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# Cooking Matters

a program of The Idaho Foodbank

IMPACT REPORT | AUGUST 2016



*Developed by Share Our Strength, Cooking Matters is a 6-week, hands-on, cooking-based program for all ages that teaches food preparation and food budgeting skills that people need to make lasting changes to their eating habits. Cooking Matters in the Store is a one-day program that teaches students how to identify healthy and less expensive options at their local grocery store.*

## A Community-Based Program

The Idaho Foodbank offers 6-week Cooking Matters courses to adults, kids and families. Each course is team-taught by a community volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult and teen participants take home a bag of groceries at the end of each class. Cooking Matters also offers store tours where participants learn how to shop, plan and budget for healthy and affordable meals.

## Solving Hunger in Idaho

2015-2016 FISCAL YEAR

71

cooking and in store  
classes conducted statewide

1,009

men, women  
and children

91%

graduation rate for  
6-week classes

165

volunteers enlisted  
statewide

## After a course, adult, and teen graduates report that:

- **34%** are eating more fruits and vegetables
- **61%** are better at planning and cooking meals
- **53%** are more confident in cooking skills
- **99%** would share things learned in this course with others

## Positive Change That Lasts

Cooking Matters changes people's behavior for the better. While The Idaho Foodbank has only been conducting classes since 2010, Share Our Strength created the program back in 1993. Since that time, survey after survey has shown that up to a year after completing the program graduates continue to cook healthier meals, pay more attention to food safety, save money on food purchases, and cook and eat new foods more often. Mothers from low-income families who graduated from this program, are much more likely to reduce the level of food insecurity in their families than mothers who didn't have the training.



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I love this course and it has actually made me like cooking and not as scared to go home and try new things out. This course was very informative. I love the hands-on aspect to it.

- Cooking Matters for Adults, Caldwell

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It made me realize how easy it is to add vegetables to every meal on a budget. I wouldn't change anything, the class was amazing!

- Cooking Matters for Adults, Meridian

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“

This course has affected my life because it has made it a lot easier to understand the process of cooking properly and understand nutrition.

- Cooking Matters for Adults, Jerome

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“

My favorite part of this cooking class was EVERYTHING!

- Cooking Matters for Kids, Twin Falls

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The Idaho Foodbank is an independent, donor-supported, nonprofit organization founded in 1984, and is the largest distributor of free food assistance in Idaho. From warehouses in Boise, Lewiston and Pocatello, the Foodbank has distributed more than 151 million pounds of food to Idaho families through a network of more than 230 community-based partners. These include rescue missions, church pantries, emergency shelters and community kitchens. The Foodbank also operates direct-service programs that promote healthy families and communities through good nutrition.



For additional information about the Cooking Matters, visit our website:  
[idahofoodbank.org/cooking-matters/](http://idahofoodbank.org/cooking-matters/)

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