

HealthReach Community Health Centers



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

Joshua.Derrico@HealthReach.org
05/11/2015
FOR IMMEDIATE RELEASE

Free Cooking Matters Courses in Bingham and Madison

BINGHAM & MADISON – Cooking tips, food safety, smart shopping, and budgeting—these are just a few of the topics covered in a Cooking Matters class. 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.

FREE six-week Cooking Matters classes are scheduled to begin in Bingham and Madison next month. The class in Bingham starts Monday, June 1st at Valley High School and will run every Monday from 4:00 to 6:00 PM for six weeks. The class in Madison starts Tuesday, June 2nd at Madison Area Memorial High School and will run every Tuesday from 4:00 to 6:00 PM for six weeks.

Each class will include hands-on learning, group discussion, and nutrition information. The course is taught by a nutritionist and a cooking enthusiast. These Cooking Matters courses are sponsored by Somerset Public Health with support from Bingham Area Health Center and Madison Area Health Center. For more information, or to register for either class, please contact Denise Robinson, Class Coordinator, at 207-858-8456 or drobinson@rfgh.net. These courses are FREE and open to the public.

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.

Bingham Area Health Center and Madison Area Health Center are part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high

-MORE-

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-