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| <b>Success Story Title:</b> | Chef + Cooking + Chiropractor = Cool Collaboration  |
| <b>Location</b>             | Manistee Health Department  |
| <b>Focus</b>                | This success story highlights the power of collaboration in bringing the message of “good food” to WISEWOMAN.   |
| <b>Strategy</b>             | <p>The idea was to teach women how to prepare healthy recipes to feed their families and expand and improve their cooking skills and knowledge of nutrition. So, the community came together in a unique partnership to offer <i>Cooking Matters</i>.</p> <p>WISEWOMAN Lifestyle Counselor Cheryl Griffin gathered a group of WISEWOMAN participants. MSU Extension provided the nutrition education component of the class. Manistee Kitchen, a 501(c)(3) supplied the professional chef (Chef Al) and the food and Norman Township provided the location (a newly painted kitchen and a conference room) for the six-week class. For the first and sixth classes Manistee Chiropractor Rosemary Benjamin also gave talks on food as medicine.</p> |

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| <b>Outcomes</b> | The women went home with a bag of groceries and all the ingredients to prepare the recipe they learned in class. They also left with new skills (how to properly cut-up a chicken, use spices rather than salt, prepare recipes using kale, asparagus, cumin, mangos and black beans (most meals cost \$2 or less per person), and shopping and cooking on a budget. |
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