

Cooking Matters® for Adults

Cooking Matters is an educational program that teaches adults how to shop for healthy food and prepare delicious, nutritious meals on a limited budget.

This program consists of 6, weekly 2-hour session where participants will observe a cooking demonstration, and then break into small groups to prepare the same recipe. Sessions also include a nutritional overview of the foods just prepared, and each participant takes home a recipe and a bag of groceries in order to practice to recipe at home. Each week participants will learn:

- Shop for fruits, vegetables, and whole grains.
- Cook lean and low-fat foods, including meats, beans and dairy foods.
- Make the most of meals through meal planning, and substituting healthy flavorings for salt.
- “Shop smart” by reading food labels, comparing unit prices, and storing food safety.
- Develop a recipe for success in healthy living, including eating healthy foods and engaging in regular physical activity.



Class details below:

- Held in the kitchen of First Presbyterian Church (235 E 4th St. Redwood Falls)
- Meets Monday nights from 5:00 – 7:00 pm, starting March 20th – April 24th.
- Free Childcare held on site with participants making a meal each session to be eaten at the end of each session with children and volunteers.
- Each household takes home FREE groceries each week.

This class is totally free for all participants, we ask that you plan to attend every session, those who do will receive an award the final night. Childcare will also be provided free of charge on site.

PROGRAM SPONSORS: SNAP-ED / HEAD START - UCAP / FIRST PRESBYTERIAN CHURCH OF REDWOOD FALLS / RUBY'S PANTRY / REDWOOD COUNTY 4-H /

USDA Information Statements

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1. **Mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410
2. **Fax:** 202-690-7442
3. **Email:** program.intake@usda.gov

This institution is an equal opportunity provider.

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at 1-800-221-5689, which is also in Spanish or call the MN Food HelpLine at 1-888-711-1151.

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