



SHARE OUR STRENGTH'S
**COOKING
MATTERS**
NO KID HUNGRY



SHARE OUR STRENGTH'S
NO KID HUNGRY CAMPAIGN



No child should grow up hungry in America, but nearly 1 in 5 children struggles with hunger. Share Our Strength's No Kid Hungry campaign is ending childhood hunger by ensuring all children in the U.S. get the healthy food they need, every day.

The No Kid Hungry campaign connects kids in need with effective nutrition programs like school breakfast and summer meals. As part of the No Kid Hungry campaign, Cooking Matters teaches families how to shop for and prepare healthy, affordable meals. We surround children with healthy food where they live, learn and play.

Together, we are making No Kid Hungry a reality in America. To join us, visit NoKidHungry.org.

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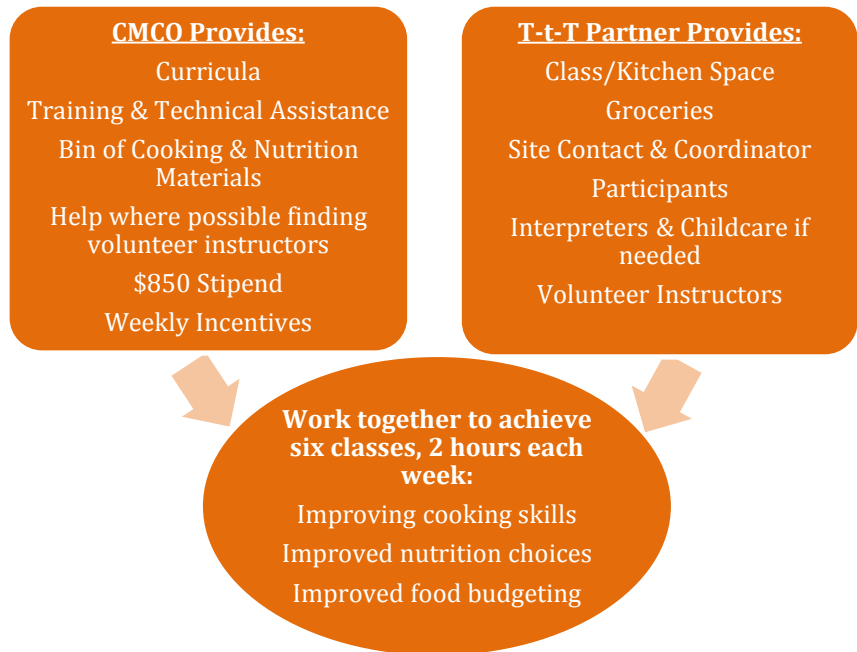


COOKING MATTERS TRAIN-THE-TRAINER

PROGRAM OVERVIEW

Our Train-the-Trainer (T-t-T) program allows Cooking Matters Colorado (CMCO) to bring our Cooking Matters (CM) programs to unserved or underserved communities. A T-t-T partner is a self-sustaining partner who is trained and given resources needed to coordinate their own courses with remote support and technical assistance. Our T-t-T partnerships are with community partners who serve families at risk of hunger with a number of different services and have an unmet need to provide nutrition education to their communities. T-t-T partners coordinate courses at their site or can work with other agencies within their community to host courses while maintaining one main coordinator.

PARTNERSHIP OVERVIEW – WHO DOES WHAT?



IN THEIR OWN WORDS



"It has changed a lot of my thoughts on food in general. I am more attentive to what is healthy for myself and family."

- Cooking Matters for Adults graduate, Colorado



"I save anywhere between \$100 and \$150 a month after Cooking Matters. It makes a difference."

- Stacy Hanno, Cooking Matters graduate, Colorado

BY THE NUMBERS: A Look at 2015

- **3:** programs offered
- **54:** of 64 counties served
- **531:** volunteers supported the program
- **5,572:** Cooking Matters six-week course participants reached
- **7,841:** Cooking Matters at the Store participants reached
- **13,413:** Total families reached through Cooking Matters programming in Colorado
- **15,025:** Hours donated by volunteers
- **Countless lives changed**

STIPENDS

CMCO provides stipends, if needed, to T-t-T partners for \$850 dollars per course depending on the course type. Stipend money must be used for CM course implementation costs and is most commonly used for groceries and other additional material expenses, transportation, and/or childcare.

QUESTIONS TO CONSIDER WHEN THINKING ABOUT BECOMING A TRAIN THE TRAINER PARTNER:

- Does your organization serve low-income families?
- Does your organization and community have a need for nutrition education that is not currently being met?
 - Is CSU Extension already working in your community?
- Can your organization commit to at least 3 courses per year?
- If your organization would like at least 3 courses per year, does your organization have someone on staff who could be trained by CMC to take on the role of the course coordinator, requiring about 40 hours for each six week course?
- Will your organization have this same course need next year and in years to come?
- Is there currently a T-t-T in the area or a full-time CMCO coordinator that could have potential overlap in participant reach?

IF TRAIN-THE-TRAINER IS NOT A GOOD FIT, WE STILL HAVE OTHER OPTIONS:

- [Cooking Matters at the Store](#) tours teach adults key shopping skills to purchase healthy ingredients for their families on a budget. Each tour teaches participants how to read food labels, compare unit prices, identify whole grains, and buy fruits and veggies on a budget. Participants receive take-home materials and a \$10 gift certificate, so they can practice what they learn by purchasing ingredients for a healthy meal at the store.
- [Educational Toolkits](#) - In order to serve even more families across the country, Share Our Strength offers free educational tools that build on the proven success of our signature cooking courses and grocery store tours. They are available for any individual to use in any community and need no additional training other than what's outlined in the tool kits themselves.
 - They include demos, handouts, nutrition lessons and one-time educational activities
- Check out our recipes, videos and tips on the Colorado website

co.cookingmatters.org