

HealthReach Community Health Centers



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

Joshua.Derrico@HealthReach.org
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FOR IMMEDIATE RELEASE

Free Cooking Matters course in Livermore Falls

LIVERMORE FALLS – Cooking tips, food safety, smart shopping, and budgeting—these are just a few of the topics that will be discussed in the FREE six-week Cooking Matters class starting Monday, October 20 in Livermore Falls.

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. 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.

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 Monday, October 20th at Spruce Mountain Adult Education, 25 Cedar Street in Livermore Falls, from 4 to 6 PM and run every Monday for six weeks.

The Cooking Matters course is sponsored by Healthy Community Coalition of Greater Franklin County with support from Western ME Family Health Center. For more information, or to register for Cooking Matters, contact Jessica Veilleux, Class Coordinator, at 207-485-1549. 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 Western ME Family Health Center

Western ME Family 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.WesternCHC.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 www.fchn.org/hcc.

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