MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, sex, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

These slides are the property of the presenter. Do not duplicate without permission.
Cooking Matters Background

• Part of Share Our Strength
  • No Kid Hungry
  • Cooking Matters
    • Started in 1993
  • Community Wealth Partners
Michigan State University is an implementing Cooking Matters partner with a statewide footprint
Cooking Matters Class Offerings

Cooking Matters for Adults
Cooking Matters for Parents
Cooking Matters for Families
Cooking Matters for Child Care Providers

Each curriculum uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines.
Cooking Matters is a nutrition program where participants will learn how shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals.

- Six week-2 hour sessions
- This program is offered in the community for adults, families, and childcare providers.
Cooking Matters Class

- Each course is team-taught by a culinary and nutrition educator.
- Half of the class is nutrition education, the other half is hands-on cooking.
- Adult participants take home a bag of groceries at the end of each class to practice what they learned in class.
Recipes Used in Class

- Low cost-most $10 or less
- Low in sodium
- Low in fat
- Low in sugar
- Whole grains-if possible
- Fresh fruits and vegetables-if possible
- Quick to prepare-most are 30 minutes or less
Healthy eating after cancer treatment

• Choose a variety of foods from all the food groups. Try to eat at least 2½ cups of fruits and vegetables each day; include citrus fruits and dark-green and deep-yellow vegetables.

• Eat plenty of high-fiber foods, like whole-grain breads and cereals.

• Try to buy a different fruit, vegetable, low-fat food, or whole-grain product each time you shop for groceries.
Healthy eating-continued

- Decrease the amount of fat in your meals by baking or broiling foods.
- Limit your intake of red meat (beef, pork, or lamb) to no more than 3 to 4 servings a week.
- Avoid salt-cured, smoked, and pickled foods (including bacon, sausage, and deli meats).
- Choose low-fat milk and dairy products.

Shelley Frazier BS
Community Nutrition Instructor
frazie60@msu.edu
517-552-6913