

EMPOWERING FAMILIES
TO MAKE HEALTHY,
AFFORDABLE MEALS



**COOKING
MATTERS** | by
**SHARE OUR
STRENGTH®**

Cooking Matters brings together culinary and nutrition experts and other volunteers to lead local, hands-on courses that help participants learn how to prepare healthy and affordable meals. As a volunteer you'll help teach families that nutritious cooking can be delicious, enjoyable, and most importantly affordable

**We need volunteer Nutrition Instructors, Culinary Instructors,
Class Assistants, and Shoppers**

Want to get involved? Follow these Steps!

1. Visit Cookingmatters.org and click on Community Resources
2. Click on Facilitator Training and navigate the Training Guide
3. Once you have gone through the Community Resources contact Program Coordinators
4. Program Coordinator will find classes that will work with your schedule and the position best suited for you
5. Program Coordinator will contact you and give you information about the course.

Thank You!

Questions? Call (970) 400-2373 or email dgutierrez@weldgov.com

