

What *is* Cooking for Life?

Cooking for Life is a free six-week series that combines nutrition education with hands-on cooking experience for:

- ☆ Low-income parents,
- ☆ At-risk youth
- ☆ At-risk teens transitioning into independent living.

Cooking for Life is designed to improve food security for children living in families with limited budgets. Participants are provided with:

- ☆ Skills necessary to make nutritious food choices
- ☆ Hands-on preparation of healthy meals.
- ☆ Groceries, so they can practice their new skills at home for their families

Cooking for Life graduates are:

- ☆ Consuming more nutrient rich foods
- ☆ Preparing more meals from scratch
- ☆ Learning how to budget food dollars and plan healthier meals.

Offering *Cooking for Life* in your community is easy!

Contact *Cooking for Life* staff for the information and resources you'll need to get started!

Contact Us!

For more information about *Cooking for Life*, or to schedule a series in your community, contact:

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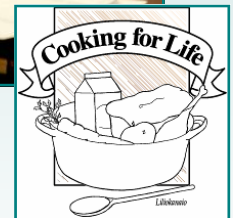
Vermont Campaign to
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Visit UVM Extension on the web
www.uvm.edu/~uvmext/

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*USDA is an equal opportunity
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Cooking for Life: Cooking and nutrition education for Vermonters living on tight budgets



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Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and the University of Vermont Extension's Expanded Food and Nutrition Education Program (EFNEP)

Cooking for Life: Adult

- ★ Targets low-income parents with young children and pregnant mothers
- ★ Created in 1999 and offers 20 series annually across the state
- ★ Classes meet once a week for 2 ½ hours
- ★ Class topics include whole grains, fats and calcium, meal planning, child-feeding issues, and grocery shopping
- ★ *Cooking for Life: Adult* has been offered statewide with WIC offices, Head Start, and family centers



"I am glad that I took this class. I learned something new each week and I got lots of ideas for different meals."

-Bellows Falls
Cooking for Life:
Adult Participant

"It is so easy to make nutritious foods!"

-Montpelier *Cooking for Life:* Adult Participant

Cooking for Life: Youth

- ★ Targets low-income, at-risk youth ages 11-14
- ★ Created in 2001 and is now our most popular program, with 50 series being offered each year
- ★ Classes meet once a week for 2 hours
- ★ Class topics include fruits and vegetables, whole grains, body image, and food safety
- ★ *Cooking for Life: Youth* has been offered statewide with schools, youth centers, Boys and Girls clubs, and after school programs

"I liked that we're having fun and being healthy."

-Burlington *Cooking for Life:* Youth Participant



"I liked that we got to eat what we made and bring home groceries."

-Cornwall *Cooking for Life:* Youth Participant

Cooking for Life: Young Adult

- ★ Targets low-income, at-risk teens age 15+, transitioning into independent living
- ★ The newest program, created in 2004, offers 15 series across the state annually
- ★ Classes meet once a week for 2 ½ hours
- ★ Class topics include fruits and vegetables, menu planning, grocery shopping, and whole grains
- ★ *Cooking for Life: Young Adult* has been offered statewide with teen centers and alternative education programs



"The shopping tour today with these youngsters was a wonderful experience for me, the store, and for the students. Success!"

- Laurie Stearns, former EFNEP Nutrition Educator for West Rutland *Cooking for Life: Young Adult* series