

# HealthReach Community Health Centers



Contact: Joshua D'Errico  
Communications Department  
Tel. 207-660-9914

[Joshua.Derrico@HealthReach.org](mailto:Joshua.Derrico@HealthReach.org)  
03/2/2015  
FOR IMMEDIATE RELEASE

## **Free *Cooking Matters for Families* course in Bethel**

BETHEL – Everyone with kids in the house knows how challenging meal time can be. From coming up with meals that please everyone's taste buds, to budgeting food dollars to fill everyone's bellies, the kitchen can become a daunting place. *Cooking Matters for Families* is a six session course that teaches children and their families skills and tips to make the most of family mealtime through hands on learning and group discussion. Topics include healthy cooking techniques, food safety, tips for smart shopping, budgeting tips to stretch food dollars, and more. Participating families receive free groceries for one recipe each week to prepare a meal at home. Each family also receives a free cook book, cutting board, thermometer, and reusable grocery bag upon completion of the program. *Cooking Matters* has been recognized by the USDA and by Michelle Obama's Let's Move! for excellence in nutrition education. For more than 20 years, *Cooking Matters* has provided hands-on cooking and nutrition classes to low-income people at risk of hunger.

On March 17<sup>th</sup> *Cooking Matters for Families* comes to Bethel, offered through River Valley Healthy Communities Coalition with support from Bethel Family Health Center. The course will be taught by a nutritionist and a cooking enthusiast. It will start on Tuesday, March 17<sup>th</sup> from 3:00 to 5:00 PM and run every Tuesday for six weeks at Bethel Alliance Church. The course is FREE and open to children 8 and up and their families. At least one adult must accompany each family. For more information or to register, please contact class coordinator Nichole Berry at 207-364-7408 or [rvhccberry@gmail.com](mailto:rvhccberry@gmail.com). Please note that Nichole may not be available to answer your call, but if you leave a message with your name and phone number she will return your call.

*Cooking Matters* is a national program of Share Our Strength. In Maine, *Cooking Matters* is implemented through a partnership between Good Shepherd Food Bank and Maine SNAP-Ed. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented through a contract with the University of New England (UNE). Additional local support for *Cooking Matters* comes from Hannaford Supermarkets.

**-MORE-**

**About Bethel Family Health Center**

Bethel Family Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality medical and behavioral health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.

**-END-**