

FY24 Cooking Matters Agency Application for Online and In-person Programming

Thank you for your interest in partnering with Share Our Strength's Cooking Matters! Cooking Matters is helping end childhood hunger by inspiring families to make healthy, affordable food choices. Our programs teach parents and caregivers with limited food budgets to shop for and cook healthy meals. Cooking Matters is a program of Share Our Strength, an organization working to end hunger and poverty.

This application is required for all organizations that wish to offer our in-person or online cooking and nutrition courses. This information is to be renewed on an annual basis. Please complete the following documents and return to:

Denver Metro Area: Brigid Hunt (brigid@nourishcolorado.org)

Pueblo County: Lindy Webb (lindy@careandshare.org)

El Paso County: Jessie Henderson-Delgado (jessie@careandshare.org)

Garfield County: Emily Stanton (estanton@garfield-county.com)

Mesa, Montrose and Delta County: Shiloh Fox (shilohf@htop.org)

San Luis Valley: Zoila Gomez (zoila.slvlocalfoods@gmail.com)

Weld County: David Gutierrez (dgutierrez@weldgov.com)

La Plata, Montezuma and Archuleta Counties: Brigid Hunt (brigid@nourishcolorado.org)

Organization Information:

Name of Organization:

Complete Mailing Address:

Complete Physical Address:

Primary Contact (Name and Position):

Work Phone:

Cell Phone:

Email Address:

Policy, Systems and Environment Initiatives:

Since its inception, Cooking Matters has been providing direct education to empower families to stretch their food budgets, make healthy choices and cook healthy meals at home. However, recent research has shown that this education alone is not enough to improve the health of our communities when healthy and affordable options are not also available. Activities that help create environments where the healthy choice is the easy choice are sometimes referred to as PSE (policy, systems, and environment) activities.

1. As a valued Cooking Matters partner, we are interested in learning about what PSE activities (if any) you are doing to make your community environments healthier. Examples may include opening a food pantry/food bank; creating edible gardens; offering healthier meal options; or establishing a new organization wellness policy. **Please use the box below to share 1-2 sentences about any of your PSE work:**

2. Has Cooking Matters staff directly supported this work? If so, how?

3. Is your organization a:

- | | | |
|---------------------------|---|-----------------------------|
| Summer Meal Site? | <input type="checkbox"/> Yes, Site name: | <input type="checkbox"/> No |
| On an Indian Reservation? | <input type="checkbox"/> Yes, Reservation name: | <input type="checkbox"/> No |
| On a Military Base? | <input type="checkbox"/> Yes, Base name: | <input type="checkbox"/> No |

4. If you are interested in learning more from Cooking Matters, please visit our landing page here: <https://adobe.ly/3vJTYqU>. Here you'll find our live open programs, recipes, and other Food Skills resources that you can use yourself or share with your community.

Partner Agency Information:

5. Please indicate which type of organization is applying (check all that apply):

- | | | |
|---|---|---|
| <input type="checkbox"/> Women, Infants, and Children (WIC) | <input type="checkbox"/> Soup Kitchen | <input type="checkbox"/> Faith Based Centers/Place of Worship |
| <input type="checkbox"/> Head Start | <input type="checkbox"/> USDA Summer Meals Site | <input type="checkbox"/> Library |
| <input type="checkbox"/> Preschool/Early Childhood Center | <input type="checkbox"/> Congregate Meal Site/Senior Nutrition Center | <input type="checkbox"/> Family Resource Center |
| <input type="checkbox"/> School (Free/reduced lunch rate: ___) | <input type="checkbox"/> HUD/Low-Income or Public Housing | <input type="checkbox"/> Hospital or Clinic |
| <input type="checkbox"/> SNAP/DHS Office | <input type="checkbox"/> Housing/Transitional Housing Facility | <input type="checkbox"/> Adult Education, Job Training, Veteran Service Sites |
| <input type="checkbox"/> Food Pantry/Bank | <input type="checkbox"/> Indian Reservation | <input type="checkbox"/> Community and Rec Centers |
| | | <input type="checkbox"/> Other: _____ |

