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## ROTARIANS EMBRACE COOKING MATTERS

**LITTLE ROCK, AR (May 30, 2018)** - Members of Little Rock's Rotary Club learned about the importance of the Cooking Matters program in teaching low-income Arkansans how to stretch their food budgets without sacrificing nutrition or flavor. At the May 29th meeting, Capi Peck, owner of Trio's Restaurant, a Little Rock City Director, and an



engaged hunger relief advocate, demonstrated the Asian Noodles and Peanut Butter Sauce recipe from the Cooking Matters curriculum. Peck has been teaching Cooking Matters



classes for the past several years and pioneered the first Cooking Matters class in Spanish. She was also named a Paul Harris Fellow at the meeting for her dedication to service in the Little Rock community

The Arkansas Hunger Relief Alliance's Cooking Matters team helps organizations across the state implement these 6-week classes that teach nutrition education, cooking and shopping skills.

Since Cooking Matters came to Arkansas in 2011, more than 30,000 Arkansans have been impacted by the program. Independent studies have shown that Cooking Matters can reduce the likelihood of an individual remaining food insecure by up to 50 percent. Anyone interested in bringing Cooking Matters to their community should contact the Arkansas Hunger Relief Alliance at 501.399.9999 for details.

**About the Arkansas Hunger Relief Alliance**

Arkansas Hunger Relief Alliance, lead partner in Arkansas for the No Kid Hungry campaign, is a non-profit collaborative network of more than 440 hunger relief organizations across Arkansas. Our founding members include the Arkansas Foodbank in Little Rock, the Food Bank of Northeast Arkansas in Jonesboro, Harvest Regional Food Bank in Texarkana, Food Bank of North Central Arkansas in Norfolk, Northwest Arkansas Food Bank in Bethel Heights and River Valley Regional Food Bank in Fort Smith. The Alliance is dedicated to reducing hunger through direct relief, education and advocacy. We invite you to visit our [website](#) for details on hunger relief programs, donor and volunteer opportunities.

**About Cooking Matters and Cooking Matters at the Store**

These unique nutrition education programs, developed by Share Our Strength, a national non-profit dedicated to ending childhood hunger, teach low income adults, teens and families the skills they need to plan, shop for and prepare economical, healthy meals on a budget. Participation in a Cooking Matters course decreases an individual's chance of remaining food insecure by 50 percent. Cooking Matters is sponsored nationally by Walmart.

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