillet@strength.org
- July 1 start date



MADE A COOKING MATTERS
RECIPE AT HOME

“Graduates maintain changes made during courses three and six months after course completion.”

(Journal of Nutrition Education and Behavior, July/August 2007)





SHARE OUR STRENGTH'S
COOKING
MATTERS™
NO KID HUNGRY

CookingMatters.org/Mass