

COOKING MATTERS[®]

FEEDING IN THE FIRST YEAR

ENGLISH LESSON WITH ENGLISH & SPANISH MATERIALS
Under Development



Table of Contents

Getting Started 3

Lesson Plan 7
Feeding in the First Year

Recipes

Make Your Own Baby Food 14

Make Your Own Smoothies 16

Caregiver Handouts

Feeding Through the Stages 21

Sizing Up Safety 23

Understanding Food Allergies 25

Waiver & Release 28

Printable Promotion 30



COOKING MATTERS®

Feeding in the First Year: Getting Started

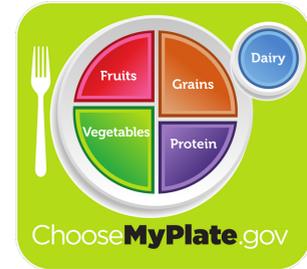


FOR FACILITATORS

Getting Started

Background

What is Cooking Matters? We dream of a world where healthy eating choices are the norm for everyone. To this end, Cooking Matters teaches participants to shop for and cook healthy meals through hands-on, in-person courses; interactive grocery store tours; live, online programming; and mobile, online and educational tools. All Cooking Matters content uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management. Cooking Matters is a campaign of Share Our Strength, an organization working to end hunger and poverty.



Who is Cooking Matters for? Cooking Matters is designed for parents and caregivers, particularly those with kids from 0-5, who are experiencing limited food budgets. How does it work? Cooking Matters works with a network of partners who deliver impactful food skills education in their communities through learner-centered programming. Programming can be done in-person or online, and includes hands-on cooking, nutrition and budgeting activities and discussions, and communal eating of the food made in class (if applicable). Participants will complete pre- and post- class questions to evaluate any behavior change. Evaluation results show that facilitator efforts make a lasting impression and that Cooking Matters participants continue to practice improved eating habits, cooking techniques, and food resource management skills they learned in class.

What is the Waiver & Release? In-person programming participants, guests, volunteers, and facilitators must complete a Cooking Matters-provided 'Participation Waiver and Release' form. Waivers do not need to be obtained for employees of Implementation or Collaborating Partners. Online programming participants, guests, volunteers, and facilitators must complete the form when online programming is recorded and participants are sharing a video feed. Cooking Matters provides the form in English and Spanish. Such Participation Waiver releases Share Our Strength, its partners, sponsors and each of their officers, directors, agents, employees, and volunteers from and against any and all liability for any and all claims, demands, actions, causes of action of whatever kind or nature, costs and expenses that may result from Program participation. Share Our Strength does not require these waivers to be returned but rather to be kept on file with the implementer. See the last page of this packet for the waiver and release.

Please note that this lesson packet is under development and is not a final product.

Creating a Learner-Centered Cooking Matters Class

Adults bring their life experiences to their learning experiences, and use those to determine what is important and relevant to them. As a Cooking Matters facilitator, your challenge is to build upon those experiences so that caregivers will be able to incorporate lessons from Cooking Matters into their own lives.

To achieve this, you'll need to focus on creating a learner-centered environment. This is more than providing information or teaching skills. It is an educational approach that focuses on the participants' concerns and involves them in making decisions and solving problems.

Learner-centered education aims to:

- Engage learners
- Develop respectful relationships
- Recognize that adult learners are decision-makers
- Provide immediately useful information
- Build on learners' past experience and knowledge
- Sequence the learning experiences and reinforce them

The desired outcome is to create a safe environment for learners to consider changing behaviors.

Facilitated Dialogue is a key technique in learner-centered education. Active participation of the leader and group members is its key characteristic. Your role as a facilitator is to provide opportunities for learning by engaging participants in discussion and activities that build upon their experiences. The participants' role is to share questions, concerns, and successes so that they can learn from each other as well as from the instructors.

Each lesson plan is written to assist you in creating a learner-centered course and using Facilitated Dialogue techniques. We hope that you will ask participants open-ended questions to share what they know and encourage hands-on practice with the new skills and information you present. Remember that participants are experts in their own lives. Use participants as a resource for teaching and encourage them to actively consider the changes they can make to get most out of their family meals.

Customizing Your Cooking Matters Class

Cooking Matters was created to meet the needs of a broad swath of parents and caregivers, based on research on the food decision-making processes and preferences of families as well as the wealth of experience of all of our partners that work with parents and caregivers every day across the country. Covering each of the key objectives listed in the lesson plans at some point during the course will help you meet the most salient needs of participants and their families. However, we recognize that some customization of your class will be necessary to meet the specific needs of your particular group. Use of learner-centered principles, including Facilitated Dialogue, will allow you to adapt the flow of conversation to the more specific needs of your audience. We recommend that you take the time in advance to think about other ways in which you might need to make shifts in your teaching approach to be most appropriate for your group. For example:

RECIPES:

Ask parents and caregivers in your group what type of recipes they are interested in making. Don't assume the type of foods a certain culture will want to make. Base the recipes used in class on what participants want to learn, drawing from the collection of recipes included, from CookingMatters.org, or from your own collection.

