



Member of
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Cooking Matters

National campaign by Share Our Strength, administered
by The Idaho Foodbank

IMPACT REPORT

AUGUST 2019



Together,

we can solve

hunger.

Cooking Matters is helping end childhood hunger by inspiring families to make healthy, affordable food choices. The program teaches parents and caregivers with limited food budgets to shop for and cook healthy meals. Cooking Matters is a national campaign by Share Our Strength, an organization working to end hunger and poverty.

A Community-Based Program

The Idaho Foodbank offers the six-week Cooking Matters course to adults, seniors, kids, teens and families. Each course is team-taught by a volunteer chef and nutrition educator and covers nutrition, meal preparation, grocery shopping and food budgeting. After each class, participants take home a bag of groceries so they can practice what they just learned. In the end, people learn how to prepare meals that are healthy AND tasty on a tight budget. Cooking Matters also offers store tours where participants learn how to shop, plan and budget for healthy and affordable meals.

Solving Hunger in Idaho

2019 FISCAL YEAR

72

cooking/in-store classes statewide

1,113

participants statewide

91%

graduation rate for six-week course

281

volunteers enlisted statewide

Students report:

- **87%** of adults felt more confident in buying and cooking healthy foods on a budget.
- **36%** increase in the consumption of fruits and vegetables by adults.
- **79%** of participants prepared a recipe from class at home.

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 try 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.



"The classes gave me hope. It changed how I eat and how I shop. Many of the lessons I learned are now habits."

– Adult Participant

"It made me aware of healthy food choices and I learned how to manage my food budget. It also gave me great ideas to get my kids to eat more fruits and vegetables."

– Adult Participant

"Cooking Matters dismantles the myth that eating healthy is too expensive. It gives students the tools to completely change their lives."

– Cooking Matters Instructor & Registered Dietitian

Hunger to Health Highlight:

Terry Reilly is a non-profit health organization dedicated to providing affordable and comprehensive health care; particularly to underserved communities.

The Idaho Foodbank partnered with Terry Reilly in August of 2018 on the Cooking Matters program. The majority of the classes were geared toward diabetic patients and their families. The students with diabetes who completed the course experienced on average a 2.1% drop in their HbA1c levels; which equates to blood sugars moving toward normal levels and control over their diabetes.

About The Idaho Foodbank

The Idaho Foodbank is an independent, donor-supported, nonprofit organization founded in 1984, and is the largest distributor of free food assistance in Idaho. In its 35-year history, The Foodbank has distributed millions of pounds of food through its facilities in Boise, Lewiston, and Pocatello. In the last fiscal year, The Foodbank provided food for nearly 17 million meals to Idahoans in need. The Foodbank distributes food through a network of more than 400 community-based partners including schools, food pantries, senior centers, feeding sites, shelters, and churches. Recognizing the crucial connection between hunger and health, The Idaho Foodbank focuses on healthy food options and partners with community programs to promote nutrition education and healthy living. Visit www.idahofoodbank.org for more information.



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The only Idaho nonprofit to receive a four-star rating for 10 consecutive years.