

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Free Cooking Matters course in Richmond

RICHMOND – Cooking Matters is a six-week course that 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. A program of Maine SNAP Education, Cooking Matters is taught all across the state. Starting Thursday, October 16, Cooking Matters is coming to Richmond.

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 Thursday, October 16 at Dresden Richmond United Methodist Church on 121 Pleasant Street, Richmond from 4:00 to 6:00 PM and run every Thursday for six weeks.

The Cooking Matters course is sponsored by ACCESS Health with support from Richmond Area Health Center. For more information, or to register for Cooking Matters, contact Trent Giles, SNAP Education Coordinator for ACCESS Health, at 207-373-6928. 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 Richmond Area Health Center

Richmond Area 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

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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.RichmondCHC.org/.

About ACCESS HEALTH

ACCESS Health's SNAP-Ed program helps low income families learn to shop, cook, and eat healthier foods while staying on a limited budget. ACCESS Health serves as the local Healthy Maine Partnership for communities in Sagadahoc County, Brunswick, and Harpswell. 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://accesshealthme.org/>.

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