



SHARE OUR STRENGTH'S  
**COOKING  
MATTERS**<sup>®</sup>  
NO KID HUNGRY



SHARE OUR STRENGTH'S  
NO KID HUNGRY CAMPAIGN



No child should grow up hungry in America, but 1 in 6 children struggle with hunger. Share Our Strength's No Kid Hungry campaign is ending childhood hunger by ensuring all children in the U.S. get the healthy food they need, every day.

The No Kid Hungry campaign connects kids in need with effective nutrition programs like school breakfast and summer meals and teaches their families how to cook healthy, affordable meals. We surround children with healthy food where they live, learn and play.

Together, we are making No Kid Hungry a reality in America. To join us, visit [NoKidHungry.org](http://NoKidHungry.org).

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NATIONAL SPONSOR



## COOKING MATTERS FOR CHILDCARE PROFESSIONALS

Early care and education professionals face many of the same challenges as parents in creating healthy meals with existing resources. Recognizing this, No Kid Hungry's Cooking Matters<sup>®</sup> brings you *Cooking Matters for Child Care Professionals*, a CDE approved training designed to empower professionals to serve healthy meals and create a positive food environment for the children in their care. Each of its five modules offer professionals hands-on practice in the kitchen, interactive discussions on ways to make healthy choices about food served to kids, and practices to promote healthy eating behaviors.

*Cooking Matters for Child Care Professionals* was developed in 2010 to address the specific needs of family childcare home providers, informal care providers, and center-based staff that serve young children from limited-income families.

MODULE	TOPIC COVERED
One	Encouraging Positive Mealtime Attitudes
Two	Safe Cooking with Confidence
Three	Choosing Healthy Foods for Kids
Four	Meals that Appeal to Kids
Five	Menu Management on a Budget & Cooking Matters at the Store tour

## IN THEIR OWN WORDS



"It has changed a lot of my thoughts on food in general. I am more attentive to what is healthy for myself and family."

- Cooking Matters for Adults graduate,  
Colorado



## BY THE NUMBERS: A Look at 2015

- **3:** programs offered
- **52:** of 64 counties served
- **531:** volunteers supported the program
- **5,572:** Cooking Matters six-week course participants reached
- **7,841:** Cooking Matters at the Store participants reached
- **13,413:** Total families reached through Cooking Matters programming in Colorado
- **15,025:** Hours donated by volunteers
- **Countless lives changed**

## FREQUENTLY ASKED QUESTIONS

### Q: How does a center qualify to take this training?

A: This course is available to centers that serve children from limited-income families and have meal or snacktime on site (for less than approximately 100 children). All family home child care providers qualify.

### Q: Who can participate in the training?

A. This course is designed for professionals working in a home- or center-based child care setting. Feeding kids well takes teamwork so the whole team is encouraged to attend: Classroom teachers, paraprofessionals, foodservice staff, home visitors, and administrators. There is a minimum of 15 and a maximum of 25 participants in each course. Multiple homes and/or centers may partner together to reach these numbers.

### Q: What do participants receive after taking this training?

A: Participants will receive:

- Eight continuing-education hours
- Essential kitchen tools and groceries
- Child-sized family style dining tableware from Environments
- A participant manual, which includes:
  - Handouts and worksheets with nutrition and culinary information
  - 34 simple, healthy recipes highlighting child-friendly steps
  - Classroom-activity bank

### Q: What format can the 10-hours of training be implemented?

A: The course was designed with flexibility in mind to accommodate child care professionals' busy schedules. It is broken down into five two-hour modules, which may be implemented in weekly sessions or one eight-hour day (depending on geographic location).

### Q: What does Cooking Matters provide?

A: Cooking Matters will provide volunteer culinary and nutrition professionals to teach the course, food and cooking equipment, class materials, take-home items, paperwork, and activities, as well as the continuing education hours.

### Q: What does a partnering center or organization provide?

A. The partner organization will designate a main course contact, recruit 15-25 child care professionals, and secure an appropriate location to hold the training.

### Q: What is an appropriate space to hold the training?

A: The space must be large enough to seat 15-25 participants in large and small groups, and for hands-on cooking. A kitchen is not essential, but hot, running water is needed.

### Q: What is the cost of the training?

A: There is no cost for individuals. If possible, the partner organization is encouraged to contribute an in-kind or monetary donation to help cover the costs of implementing the course.

### Q: Does this training help with Colorado Shines ratings?

A: This training will help early learning programs earn up to two quality points in both the Child Health Promotion and Optional Available Points categories of Colorado Shines.

### Q: How do I partner with Cooking Matters?

A: Contact Heather Aguilar at 303-801-0319 ([haguilar@strength.org](mailto:haguilar@strength.org)) for Northern Colorado or Ally Lee at 303-801-0321 ([alee@strength.org](mailto:alee@strength.org)) for Southern Colorado.