

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## Free Cooking Matters for Families course in Belgrade

BELGRADE – Anyone with children knows how challenging mealtime can be. Finding the time to sit down together, deciding whether to buy foods that are healthy or inexpensive, and dealing with picky eaters are just a few of the challenges families face.

Cooking Matters for Families is a six-session course that teaches children and their families how to prepare delicious, healthy meals together at home. The class includes hands-on learning and group discussion and covers topics including healthy cooking techniques, food safety, tips for smart shopping, budgeting tips to stretch food dollars, and more. Participating families receive free groceries 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.

The Union Church of Belgrade Lakes is hosting a Cooking Matters for Families class starting Wednesday, June 10<sup>th</sup> from 4:30pm to 6:30pm. The course will run every Wednesday for six weeks and is open to children ages 11 to 14 and their families. Each child participant must be accompanied by at least one adult. The course will be taught by a nutritionist and a cooking enthusiast and is offered through Healthy Northern Kennebec with support from Belgrade Regional Health Center. For more information or to register, please contact class coordinator Jacqueline Stevens at 207-872-4485 or [jstevens@healthynorthernkennebec.org](mailto:jstevens@healthynorthernkennebec.org).

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

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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.

Belgrade Regional 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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