



## **Welcome to Cooking Matters in Arkansas!**

Now that the weather is heating up, so is Cooking Matters! There's a lot going on with the Cooking Matters Team. You'll want to be part of it! Every other month we will send you our *Cooking Matters in Arkansas* newsletter. You'll find out about upcoming classes and event days as well as nutritious, cost-conscious recipes and other information we think you will find helpful. Don't forget to follow the [Arkansas Hunger Relief Alliance facebook page](#) to stay up to date on other hunger relief events!

We want to hear from you. If you have tips, events, photos, stories from the field, or a blog post you would like to share, we encourage you to send it to Clarice or Ben at [clarice@arhungeralliance.org](mailto:clarice@arhungeralliance.org) or [ben@arhungeralliance.org](mailto:ben@arhungeralliance.org) and we will try to include it in an upcoming issue.

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## **Upcoming Events and Updates**

### **SNAP Outreach & Advocacy**

Let us assist you! If you would like to have a SNAP outreach volunteer at your event to help participants who might need assistance filling out SNAP applications, we would be happy to attend! For more information contact the Arkansas Hunger Relief Alliance SNAP Outreach team at 501.399.9999.



# HARPS GROCERY DOUBLE UP FOOD BUCKS!



## Northwest Arkansas

Alma  
#194 HARPS Food Store  
25 Hwy 64 West. Alma, AR 72921  
Crawford Co.

Clarksville  
#227 HARPS Food Store  
502 S. Crawford St.  
Clarksville, AR 72830  
Johnson Co.

## North Central Arkansas

Marshall  
#188 HARPS Food Store  
700 Hwy 65 North – Searcy Co.

Mt Home  
#135 HARPS Food Store  
924 Hwy 62 East. Mt Home, AR 72653

## Central Arkansas

Cabot  
#114 HARPS Food Store  
801 N. 2<sup>nd</sup> St. – Lonoke Co

Hot Springs  
#391 HARPS Food Store  
146 Thornton Ferry Rd. – Garland Co.

Greenbrier  
# 111 HARPS Food Store  
15 N. Broadview St. Greenbrier, AR 72058  
Faulkner Co  
Incentive offered while funds available.  
June 1st – July 31st 2018

Proudly sponsored by:



Double Up Food Bucks is a grant based program that allows select Farmers Markets and supermarkets to match up to \$20 in SNAP/EBT purchases, doubling customers' buying power on fresh fruits and vegetables.

## Cooking Matters New Partner Training



New people around the state are embracing the Cooking Matters curriculum that helps reduce a person's chances of remaining food insecure by up to 50 percent. We partner with local organizations across the state to offer classes for parents, children, teens, families, and seniors. If you or your organization are interested in bringing six-session Cooking Matters classes to your community, please contact Cooking Matters Director Alex Handfinger at (501)399.9999 or [alex@arhungeralliance.org](mailto:alex@arhungeralliance.org).

Our team will train you, provide teaching materials, and may even help you get started with some of the kitchen equipment and utensils you'll need!

## Be a Cooking Matters Volunteer!

Not associated with an organization but still want to volunteer? Fill out the Cooking Matters [volunteer application](#) and we'll be in touch soon!



Cooking Matters at the Hope Movement, a transitional home for women in Hot Springs.



at the  
**STORE**

If you are interested in learning healthy tips and budgeting tricks for more healthful eating, Cooking Matters at the Store tours are a good place to start. Some of our upcoming Cooking Matters at the Store event days will be at local farmers markets around the the state. Join us if you would like to volunteer or if you'll be in the area!

