

DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT



1555 North 17th Avenue
Greeley, CO 80631



www.weldhealth.org



Public Health
Prevent. Promote. Protect.

FOR IMMEDIATE RELEASE

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Contact: Health Communications
(970) 400-2523

Volunteers Needed for Cooking Matters Classes

Weld County – Do you want to feel more connected to your local community? Would you like to share your passion for health and help teach adults, kids and teens how to cook and shop for healthy, low-cost foods? If so, you should consider becoming a volunteer for *Cooking Matters*.

As part of the national No Kid Hungry campaign working to end childhood hunger, the Weld County Department of Public Health and Environment (WCDPHE) offers a six-week course called *Cooking Matters*. *Cooking Matters* classes teach class participants to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals. Since 2014, *Cooking Matters* and many volunteer instructors have helped more than 1,200 low-income families throughout Weld County learn how to eat better for less.

To continue offering these popular classes, WCDPHE depends on community volunteers. Regardless of your skill set, chances are *Cooking Matters* has a need you can help with.

As a *Cooking Matters* volunteer, you'll:

- Connect with a network of community members who share your passion for healthy food and community service.
- Share your expertise in hands-on settings – the kitchen and the grocery store.
- Learn from the incredible families who participate in *Cooking Matters* throughout Weld County.
- Draw from and contribute to a collection of chef-developed recipes which prove that healthy food can be delicious.
- Want to come back (98% of volunteers are willing to teach another course).

For more information or to sign up to become a *Cooking Matters* volunteer, visit:
<http://bit.ly/WeldCookingMatters> or call 970-400-2382.

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