

Spring 2015

Cooking Matters Baton Rouge



3

COOKING
MATTERS
COURSES

14

ADULT
PARTICIPANTS

43

TOTAL
PARTICIPANTS

20

CHILD
PARTICIPANTS

11

FAMILIES
SERVED

77%

COOKING
MATTERS
GRADUATION
RATE

Cooking Matters

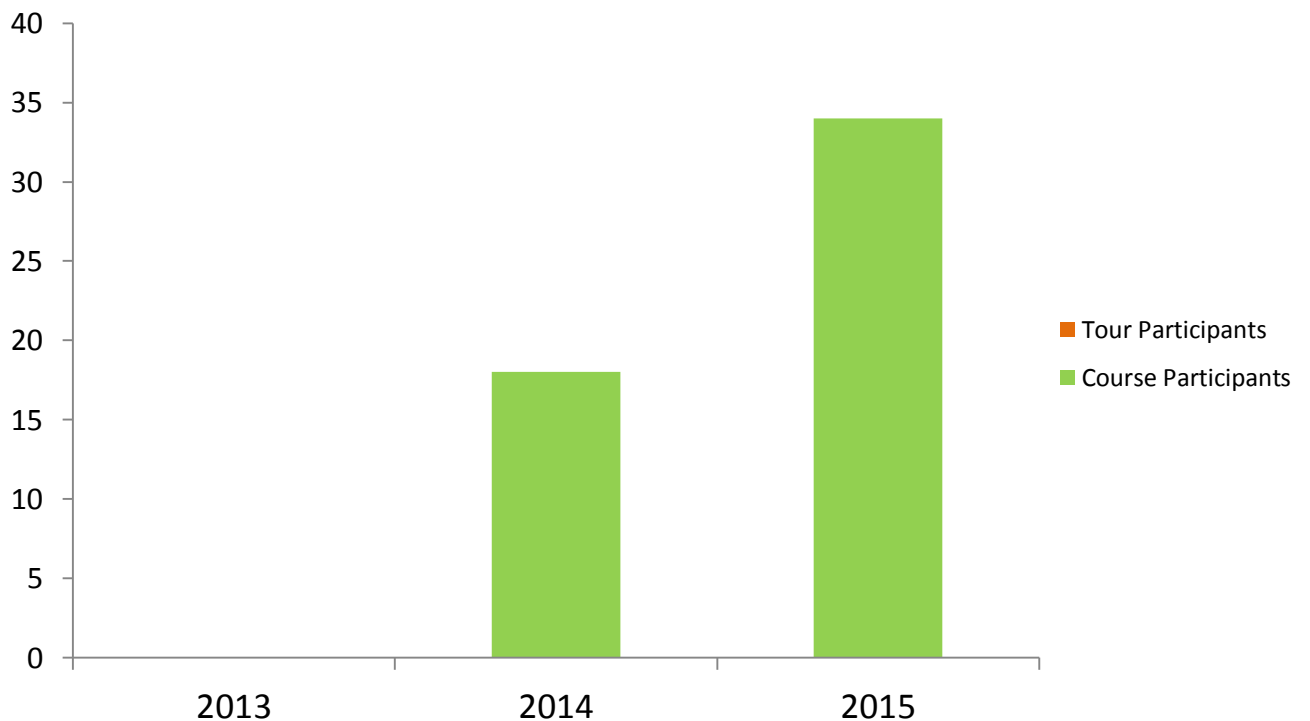
Cooking Matters is a six-week cooking, nutrition and food budgeting program that provides underserved families and individuals with the skills and confidence to make healthy and affordable meal choices. Classes are taught by volunteer culinary and nutrition experts at multiple host sites. Targeted curriculum is available for kids, teens, adults, caregivers and families. Key to the program's success is that in addition to learning how to cook a healthy meal to feed a family of four for under \$10 each week, participants are also sent home with the ingredients to prepare that same meal at home.

Cooking Matters is a program of the national nonprofit, Share Our Strength, which has been providing the resources to facilitate classes for over 20 years. In 2014, the Mayor's Healthy City Initiative partnered with Second Harvest Food Bank in New Orleans to help launch the first three Cooking Matters for Families classes in Baton Rouge, serving a total of 37 participants. Second Harvest Food Bank is the regional Cooking Matters partner for the state of Louisiana and to date has taught 55 classes and has graduated 400 students.

In 2015, we organized three more classes with LSU Food Lab, Southern University Ag Center and BREC, serving a total of 43 participants.

Cooking Matters reached **47%** more families in Spring 2015 compared to Spring 2014, helping more families improve the way they shop, cook, and eat.

