

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Free Cooking Matters course in Kingfield

KINGFIELD - Cooking Matters seeks to inspire families to buy and cook healthy food. On Wednesday, October 15th Cooking Matters comes to Kingfield to offer community members a six-week course on cooking, nutrition, food budgeting, and more. The program has been recognized by the US Department of Agriculture 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 people at risk of hunger.

Topics discussed during this course include cooking tips and techniques, food safety, smart shopping, budgeting, and how to encourage your family to try new food. Each class will include hands-on learning, group discussion, and nutrition information. The course is taught by a nutritionist and a cooking enthusiast and will start on Wednesday, October 15th at Webster Hall from 3 to 5 PM and run every Wednesday for six weeks.

The Cooking Matters course is sponsored by the Healthy Community Coalition of Greater Franklin County with support from Mt. Abram Regional Health Center. For more information, or to register for Cooking Matters, contact Mt. Abram Regional Health Center at 207-265-4555. 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.

About Mt. Abram Regional Health Center

Mt. Abram Regional 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.MtAbramCHC.org.

About Healthy Community Coalition of Greater Franklin County

Healthy Community Coalition's SNAP-Ed program helps low income families learn to shop, cook, and eat healthier foods while staying on a limited budget. Healthy Community Coalition serves as the local Healthy Maine Partnership for communities in Franklin County. 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 <http://www.fchn.org/hcc>.

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