

Share Our Strength's  
**Cooking Matters**  
No Kid Hungry

Nationally Sponsored by Conagra Foods Foundation

Presented by Laura Anderson MS RDN, MSU Extension  
Educator



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## What Cooking Matters is...

- National Program
- Empowers families with skills, knowledge and confidence
- Volunteer culinary and nutrition experts
- Uses nutritious and low-cost ingredients
- Sponsored by ConAgra Foods Foundation and generously supported by the Walmart Foundation



## About Share Our Strength...

- National nonprofit effort to end childhood hunger in America
- Connects children with nutritious food



## Inside a Cooking Matters program...

- Multi-session courses
- Nutrition education
- Participatory sessions
- Team teaching
- Recipe demonstration
- Practice food



## Gold Standards

- Curricula (content and materials) is delivered
- Instructors use intended method of content delivery
- Class reached intended audience
- Coordinator manages/facilitates class and supports instructors
- Instructors demonstrate expertise in topic and competence in leading class
- Positive learning environment is created and maintained



# Cooking Matters curriculum

- Adults
- Families
- Teens
- Child Care providers
- Diabetes
- Kids
- Shopping matters tours (adults and WIC)



# Cooking Matters 2012 National Outcomes

- 32,832 participants (76% more than 2011)
- 71% adults eat more vegetables
- 67% teens eat more fruits
- 67% increase of meals prepared together as a family
- 45 states and DC offered courses and tours

Source: COOKING MATTERS 2012 ANNUAL REVIEW





## MSU Extension involvement...

- Trained staff across the state
- Programs offered in various communities
- Liaison for MSU Extension-

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Supervising Educator/Cooking Matters Liasion - Improving Health & Nutrition  
Institute

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## How MSU Extension is working to “move the needle” to healthier lifestyles in Michigan...

- Eat Healthy Be Active
- Show Me Nutrition
- Cooking Matters
- Eat Smart Live Strong
- Market Fresh/Project Fresh
- Breastfeeding Initiative
- Safe Dates
- Nurturing Parenting
- Cooking for Crowds
- Cottage Food Law
- ServSafe
- Personal Action Towards Health (PATH)
- Dining with Diabetes (DWD)
- National Diabetes Prevention Program (NDPP)
- Be SAFE (Safe, affirming and fair environments)
- Building Strong Adolescents
- RELAX – Alternatives to Anger
- Food Preservation



# Contact person for Cooking Matters Program for Michigan-

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# Thank you!

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