6. Cooking Matters works specifically with families on limited budgets. We are funded by the USDA SNAP-Ed program. To comply with this federal funding, we are required to verify that at least 50% of the clients you serve are at or below 200% of the federal poverty line. Please complete the eligibility verification letter found in **Appendix A** (printed on your letterhead) and return with this application. You DO NOT need to complete this letter if your organization qualifies as one of the following:

- | | |
|---|---|
| <input checked="" type="checkbox"/> SNAP/DHS Office | <input checked="" type="checkbox"/> School with >50% free/reduced lunch rate |
| <input checked="" type="checkbox"/> Low-Income/Public/HUD Housing | <input checked="" type="checkbox"/> Food Pantry |
| <input checked="" type="checkbox"/> WIC Program | <input checked="" type="checkbox"/> Soup Kitchen/Meal Distribution Site (includes Summer Food Service Programs) |
| <input checked="" type="checkbox"/> Head Start | |

7. Does your organization currently work with the Integrated Nutrition Education Program (INEP) or Culture of Wellness in Preschools (COWP)? Check all that apply.

- INEP COWP

8. What type of program are you interested in offering?

Online programs via Zoom can be held in two ways:

- Fully online: Cooking Matters facilitator and participants call in remotely on their own screens
- Hybrid: Cooking Matters facilitator teaches remotely, and some or all participants are gathered together in a shared space watching Cooking Matters facilitator on one shared screen

In-person:

- Cooking Matters facilitator and participants are all gathered together in a shared, common space.

***Please review In-Person Cooking Matters Collaboration Agreement Programming before selecting 'in-person'**

Online	In-person	Type of Program	Program Description
<input type="checkbox"/>	<input type="checkbox"/>	<i>Cooking Matters at Home: Kids Say Yes to Fruits and Veggies</i>	This session will discuss pros and cons of using different forms of fruits and vegetables, how to prepare meals and snacks that help kids eat more fruits and vegetables, and share ideas for helping kids enjoy more fruits and vegetables.
<input type="checkbox"/>	<input type="checkbox"/>	<i>Cooking Matters at Home: Making Recipes Work for You</i>	This session will discuss how to substitute ingredients in recipes, practice using recipe frameworks, and share meal ideas that allow each family member to choose the toppings or ingredients that they enjoy.

<input type="checkbox"/>	<input type="checkbox"/>	<i>Cooking Matters at Home: No More Mealtime Madness</i>	This session will introduce fundamentals of maintaining a basic pantry and discuss ways to involve kids in the meal planning to create more buy-in at mealtime.
<input type="checkbox"/>	<input type="checkbox"/>	<i>Cooking Matters at Home: Hack your Snack</i>	This session will share tips for saving time when buying and preparing healthy snacks, practice making healthy, homemade snacks, reading food labels, and identifying healthier choices when choosing prepackaged snacks, and practice comparing unit prices to save money.
<input type="checkbox"/>	<input type="checkbox"/>	<i>Cooking Matters at Home: The Family Kitchen</i>	This session will prepare caregivers to work together with kids in their care to discuss safe, age appropriate tasks for kids in the kitchen, practice preparing meals or snacks with child-friendly steps, and make healthy meals and snacks that everyone will enjoy.
<input type="checkbox"/>	<input type="checkbox"/>	<i>Cooking Matters at Home: Money-saver Alert</i>	This session will discuss how to use everything that you have (or have access to), practice using 'hard to utilize' ingredients in a variety of recipes, and discuss how to save foods that you can't use right away and how to limit food waste with children while still introducing new foods.
<input type="checkbox"/>	<input type="checkbox"/>	<i>Cooking Matters at Home: Drink to Your Health</i>	This session will discuss how sugary drinks impact health and describe how to make and taste a variety of healthy beverages at home.
<input type="checkbox"/>	<input type="checkbox"/>	<i>Cooking Matters at Home: Feeding in the First Year</i>	This session will discuss infant feeding options including the safe introduction of solid foods, different food preparation methods that can be adapted for infants at different developmental stages, and practice preparing age-appropriate infant foods alongside recipes for the whole family.
<input type="checkbox"/>	<input type="checkbox"/>	<i>Cooking Matters at the Store</i>	Grocery store tour teaching adults how to get the most nutrition for their food dollars by engaging them to practice key food shopping skills to make healthy and affordable choices at the supermarket. This tour can be done online, as a guided in-store tour at a local grocer or as a 'pop-up' tour at your site.
	<input type="checkbox"/>	<i>Cooking Matters for Families (6-week course only available in-person)</i>	Teaches parents with their children (ages 6-12) about healthy eating as a family and the importance of working together to plan and prepare healthy meals on a budget. <i>Cooking Matters at the Store</i> grocery tour may be added to the course. Course would be extended to 7 weeks and tour will be added as the 6 th session.
	<input type="checkbox"/>	<i>Cooking Matters for Adults (6-week course only available outside Denver Metro Area)</i>	Teaches adults (primarily parents with children) how to prepare and shop for meals on a limited budget. <i>Cooking Matters at the Store</i> grocery tour visit to take place on 5 th session of the course.
	<input type="checkbox"/>	<i>Cooking Matters for Parents (6-week course only available outside Denver Metro Area)</i>	Teaches parents how to prepare and shop for meals on a limited budget while empowering them to raise healthy eaters. <i>Cooking Matters at the Store</i> grocery tour visit to take place on 5 th session of the course.
	<input type="checkbox"/>	<i>Cooking Matters for Child Care Professionals (CMCCP)</i>	Teaches in-home and center-based child care professionals to prepare nutritious meals on a budget