### **Marshall- Harps- DUFB Grocery Store Event**

Thursday, June 21, 2018

9:00 am to 2:00 pm

Harps Food Store

700 US 65 North

Marshall, AR 72650

### **Nashville - Howard County Farmers Market**

Friday, July 6, 2018

9:00 am to 1:00 pm

Howard County Farmers Market

110 S Washington St

Nashville, AR 71852

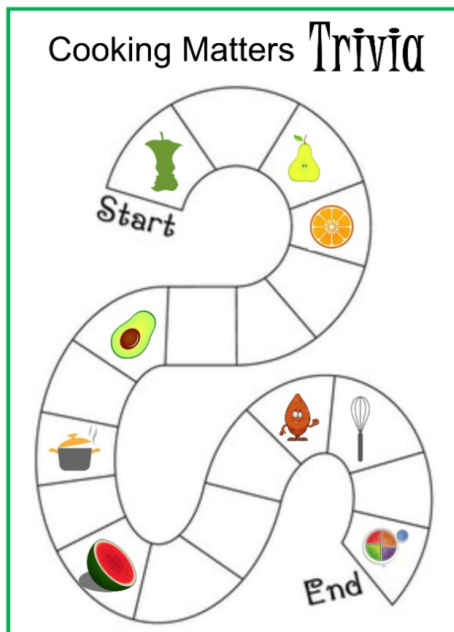
If you would like to promote or volunteer at either of these events, please contact Cooking Matters at the Store Field Manager Sam Stadter at [ssstadter@arhungeralliance.org](mailto:ssstadter@arhungeralliance.org) or 501-399-9999.

Additionally, Arkansas Children's Hospital offers the following Store Tours on an on-demand basis:

**Arkansas Children's Hospital (ACH)  
Every 2nd & 4th Wednesday at Walmart  
2700 S. Shackleford Road, Little Rock  
11:00am-12:30pm**

Tours only occur if someone has pre-registered. Please call ACH Community Outreach at 501-364-5437 to sign up.

## Cooking Matters Trivia:



Want to be featured in the next *Cooking Matters* newsletter? If so, reply to this e-mail with your answer for a chance to be highlighted. Happy trivia!

Previous question: **Whole grains are a great source of dietary fiber that can help you feel fuller for longer and promote gut and heart health. Which of these whole grain foods has the most fiber per serving?**

Answer: A, Bran flake cereal contains 5.5 g of fiber, making it an excellent source of this nutrient! Oatmeal contains 2 g, wheat bread 1.9 g, and brown rice 1.8 g.

**Let's play again!**

QUESTION:

One of the most important steps in cooking is thinking through your recipe to first make sure you have all of the materials and ingredients you will need. What is the French term used to describe "putting everything in place" before you begin cooking?

## Other Upcoming Events

### Coffee With Kathy

Alliance Executive Director Kathy Webb will be on hand to host an hour-long visit in the meeting room of ROSALIA'S FAMILY BAKERY. Just order your coffee or other drink at the counter and come around to the meeting room. We'll have pastries and good company waiting for you! Kathy will fill you in on the status of pending legislation, advocacy opportunities, hunger issues in Arkansas and opportunities to get involved in helping alleviate hunger in Arkansas.



Tuesday, July 10, 9 to 10 am  
**Rosalia's Family Bakery**  
2701 Kavanaugh Blvd, Little Rock, AR

### Hunger Action Breakfast



*Make plans to join us for the Hunger Action Breakfast where we recognize those individuals, businesses, nonprofits and government officials who have gone above and beyond in their efforts to alleviate hunger in Arkansas.*

*Thursday, September 20, 7:45 to 9 am  
Junior League of Little Rock Building  
(formerly the Little Rock Women's City Club)  
401 South Scott St.  
Little Rock, AR 72201*

*For tickets contact Mary Bea Gross at  
[mbgross@arhungeralliance.org](mailto:mbgross@arhungeralliance.org) [mbgross@arhungeralliance.org](http://mbgross@arhungeralliance.org)*

## **Blog Post: What is the Farm Bill? Why Does it Matter?**

*By: Claire De Pree, AmeriCorps Vista Member*



The Farm Bill has been in the news constantly since late 2017.

Put simply, the Farm Bill is a huge piece of federal legislation that covers pretty much anything related to food; namely, agriculture and programs such as SNAP (formerly food stamps). SNAP is the nation's most important safety net program for those whose lives are impacted by poverty and hunger.

Over 42 million Americans are enrolled in SNAP as of February 2017 ([www.fns.usda.gov](http://www.fns.usda.gov)). In Arkansas, 389,577 people ([www.fns.usda.gov](http://www.fns.usda.gov)) rely on the SNAP program to provide their families with enough food. That is a lot of people who depend on this program to feed themselves and their families - and even still, in my experience serving SNAP

clients, the benefits many people receive are not enough to keep food on the table all month. Seniors suffer the most when it comes to food insecurity. Much of the senior population (those who are 60+) receive the minimum benefit of \$15 a month.

