COOKING MATTERS
A LONG-TERM IMPACT EVALUATION
The first-ever long term study of Cooking Matters showed the six-week cooking, shopping and nutrition course has a powerful, sustained impact that is significantly greater than changes that would have occurred without an intervention.

Research shows that this type of food resource management is an important component of reducing hunger and food insecurity.

**COOKING MATTERS IMPROVES PEOPLE’S ATTITUDES ABOUT COOKING:***

▲ **10%**

Increase in families that are more confident in their cooking abilities.

▼ **11%**

Decrease in barriers seen by families to making healthy, affordable meals.
Cooking meals more often, and making meals healthier and more budget-friendly.

Eating healthier, putting them at lower risk for diet-related diseases like obesity, diabetes, heart disease and cancer.

In the short-term (3 months), families are eating more fruit.

Over the long-term (6 months), they are eating more vegetables, including non-fried options and green salad.

This change is long-lasting.

More confident that they’ll be able to afford enough food.

Before the course, families “sometimes” worried that food might run out each month; six months later, they “rarely” worried about this.

Families were 17% more confident in stretching their food dollars (including federal benefits like SNAP and WIC) due to the strategies they learned in Cooking Matters, like planning meals, shopping with a list and comparing unit prices.

### After learning Cooking Matters strategies including:

- How to plan meals
- Shop with a list
- Compare unit pricing

### Six months after the course, families reach for:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
<th>More Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-sodium options</td>
<td>11%</td>
<td>MORE OFTEN</td>
</tr>
<tr>
<td>Low-fat dairy</td>
<td>9%</td>
<td>MORE OFTEN</td>
</tr>
<tr>
<td>Lean protein and whole grains</td>
<td>8%</td>
<td>MORE OFTEN</td>
</tr>
</tbody>
</table>

This is not just an immediate effect – families are using techniques to make home-cooked meals healthier even six months after they finish the course.
ABOUT THE STUDY
The first-ever long-term evaluation of Cooking Matters was conducted by Altarum Institute, an independent health systems research organization from April 2014 to March 2015. The 1,600+ study participants included families taking a Cooking Matters course and a comparison group of families who did not take the course. They were surveyed before the course began, and three and six months after it finished. Cooking Matters is the nutrition education program of Share Our Strength’s No Kid Hungry campaign, an initiative to end childhood hunger in America, and is nationally sponsored by Walmart.

ABOUT NO KID HUNGRY
No child should grow up hungry in America, but one in five children struggles with hunger. Share Our Strength’s No Kid Hungry campaign is ending childhood hunger in America by ensuring all children get the healthy food they need, every day. The No Kid Hungry campaign connects kids in need to effective nutrition programs like school breakfast and summer meals and teaches low-income families to cook healthy, affordable meals through Cooking Matters. This work is accomplished through the No Kid Hungry network, made up of private citizens, public officials, nonprofits, business leaders and others providing innovative hunger solutions in their communities.