



Bringing Cooking Matters to Your Community: What you should know.

Since 2012, Cooking Matters has worked with more than 35,000 Arkansans, and it has been shown to increase their long-term consumption of healthy foods including fruits, vegetables and whole grains. Cooking Matters also builds their confidence in the grocery store and kitchen, and reduces their likelihood of remaining food insecure by up to 50 percent.

Contact:

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The Arkansas Hunger Relief Alliance is lead partner for the No Kid Hungry campaign in Arkansas.

The Need is Great in Arkansas.

Arkansas consistently ranks as one of the most food insecure states in the nation, with one out of every five adults and seniors and one of every four children unsure of where they will get their next meal ([Feeding America's Map the Meal Gap](#), [National Foundation to End Senior Hunger](#)).

Arkansas is one of the most obese states in the nation, with one out of every three adults and children in Arkansas classified as obese ([State of Obesity](#)).

Many of those struggling with obesity are also struggling with food insecurity, because poverty drives both. The reasons why are many, including the prevalence of food deserts ([Arkansas Center for Health Improvement](#)), where many Arkansans do not have access to affordable, healthy food in their communities.

Eating healthy on a budget is possible if families have the knowledge and skills to shop for and prepare affordable, delicious, and healthy meals at home. The Cooking Matters model is unique because it is hands-on, skills-based, participatory, and provides participants with the materials and groceries they need to practice their new skills at home.

Here's How it Works

Cooking Matters Arkansas works on a *satellite partnership model*. As the lead partner for Cooking Matters in Arkansas, our team works with organizations across the state to bring Cooking Matters to their communities. We will provide your organization with:

- Potential funding to purchase up to \$425 in culinary materials from our Cooking Matters online catalog to enhance your courses—if you commit to hosting at least 2 courses per year
- Potential \$600 stipend for groceries, childcare and/or other class expenses for courses with caregivers of children 0-5
- Additional participant incentives including cookbooks, reusable grocery bags, and kitchen utensils such as measuring cups and spoons, meat thermometers, and oven mitts
- Interactive, in-person or remote training on how to lead a Cooking Matters class
- Cooking Matters Instructor guides OR Pop-up Grocery Tour box with all the materials needed to lead pop-up Cooking Matters at the Store tours

MORE



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What you'll need to host a Cooking Matters class

People- Classes are co-taught by a culinary and nutrition expert. This does not need to be a professional chef or dietitian, but can be someone in your community who feels comfortable teaching the basic cooking and nutrition lessons outlined in the Cooking Matters instructor guides—this might be you! Additionally, you will need someone to act as a liaison with us to order class materials and report participant numbers.

Time- Most classes run for approximately 2 hours once a week for 6 weeks. You will also need about 30 minutes before and after classes for set up and clean up.

Space- Cooking Matters classes can be taught anywhere, whether or not you have a full kitchen. You will need a space to accommodate 8-12 participants and a place for everyone to wash their hands.

Groceries- Groceries are needed for preparing recipes in class. Additionally, for Adults and Families classes, a bag of take-home groceries is needed for each participant so they are able to practice the recipe at home. The total cost of groceries will depend on the size of class and recipes chosen. The average cost of groceries for a course is about \$500.

Next Steps

Think Cooking Matters is the right fit for you or your organization? Contact Alex at the Arkansas Hunger Relief Alliance, to learn more about the program or to get the process started in your community.

If you are not able to coordinate a class yourself, but are interested in volunteering for a class, fill out the volunteer application on our [here](#).



<p>SHARE OUR STRENGTH</p>	<p>ARKANSAS HUNGER RELIEF ALLIANCE</p>	<p>COMMUNITY PARTNERS</p>	<p>PARTICIPANTS</p>
<p>NATIONAL PARTNER</p> <p>Share Our Strength provides curricula, national database support, and technical assistance.</p>	<p>LEAD PARTNER IN AR</p> <p>The Alliance provides training, participant incentives, survey processing, ongoing support, and technical assistance.</p>	<p>LOCAL IMPLEMENTERS</p> <p>Local partners get trained, recruit participants, identify course site, identify instructors, and report back to the Alliance.</p>	<p>MEASURABLE IMPACT</p> <p>7,318 store tour participants 1,049 class participants 5,421 program lifetime total class participants 25,833 program lifetime total store tour participants</p>