**So... what does the Farm Bill have to do with SNAP?**

The Farm Bill lays out how much funding the SNAP program will receive and spells out how the

program should be carried out.

The US House of Representatives proposal for the new Farm Bill which was voted down last month. The Senate is now formulating its 2018 Farm Bill, which will be introduced in the next few weeks. We hope it will not include many provisions of the House bill, which advocated for a decrease in the federal funding appropriation to the SNAP program. The House proposal also advocated for structural changes, such as ramping up the work requirements that SNAP recipients are already obliged to follow if they are able-bodied adults without dependents. As is, many SNAP recipients cannot fulfill the work requirements due to lack of transportation and literacy barriers. Finally, the House proposal for the Farm Bill advocated for the creation of block grants. The federal government would allocate a certain amount of money to each state to use for programs like SNAP instead of ensuring that it goes directly to provide SNAP benefits. All these proposed changes would hurt SNAP recipients and increase hunger.

### **Funding**

The current SNAP budget is insufficient, leaving many recipients unable to stretch their food allocation to last all month. If the overall funding for this program were to decrease, more people would be hungry. In the White House budget proposal, SNAP was cut by \$213 billion over the next ten years. The President's proposal for SNAP cuts was directly reflected in the House Farm Bill proposal.

### **Structural Changes**

In the White House budget, a few structural changes were proposed. One of the most harmful proposals is to completely change the way benefits are received - currently, SNAP recipients receive their monthly benefit on a certain day of every month. On that day, their benefits are loaded electronically onto a card called the EBT card. It looks just like a regular debit card. SNAP recipients can then go to the grocery store and pick out foods they want to buy.

The President proposed a "Blue-Apron" type delivery system where SNAP recipients would receive half of their monthly benefits in a cardboard box filled with non-perishables in addition to receiving the other half of their benefit dollars on a card ([www.cbpp.org](http://www.cbpp.org)). Not only is this proposal deeply problematic, it is a logistical nightmare to imagine.

The box-delivery system takes away volition of those living in poverty - there is no way for the government to standardize what foods work best for those living in poverty. Every individual's situation is unique and complex, and by taking away the individual's right to choose what foods work well for their family, what foods are culturally appropriate, and what foods can be made efficiently for the time a person has to give to meal prep, it is likely that food may be wasted. Additionally, fresh food would be very difficult to deliver county-wide. In my experience, SNAP is used by many to provide fresh food to supplement a diet of canned and packaged foods that clients often receive from food pantries. SNAP is one of the only ways people can integrate fresh foods into their diet.

Another detriment of the proposed box-delivery system is that this approach would obliterate the valuable public-private partnership that SNAP promotes. SNAP stimulates the local economy at a rate of \$1.70 per 1 SNAP dollar spent ([cbpp.org](http://cbpp.org)).

### **Block Grants**

SNAP is the centerpiece of the social safety net. It waxes and wanes as need dictates. The **Center on Budget and Policy Priorities** explains:

"SNAP is the most responsive means-tested program to changes in poverty and unemployment during economic downturns [...] This automatic response not only eases hardship for people directly hit by a downturn but also boosts economic activity in communities across the country, thereby acting as an "automatic stabilizer" for the weak economy. In contrast, a block grant that gave states a fixed amount of money each year would not respond when more households needed food assistance due to a downturn or natural disaster. States would have to bear the *entire* cost of added food assistance themselves or make cuts to stay within the block grant amount." <https://www.cbpp.org/research/food-assistance/block-granting-snap-would-abandon-decades-long-federal-commitment-to>

### **What can you do?**

The best possible things that someone who wants to protect SNAP can do is:

1. Educate yourself, and those close to you who are willing to learn.
2. Contact your members of Congress - make your voice heard through Twitter, Facebook, write postcards or letters. Get out there and express yourself.
3. Continue following this topic. Being engaged on this topic and exercising your right defend the SNAP program in the context of the Farm Bill will, without a doubt, save the lives of your fellow Americans.