Consider modifying the structure of the lesson based on the recipes your group will prepare. Ingredients should be low-cost and generally accessible for families. Recipes should be quick to prepare with simple instructions and a combination of ingredients that encourages a variety of food choices across all food groups.

ENGLISH AS A FOREIGN LANGUAGE:

If your class is held with EFL speakers who require a translator, recognize that you'll need to allow extra time for translation. If you're not able to extend the session, determine in advance where you may be able to trim some talking points to cover only the highest-priority content, or try preparing shorter recipes

AGE OF YOUR GROUP'S CHILDREN:

Be sure to ask the parents in your group the ages of their children. Look for ways to make each child-focused discussion applicable to parents and caregivers of children of different ages. As you read through the lesson plan, determine in advance how you will modify other discussions as needed for your group.

COOKING MATTERS®

Feeding in the First Year: Lesson Plan



FOR FACILITATORS

GOAL

Help caregivers feel confident that they can create a healthy home food environment in their baby's first year.

OBJECTIVES

- Discuss infant feeding options, including the safe introduction of solid foods in the first year.
- Introduce food preparation methods that can be adapted for infants at different stages of development.
- Practice preparing age-appropriate infant foods alongside recipes for the whole family.

KEY MESSAGES

- Start your baby off right by only feeding them breastmilk or properly mixed formula in the first six months.
- Learn to read your child's cues to understand how and when to introduce solid foods while still continuing to feed them breastmilk or properly mixed formula.
- Save time and money by preparing safe, age-appropriate solid foods alongside family meals.

MATERIALS

Flip chart or white board • Markers/pens • Name tags • Ingredients and equipment for your chosen recipes • Materials for kids' activity (if using - optional)

KIDS' ACTIVITIES

For optional free downloadable kids activities that parents can have for their children to do while the lesson is happening, visit cookingmatters.org/community-resources/#kids-handouts

CAREGIVER HANDOUTS

We have provided a set of handouts for each lesson that can be 1) used as references for the instructor to prepare for class 2) referenced verbally and/or visually during class to guide discussion 3) provided as take-homes for caregivers to reinforce what they learned in class and encourage further learning. You are NOT required to provide all of these handouts as take-homes (though you may if you wish). Feel free to pick and choose which you feel are most helpful and appropriate. However, we ask that at a minimum you provide a printed copy of the recipe(s) you prepared in class. Check off the handouts you plan to reference during class:

- Feeding Through the Stages
- Sizing Up Safety
- Understanding Food Allergies

RECIPE OPTIONS

Choose at least 1 recipe (or as many as time allows) for the hands-on prep. The following chart provides some ideas. You may use other recipes if you wish – see CookingMatters.org/recipes for more ideas. If you are not using a Cooking Matters recipe, please be sure it contains only ingredients that are affordable and accessible for low-income caregivers, does not require fancy cooking tools, and follows healthy eating guidelines. To work within a 30-minute lesson, please read the recipes carefully and determine whether you need to prepare any ingredients in advance (e.g., chopping veggies, pre-cooking grains or other ingredients) to fit within your timeframe.

Recipe Ideas			
Recipe Ideas	Prep & Cook Time	Time Saving Tips	Talking Points
Make Your Own Baby Food	Prep Time: 10 minutes Cook Time: 10 minutes	Prepare batch in advance and allow to cool for tasting.	<p>“Homemade baby food can be easy to make on its own. Review the handout for ideas.”</p> <p>“Try using fresh, frozen and canned produce to make homemade baby food. Do you have a type you or your baby like best?”</p> <p>“Draw attention to the use of fresh, frozen, and canned fruits and vegetables for food in the first year. Point out that canned vegetables with no added sodium and fruits in 100% juice or frozen fruits and veggies are great options to use for baby foods and tend to be less expensive. An added benefit to frozen is that you can pull out a small amount to thaw for older babies’ meals without needing to worry about food waste.”</p>
Make Your Own Fruit Smoothies	Prep Time: 5 minutes Cook Time: 0 minutes	No prep needed in advance.	<p>“Start off your smoothie by pureeing a few different fruits in the blender, just with water added, rinsing the blender between fruits. Save a small amount of each fruit for your baby to try. Then put all the pureed fruits back in the blend with any other ingredients you would like in your smoothie and blend away!”</p> <p>“For a child closer to 1, keep the frozen fruits handy in your freezer for quick options to thaw and put on your baby’s plate at meal time, cutting them to an age-appropriate size.”</p>

CLASS TIME

PAPERWORK (5 MINUTES):

As caregivers arrive, have them sign a waiver.

