



SHARE OUR STRENGTH'S
**COOKING
MATTERS**[®]
NO KID HUNGRY

FOR IMMEDIATE RELEASE

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Local Families at Risk of Hunger Learn that Cooking Matters *Hands-on Classes Teach Families How to Prepare Healthy and Affordable Meals*

Greenfield, Massachusetts, May 2, 2014 — Fifteen percent of Americans are now living in poverty and [nearly one in five children's](#) families struggle with hunger. Cooking Matters Massachusetts empowers local families at risk of hunger with the skills, knowledge and confidence they need to make healthy and affordable meals through its six-week courses and one-time grocery store tours.

Sponsored nationally by Walmart, the program now serves more than 1,000 families per month across the country. Over 900 participants have graduated from the Cooking Matters program in Massachusetts in 2013 and in 2014 plans to reach over 1000 families through courses and 2000 participants through interactive grocery store tours. The Community Health Center of Franklin County (CHCFC) located on West River St. in Orange will be hosting this program for 6 consecutive sessions each Friday beginning on May 16th. This will be a free program that offers free instruction from a chef showing how to prepare healthy recipes and snacks. Each participant will be receiving a free bag of groceries each week at the conclusion of the class. The nutritionist from the CHCFC, Mary Sieruta RD, will be on hand to answer questions during each session and facilitate a grocery store tour to learn about healthy food selections during one of the sessions. This program will meet from 10:30-12:30 and attendance to all classes is encouraged. The CHCFC can also assist with transportation to the West River St. location from its Greenfield offices.

“Cooking Matters Massachusetts is a valuable community resource that helps local families at risk of hunger with the skills and resources to prepare healthy and affordable meals,” said Alicia McCabe, Director of Cooking Matters Massachusetts. Cooking Matters Massachusetts has outstanding chefs, nutritionists, and other community members who volunteer their skills and expertise, and more support is needed to help meet the high demand for these courses and tours.”

NOTES TO EDITORS:

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Jessica Caouette is available to talk about Cooking Matters and reporters are welcome to attend a class. More information on the different program offerings is available at <http://ma.cookingmatters.org/programming-overview>

Cooking Matters is on [Facebook](#), [Twitter](#) and [YouTube](#).

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About Share Our Strength's Cooking Matters®

Share Our Strength's Cooking Matters® empowers low-income families with the skills to stretch their food budgets so their children get healthy meals at home, as part of the No Kid Hungry® campaign to end childhood hunger in America. Cooking Matters serves families across the country through hands-on, six-week cooking courses; interactive grocery store tours; and mobile, online and educational tools. Participants learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. Cooking Matters is nationally sponsored by Walmart. To learn more, visit CookingMatters.org.

About Share Our Strength®

Share Our Strength®, a national nonprofit, is ending childhood hunger in America by connecting children with the nutritious food they need to lead healthy, active lives. Through its No Kid Hungry® campaign—a national effort to end childhood hunger in America—Share Our Strength ensures children in need are enrolled in effective federal nutrition programs; invests in community organizations fighting hunger; teaches families how to cook healthy, affordable meals; and builds public-private partnerships to end childhood hunger, at the state and city level. Working closely with the culinary industry and relying on the strength of its volunteers, Share Our Strength hosts innovative culinary fundraising events and develops pioneering cause marketing campaigns that support No Kid Hungry. Visit NoKidHungry.org to get involved.