



Member of
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AMERICA**

Cooking Matters

a program of The Idaho Foodbank

IMPACT REPORT

JULY 2017



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

2017 FISCAL YEAR

56/28	cooking /in-store classes statewide
834	participants statewide
94%	graduation rate for 6-week classes
304	volunteers enlisted statewide

Students report:

- **79%** of adults felt more confident in buying and cooking healthy foods on a budget
- **31%** increase in the consumption of fruits and vegetables by adults
- **20%** decrease in the consumption of sugary soft drinks by teens
- **99%** of kids liked coming to class

Healthy Change That Lasts

Share Our Strength has conducted participant surveys since the program's inception in 2010. Responses clearly show 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 eat new foods more often. A healthier diet is especially important. If sustained, this will put graduates at lower risk for many diet-related diseases such as obesity, diabetes, heart disease and cancer.



"I feel more confident that I can live on my own and feed myself healthy foods."

- Cooking Matters for Teens, Blaine County



"This course has taught me that eating healthy on a small budget is possible."

- Cooking Matters for Adults, Boise



"I have more confidence in my cooking ability. Also, I have advanced my knowledge in budgeting and about unit price." - Cooking Matters for Adults, St. Luke's Cardiac Rehab Center



My favorite part of this cooking class was EVERYTHING!

- Cooking Matters for Kids, Twin Falls



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 distributes around 1.5 million pounds of food each month through a network of more than 400 community partners. These include schools, food pantries, emergency shelters, feeding sites, and senior centers. 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/programs

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Recognized as a Four Star Charity for 8 consecutive years.