MAIN COURSE: LESSON TOPIC (22 MINUTES):

INTRODUCTION: (3 MINUTES)

1. **Welcome caregivers.** Introduce instructors and any other volunteers or helpers.
2. **Set expectations.** Explain that caregivers will learn about different options for safely feeding children in their care in the first year so they can feel confident that they are giving them a great start. We'll also discuss how to feed babies solids while also feeding the entire family, saving time, money, and mealtime hassles.
3. **Get acquainted:**

ASK

"Show of hands — Who has infants? Toddlers and preschoolers? School-aged children? Teenagers?"

- Make note of this information so you can focus on sharing tips that are most relevant for the age groups represented. Let caregivers know that we will dive right in so we have time for food preparation, but their questions and ideas are welcome throughout the lesson!

HANDS-ON COOKING AND DISCUSSION (19 MINUTES)

1. **Begin by having caregivers participate in an activity based on the Feeding through the Stages handout.**

NOTE: If you have a helper to lead children, pull the kids into a separate activity of your choosing while caregivers prepare food and have a discussion. If not, identify a specific cooking task for kids or give them a designated area for independent play.

- Point out that as babies grow they learn to communicate with the world around them about all their needs, including their need for food.

ASK

"What are some ways in which your baby is communicating with you? Some examples are eye contact, moving hand to mouth, cooing, crying, lifting head, sitting, grabbing or grasping items. What do these cues tell you about their needs? How can you use these cues to help with feeding and introducing foods?"

- On flip chart paper, draw a simple table (example below) listing the seven developmental stages shown in the Feeding through the Stages handout. Read aloud 1-2 "Eating Skills" from one of the developmental stages shown on the handout. Have the caregivers guess which development stage corresponds to the skillset you are sharing aloud. Do this for several of the developmental stages, going out of sequence so caregivers can guess.



Prep for Success!
Draw table in advance of the lesson and use lesson time to do activity.

Developmental Stage	Eating Skills	Baby's Cues
Newborn		
Head Up		
Supported Sitter		
Independent Sitter		
Crawler		
Beginning to Walk		
Toddler		



“Did any of those skills sound familiar? How did you know what development stage the eating skills should go with? Looking at the handout, what do you notice about the use of breast milk or formula even as eating skills advance?”

- Point out that being responsive to babies’ cues and understanding their development stage is vital for introducing foods at the right time for your child. Note that breast milk or properly mixed formula are constants throughout the whole first year! They should be used exclusively for about the first six months of life, but are still the most important part of your baby’s diet for the entire year.

2. Next, have caregivers prepare a recipe.

- Have caregivers wash hands using proper technique.
- Introduce the recipe you have chosen and draw attention to the ways the ingredients can be pulled out and prepared for safe baby food, while also preparing your family meal. Choose together one (or more) ingredient(s) to prepare as baby food while preparing the rest of the meal for the group. Note that you will need to focus the lesson on what caregivers can prepare in a short amount of time.
- Delegate different recipe steps as needed. While caregivers are working:



Prep for Success!
Choose recipes that can be completed in a short time frame. Ensure you have prepared the appropriate ingredients in advance if needed.



“How can portioning or pulling out baby-safe ingredients from family recipes help save you time and money?”

- Point out that with a little planning, you can save money by avoiding paying for commercial baby food and letting baby enjoy the same foods as everyone else. Bonus: this gets baby used to the tastes your family is already enjoying as they get older and can eat more foods from the family table! And, no more running out for baby food when your supply gets low – you’ll know how to use what foods you have on hand to fix a safe meal for baby at any time!

3. If kids and caregivers have been separated, bring them back together for eating time. As appropriate, encourage caregivers to try sharing the ingredient(s) prepared as baby food with their babies.

- As kids and caregivers eat:



“What questions do you have about keeping foods safe for babies as they develop and try new foods? What tips do you have for one another?”

- Add to the discussion as needed, pointing out tips from the “Keep it safe” talking points on the Make Your Own Baby Food handout and the Sizing Up Safety handout.

CLOSING (3 MINUTES):

ENCOURAGE: Encourage caregivers to choose one thing they learned today that they will commit to trying at home this week. Have them share aloud if they are willing. **SHARE:** Share with caregivers that they can get more great recipes, tips, and ideas for feeding young children by following our Cooking Matters Facebook page. They can also download the Cooking Matters App, visit CookingMatters.org, or follow us on YouTube or Instagram. **TAKE:** Share handouts for caregivers to take home, as well as any incentive items you are providing. Caregivers must complete the participant survey questions and return the forms to you before receiving their take-home items.

