

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Free Cooking Matters Course in Bethel

BETHEL—Cooking tips, food safety, smart shopping, and budgeting—these are just a few of the topics that will be discussed in the FREE six-week Cooking Matters for Adults class starting Tuesday, June 16th in Bethel.

Cooking Matters seeks to inspire families to buy and cook healthy food. The course aims to show people that it is possible to eat delicious, healthy meals even on a tight budget. 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.

Each class will include hands-on learning, group discussion, nutrition information, and instruction by a nutritionist. This class begins on Tuesday, June 16th, from 4 to 6 PM and will run every Tuesday for six weeks at Bethel Alliance Church, 251 Walkers Mills Road in Bethel.

This Cooking Matters course is sponsored by River Valley Healthy Community Coalition with support from Bethel Family Health Center. For more information, or to register for Cooking Matters, contact Donna Bucher, Class Coordinator, at 207-364-7408 or rvccbucher@zwi.net. The course is FREE and open to the public.

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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.

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.

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