

Cooking Matters Illinois

16 million American children live in families who struggle to put food on the table.

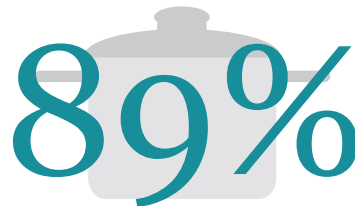
That's **1 in 5 kids** at risk of hunger. Low income families may turn to high calorie foods to stave off hunger because in the United States hunger is not caused by a scarcity of food, but rather the continued prevalence of poverty.

EverThrive Illinois is the lead partner for Cooking Matters Illinois. Cooking Matters helps people make healthy, affordable food choices at home and at the grocery store by offering cooking & nutrition classes in partnership with community organizations (churches, schools, YMCAs, etc)



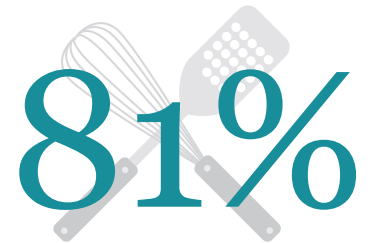
95%

of adults reported that they ate more fruits and vegetables after the class ended



89%

of families reported that they cooked a recipe they learned in class together



81%

of people reported an improvement in their cooking skills at the end of class

What We Do:

- Cooking matters courses teach six two-hour cooking & nutrition classes
- Cook delicious & healthy food
- Provide recipes and groceries after each class
- Teach participants how to purchase healthy foods on a budget

Our Classes Are for All Ages:

- Adults (HIV & Diabetes extras available)*
- Parents*
- Families*
- Teens (6th-12th grade)
- Kids (3rd-5th grade)
- Child Care Professionals

** Available in Spanish and English*

Participants Learn To:

- Choose and cook healthy foods
- Set a healthy example for children
- Shop for healthy foods on a budget
- Work together in the kitchen
- Create a healthy environment for kids

Cooking Matters at the Store:

- Tour a local grocery store
- Learn how to make healthy choices at the store
- Buy a healthy meal for four for under \$10

Get involved! Donate, volunteer, or host a class!

cookingmatters.org - ilmaternal.org/cookingmatters

Contact: cookingmatters@everthriveil.org - 312-491-8161