





The goal of Cooking Matters' is:

To improve

- nutrition knowledge,
- eating habits,
- cooking skills,
- food safety practices,
- food resource management, and
- financial planning skills

of people at risk for hunger so that they can better provide for themselves and their families.

Hands-on Cooking Courses

 Multi-session courses for parents, adults, childcare professionals and families. Each lesson is taught by a team of facilitators with expertise in cooking and nutrition and covers meal preparation, grocery shopping, food budgeting and nutrition. During each week of class, participants take home a bag of groceries to practice the skills they learned in class.

Interactive Grocery Store Tours

• One-time educational tours provide participants with the skills to shop strategically and choose healthier foods in order to prepare balanced meals.

\$10 Family Meal Challenge

One time challenge encourages participants to shop to prepare a meal for a family of 4 using \$10. The meal must include all 5 food groups. The participants are given \$10 to purchase the ingredients to make the meal at home for their family.

Evidenced Based

The first-ever long-term evaluation of Cooking Matters conducted by Altarum Institute, from April 2014 to March 2015.

The 1,600+ study participants included families taking a Cooking Matters course and a comparison group of families who did not take the course. They were surveyed before the course began, and three and six months after it finished. After Cooking Matters, families are...

- More confident in their cooking abilities (10% increase).
- See fewer barriers to making healthy, affordable meals (11% decrease).
- Cooking meals more often, and making meals healthier and more budget-friendly.
- In the short-term (3 months), families are eating more fruit. Over the long-term (6 months), they are eating more vegetables, including non-fried options and green salad.
- Before the course, families "sometimes" worried that food might run out each month; six months later, they "rarely" worried about this.
- Families were 17% more confident in stretching their food dollars (including federal benefits like SNAP and WIC) due to the strategies they learned in Cooking Matters, like planning meals, shopping with a list and comparing unit prices.

Pooler, J. A., Morgan, R. E., Wong, K., Wilkin, M. K., & Blitstein, J. L. (2017). Cooking matters for adults improves food resource management skills and self-confidence among low-income participants. Journal of nutrition education and behavior 40(7), E4E, EE2

behavior, 49(7), 545-553.

Collaborators



Implementation

Target Population: Individuals with intellectual and/or developmental disabilities.

Typical Settings of Cooking Matters Classes:

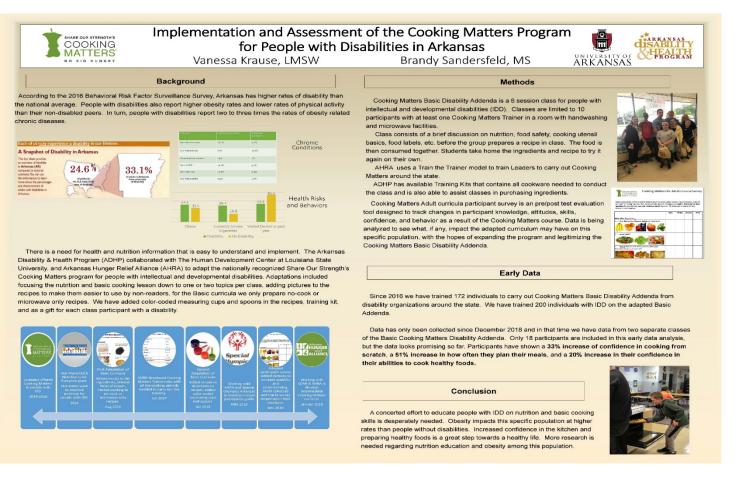
Community based developmental disability service provider facility, typically day programs and sheltered workshops.

Reach:

- Over 500 people with IDD trained on Cooking Matters Adapted Addenda.
- 210 Cooking Matters Instructors were trained.

- Attend New Partner Training and order Cooking Matters books and graduation gifts for class from the Arkansas Hunger Relief Alliance.
- Check out Cooking Kit from Arkansas Disability & Health Program and request financial assistance for groceries.
- **Before Class 1** complete participant information form and pretest for all participants.
- For Each Class have the sign in sheet, recipes/handouts, and take home groceries for homework.
- Class 4 Grocery Store Tour and/or \$10 Meal Challenge
- Class 6 Graduation, complete posttest, and everyone gets a bag of kitchen gadgets from Arkansas Hunger Relief Alliance. Send the Cooking Kits including the sign in sheet and pre/post tests back to the Arkansas Disability & Health Program.
- Copy of the Sign in Sheet and the pre/post tests are shared with Arkansas Hunger Relief Alliance and data is entered into Share Our Strength's Cooking Matters Evaluation database.

Outcomes



Recent Study on Behavior Impact

- Participants in 2019
- 127 participants N = 43 after data cleaning.
- 17 men, 25 Women between the ages of 18+, 88% had GED or less education.
- While not enough to be significant, the data does suggest that following the Cooking Matters course participants are making better food choices.
- Participant age does not affect the participant making healthier food choices following the Cooking Matters course.

- Classes are 1 hour.
- Adaptations include how the food is prepared before purchase.
- For many visual recipes and color coded measuring cups and spoons was important for participation.
- From observation, repetition of classes helps participants with IDD become more engaged and involved. Doing more with each class.
- The evaluation is too long and cumbersome for people with IDD even with pictures to enhance understanding.
- This is a class that can be conducted repeatedly bringing in new games, activities, and myplate.gov resources.

AT&T LTE 6:54 PM



Ashley Debes is with Brody Mushrush.

Brody Mushrush was giving 10 dollars to buy as dinner for a family of four. He went shopping and brought the dinner home and made us a yummy meal. I am so proud of him and the work Ozark Jr high is doing to help him learn really important life skills! Thank you Meredith Stewart and the rest of the awesome staff

















