



1,045 Nutrition Education participants

In FY23, The Idaho Foodbank offered 43 Nutrition Education and point of service opportunities to our neighbors in need. These include Cooking Matters and nutrition education classes, presentations on nutrition, and the distribution of nutrition resources.

Cooking Matters

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.

86% of the food distributed in FY23 was considered nutritious

Nutrition Education

Nutrition at every age is critical for our health and well-being. The cycle of hunger shows that people often find themselves in the position of making difficult decisions when they are food insecure. This can include eating foods with low nutritional value, which can make them vulnerable to chronic health conditions.

Our Nutrition Education tools help provide insight and resources to encourage individuals to make healthier choices for themselves. In turn, healthier individuals and families reduce the need for healthcare in the future. In the end, Nutrition Education addresses the need to develop skills and knowledge about healthy eating, cost-effective preparation, and the health benefits it brings.

“ I learned very important information for planning and purchasing materials and cooking food. Thanks a million. ”
– Program Student

“ I have a much better understanding of how to shop and use nutrition labels. ”
– Program Student

PROGRAM SPONSORS:



About The Idaho Foodbank

The Idaho Foodbank is an independent, donor-supported, nonprofit organization. It is the largest statewide distributor of free food assistance in Idaho. The Idaho Foodbank was established in 1984 and since that time has distributed millions of pounds of nutritious food through its facilities in Lewiston, Meridian and Pocatello. In the last fiscal year, The Foodbank provided food for 23.8 million meals to Idahoans living with food insecurity. The Foodbank distributes food through a network of more than 440 partners including schools, food pantries, senior centers, feeding sites, shelters, mobile pantries and churches. Recognizing the crucial connection between hunger and health, The Idaho Foodbank focuses on providing nutritious food and collaborates with community organizations to promote nutrition education, wellness resources and healthy living. Visit idahofoodbank.org for more information. You can also find us on your favorite social media platform.



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The only Idaho nonprofit to receive a four-star rating for 14 consecutive years.