		(1-day course only available outside the Denver Metro Area)	and create a positive meal environment for the kids in their care. Includes <i>Cooking Matters at the Store</i> pop-up tour.
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9. *Cooking Matters at Home* programs held ONLINE can engage children alongside their caregivers. Do you want children to be engaged in the programs with your organization?

- Yes – children engaged in all of the programs scheduled
- Yes – children engaged in some of the programs scheduled
- No – no children engaged in any programs

10. Please indicate the primary language(s) your families speak (check all that apply):

- English
- Spanish
- Other: Click here to enter text.

11. Cooking Matters occasionally receives referrals or requests from *individuals* interested in participating in our ONLINE programs. When this occurs, Cooking Matters provides the individual with the site contact’s information to inquire about registration to the referred program. Would you be interested in having your ONLINE program be “public” and open to referrals for these individuals?

- Yes
- No

Signature

Date

Appendix A: SNAP-Ed Eligibility Verification Letter

Complete the following template letter with specific information about your organization. Please print and sign on your letterhead and return to Cooking Matters with the rest of your application materials.

You do **NOT** need to complete this letter if your organization qualifies as one of the following:

- ✓ SNAP/DHS Office
- ✓ Low-Income/Public/HUD Housing
- ✓ WIC Program
- ✓ Head Start
- ✓ School with >50% free/reduced lunch rate
- ✓ Food Pantry
- ✓ Soup Kitchen/Meal Distribution Site (includes Summer Food Service Programs)

Date:

RE: Supplemental Information for Verification of Eligibility for Cooking Matters Courses

To whom it may concern:

We look forward to partnering with Cooking Matters Colorado and the Colorado Supplemental Nutrition Assistance Program Education (SNAP- Ed) this year to provide nutrition education for limited resource Coloradoans.

Our agency/program targets low-income individuals (*majority (>50%) of participants are at or below 200% of the federal poverty level*), as indicated by: Please state any information that would verify that at least half of the families your agency serves are at or below 200% of the federal poverty level. Numbers are important, so please provide actual or approximate percentages. Do not use words like “most, many, or almost all.” Examples of qualifying agencies include participation in the following assistance programs: SNAP, WIC, Medicaid, free and reduced lunch, food pantries, census-verified low-income neighborhood, TANF, CSFP, SSI, SSDI or any other program serving low-income persons. You may attach more detailed income information, but is not mandatory unless it is the only way to prove eligibility.

We are pleased to be working with Cooking Matters to provide nutrition education, cooking skills, and financial literacy to our clients with limited incomes. Please feel free to call with further questions if you need additional information.

Sincerely,

Name

Agency

Address and Contact Information

