

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Free *Cooking Matters* course comes to Whitefield

WHITEFIELD - Healthy Northern Kennebec with support from Sheepscot Valley Health Center will be conducting a six-week *Cooking Matters* course at St. Denis Whitefield Food Pantry starting on Tuesday, September 23.

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.

Topics discussed during this course include cooking tips and techniques, food safety, smart shopping tips, budgeting, and how to encourage your family to try new food. Each class will include hands-on learning, group discussion, and nutrition information from a nutritionist. The course is taught by a nutritionist and a cooking enthusiast and will start on Tuesday, August 23 from 4 to 6 PM and run every Tuesday for six weeks in the St. Denis Whitefield Food Pantry.

For more information, or to register for *Cooking Matters*, contact Sheepscot Valley Health Center at 207-549-7581. The course is 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.

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About Sheepscot Valley Health Center

Sheepscot Valley Health Center is one of 11 Federally Qualified Health Centers of HealthReach Community Health Centers located throughout Central and Western Maine, dedicated to providing high quality health care to individuals from birth through retirement and beyond. We also assist people with applications for programs that help with the cost of health care, medications and laboratory services and enrollment in the new Health Insurance Marketplace.

HealthReach is a private, non-profit organization that has been serving the communities of Maine for 39 years. For more information, visit www.SheepscotCHC.org

About Healthy Northern Kennebec

Healthy Northern Kennebec's SNAP-Ed program helps low income families learn to shop, cook, and eat healthier foods while staying on a limited budget. Healthy Northern Kennebec serves as the local Healthy Maine Partnership for the Northern Kennebec communities. The organization's role in the community is to develop and implement environmental and policy change for tobacco, healthy eating, healthy weight, substance abuse and physical activity. Healthy Maine Partnerships conduct community health needs assessments and meet with community stakeholders to develop and implement community plans. For more information, visit www.HealthyNorthernKennebec.org.

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