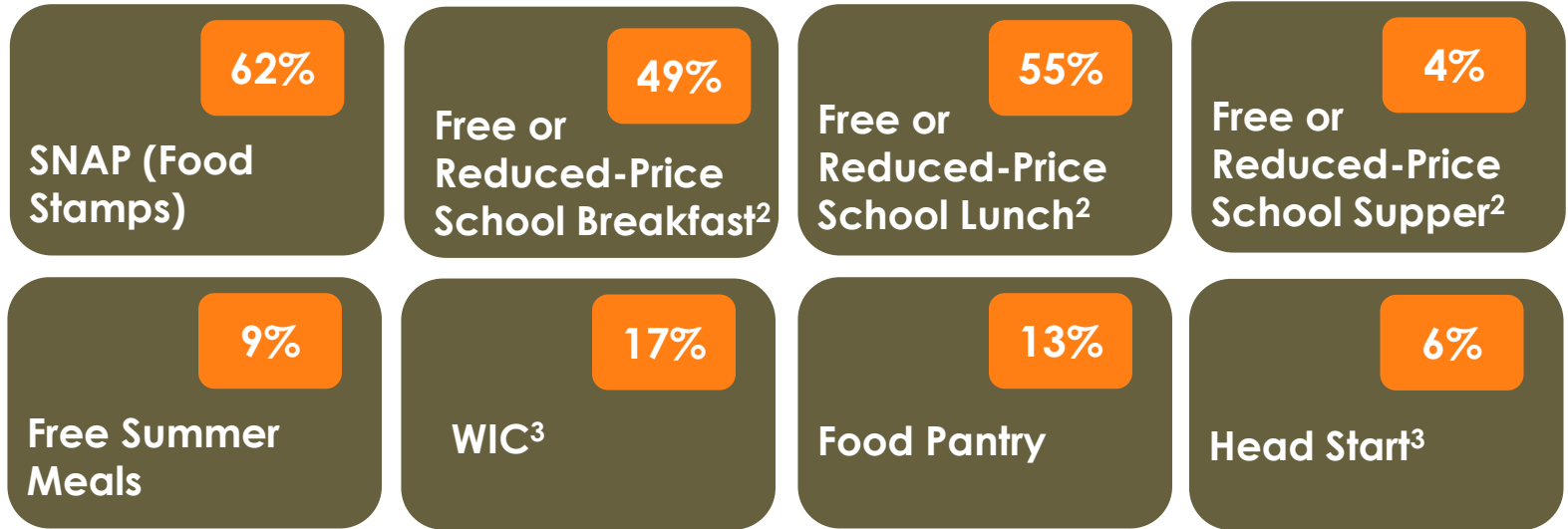
Cooking Matters Growth



Spring 2015 Cooking Matters Participant Demographics

Participation in Nutrition Assistance Programs

60% of participants receive at least one form of federal food assistance¹



Average Household Size: 3.4

Average Number of Children: 1.2

Adults with Children Under 18 in The home: 52%

Adults with Children Under 6 in The home: 35%

Participant Race/Ethnicity



1. Federal food assistance includes SNAP; WIC; free or reduced-price school breakfast, lunch, or supper; and free summer meals.

2. Based only on adult participants with children aged 6-17 in the home.

3. Based only adult participants who are pregnant or adult participants with children under age 6 in the home.

Snapshot of Graduate Changes*



After a course, adult graduates report that:

- 56% are eating more vegetables
- 67% are eating more fruits
- 64% are eating more whole grains
- 91% improved their cooking skills
- 99% would share things learned in this course with others

After a course, adult graduates are:

- Cooking meals instead of buying take-out **39%** more often
- Using the “Nutrition Facts” label **73%** more often
- Eating at least 2 cups of fruit a day **44%** more often
- Eating at least 2.5 cups of vegetables a day **31%** more often
- Making meals with at least 3 food groups **35%** more often

After a course, adult graduates are:

- Planning meals ahead of time **42%** more often
- Comparing prices before buying food **60%** more often
- Shopping with a grocery list **43%** more often
- Thinking about healthy food choices **45%** more often

After a course, child course graduates:

- 45%** are more confident that they can make snacks with fruit or vegetables
- 52%** are more confident that they can talk to their parents about healthy cooking or eating
- 41%** are more confident that they can make healthy choices at the grocery store or when out to eat

*based on 22 completed surveys

Cooking Matters Participant Stories

LSU Food Lab



"I have learned various ways to cook healthy and alternative meals that are not always thought of. Also, I have tried new things because of this class. I believe this class provided my family with tools for them to use even when they are living on their own."

Cooking Matters for Families Adult Graduate

BREC: North Sherwood Forest Park

"This class made me look at vegetables in a different way. I'm excited about sharing what I learned in this class with people. I hope to continue to eat healthier and to exercise, drink more water, drink less cold drinks, and learn to love new vegetables."

Cooking Matters for Families Adult Graduate



Southern University Ag Center



"It affected my life by teaching me that I can budget my meals at a lower cost. I learned to pay attention to pricing in the stores and to pay attention while I'm making healthy choices."

Cooking Matters for Families Adult Graduate

Cooking Matters Volunteers

Volunteers are the heart of Cooking Matters. Chefs, nutrition educators, and community leaders volunteer to teach courses and spend additional time leading tours, where they share their expertise with families and empower them to get more from their food resources.

This spring, 23 people volunteered 248 hours for courses and grocery tours, and we held 1 Cooking Matters Volunteer Orientation and Training session.

Spring 2015 Cooking Matters Volunteers >>

Julia Teres

Lacey Rivette

Ashley Huddleston

Allie Juneau

Torrey Alexis

Allison Burga

Emily Bourque

Erica Chavis

Madeline McNeely

Victoria Naquin

Autumn Hasty

Bridgette Roundtree

Pam Romero

McKenzie Wright

Madrea Scott

Meagan Simone

Shannon Jones-Butts

Annie Clark

Destiny Stewart

Mfamara Goita

Fatemeh Malekian

Judy Myhand

Ebony Lewis

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