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## **Volunteer Feature: Brenda Martinez**

*Volunteer with Cooking Matters since December, 2017*



My name is Brenda Martinez; I'm currently a UALR student in the Social Work Program. I learned about Cooking Matters when folks from the Arkansas Hunger Relief Alliance presented in one of my classes last fall. After that, they invited us to volunteer at one of their Cooking Matters at the Store events in Hot Springs. I was able to go out and help them that day. I have been in contact with them since then, and at the beginning of this year, they invited me to translate for a six-session course. I was able to help Ben with the classes and translate for the Spanish speaking participants. I enjoyed helping them out; I learned so much about how to cook healthy food and shop on a budget. Two things I like about volunteering when I can are learning about new ideas and helping others. One of the quotes that I love from Mother Theresa of Calcutta is "It's not how much we give but how much love we put into giving." This quote for me means that it doesn't matter if we do lots of things--if we don't do them with love they don't count.

Sincerely,  
Brenda Martinez

Interested in volunteering? Fill out an application [here](#).

## Partner Feature:

### *Baptist Health*

*By: Hanna Davis, DeltaCorps Member*



Our wonderful instructors!

the Cooking Matters for Parents curriculum, which incorporates strategies for parents to include children in food preparation and instill healthy habits in their kids. The nurses at Heaven's Loft, as well as Lindsey Green of Community Outreach, contributed greatly to the lessons and conversations and played an integral role in ensuring that the class ran smoothly. One of the nurses, Mary Hoey, interpreted for the Spanish-speaking participants and allowed us to have fruitful conversations among everyone in the class.

We want to extend a big thank you to Baptist Health Community Outreach and the nurses at Heaven's Loft for not only being awesome Cooking Matters partners, but also for being critical advocates for under-served communities in Arkansas.

In February, Cooking Matters partnered with Baptist Health to bring a six-week class to Heaven's Loft, one of Baptist's Community Wellness Centers. Heaven's Loft is a program that provides health screenings, prenatal care, well-baby care, education and other services for low-income mothers during their pregnancy and in the postpartum period. It is just one of the many efforts of Baptist's Community Outreach, which provides a plethora of services to under-served Arkansans to elevate the health and well-being of the state as a whole.



Participants receiving their graduation gifts!

# Recipe Feature

## Southwestern Black-eyed Pea and Corn Salad



### Serving Size

Serves 10, 3/4 cup per serving

### Ingredients

- 1 medium bell pepper
- 1 small red onion
- 2 (15.5 ounce) cans black-eyed peas
- 1 (15.25 ounce) can corn kernels, no salt added
- 3 Tablespoons canola oil
- 2 Tablespoons vinegar
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- Optional ingredient: 1/4 cup fresh cilantro leaves

### Materials

- Can opener
- Colander
- Cutting board
- Large bowl
- Measuring spoons
- Mixing spoon
- Sharp knife

### Instructions

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.



2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse black-eyed peas and corn.
4. In a large bowl, add pepper, onion, peas, corn, cilantro if using, and remaining ingredients. Mix well.

## Chef's Notes

- Dried black-eyed peas may be cheaper than canned. If using dried, cook according to package directions until peas are soft but not mushy. Drain, rinse, and add 3 cups cooked peas to salad. Use leftovers in other recipes later in the week.
- Try chilling the salad. Serve it over cooked spinach or kale.
- Use any type of vinegar you have on hand. Try balsamic, cider, or red or white wine vinegar.
- Use black beans in place of black-eyed peas if you like.
- When corn is in season, use fresh in place of canned. Cook 4 medium ears corn. Remove kernels from cob with a knife. Add to salad.

## Nutrition Facts

Serving Size 3/4 cup  
Servings Per Recipe 10

Amount Per Serving

**Calories** 130      **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g      **6%**

    Saturated Fat 0g      **0%**

    Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 260mg      **11%**

**Total Carbohydrate** 17g      **6%**

    Dietary Fiber 5g      **18%**

    Sugars 4g

**Protein** 5g

Vitamin A 4%      • Vitamin C 25%

Calcium 2%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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