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Feeding in the First Year: Recipes



Make Your Own Baby Food

Homemade baby food is great for baby and the whole family!

- Helps cut down on family food costs
- Helps baby get used to foods the family eats
- Gives baby the nutrients he needs without added chemicals or fillers

As your baby matures, slowly start letting her try healthy foods from the family table. Set aside some food for baby before adding sugar, salt, or heavy spices for the rest of the family. To save time and money, you can even make baby food from some of the fruits, veggies, and protein foods you are already preparing for your family

How to make it:

First, wash hands and work spaces thoroughly. Then, follow the chart below.

To make...	Prep	Cook	Blend
Fresh Fruits and Veggies	Wash, peel, and remove any core or seeds.	Cook food until tender. Boil in a small amount of water. Or, try steaming or baking.	Use a blender, fork, or food grinder to mash the food until it is smooth. Add liquid, such as water, formula, or breast milk, to thin as needed.
Canned or Frozen Produce	Be sure it has no added salt, sugar, fat, or spices.		
Meat, Poultry, or Fish	Remove bones, skin, and fatty parts.		

- Let food cool so it does not burn your baby's mouth and throat. Taste-test the temperature before serving.
- Give your baby one new food at a time. Wait a few days before starting a new food. Watch for any allergic reactions. Do not serve any mixed-ingredient foods until you have served each ingredient on its own.
- Refrigerate baby food that is not eaten right away. Use meat, poultry, fish, or egg yolks within 1 day. Use all other baby food within 1-2 days. Or, store in the freezer up to 1 month. Freeze in clean ice cube trays. Store frozen cubes in a bag labeled with the date the food was frozen.
- Re-heat stored baby food to at least 165°F. Let cool to a safe temperature before serving.
 - On the stove: Place a small heat-safe dish in a small pot. Add about an inch of water. Bring water to a simmer. When food is warm, remove from pot. Stir and test for temperature.
 - In the microwave: Stir well and turn dish often to prevent hot spots. Stir, let sit a few minutes, and test for temperature.

Prepare en casa los alimentos para su bebé

¡Los alimentos para bebé hechos en casa son excelentes para el bebé y para toda la familia!

- Ayudan a reducir el costo de los alimentos para la familia
- Ayudan a que el bebé se acostumbre a los alimentos que come la familia
- Proporcionan al bebé los nutrientes que necesita, sin químicos ni rellenos

A medida que su bebé crece, déjelo probar poco a poco los alimentos saludables que le sirve a la familia. Aparte un poco de comida para el bebé antes de agregarle azúcar, sal o condimentos de sabor fuerte para el resto de la familia. Para ahorrar tiempo y dinero, incluso puede preparar alimentos para bebé con algunas de las frutas, vegetales y alimentos con proteínas que usa para preparar comidas para su familia.

Cómo prepararlos:

Primero, lávese las manos y prepare cuidadosamente el espacio donde va a trabajar. Luego, siga las instrucciones de la tabla a continuación.

Para preparar...	Preparativos	Cocimiento	Liculado
Frutas y verduras frescas	Lave, pele y quíteles el centro o las semillas.	Cocine el alimento hasta que esté blando. Hierva en poca agua. O cocínelos al vapor o en el horno.	Use una licuadora, tenedor o triturador de alimentos para machacar el alimento hasta que esté suave. Agregue líquido, como agua, jugo 100% de fruta natural, fórmula para bebé o leche materna, para aclarar según sea necesario.
Carne, aves o pescado	Quite los huesos, la piel y las partes grasosas.		
Productos alimenticios enlatados o congelados	Asegúrese de que no tienen sal, azúcar, grasa o especias agregadas.		

Tenga cuidado con los alimentos:

- Deje que los alimentos se enfríen para que no le quemén la boca o garganta a su bebé. Haga una prueba de temperatura antes de servirlos.
 - Dele a su bebé un alimento nuevo a la vez. Espere unos pocos días antes de darle otro nuevo alimento.
 - Esté pendiente de cualquier reacción alérgica. No sirva ningún alimento con ingredientes combinados hasta que no haya servido cada ingrediente por separado.
 - Refrigere inmediatamente el alimento para bebé que le sobró. Use la carne, aves, pescado o las yemas de huevo sin dejar pasar más de un día. Use todos los otros alimentos para bebé en 1 o 2 días. O guárdelos en el congelador hasta por 1 mes. Congélelo en bandejas limpias de cubitos para hielo. Guarde los cubos congelados en una bolsa marcada con la fecha en que congeló el alimento.
- Recaliente el alimento para bebé que va a usar al menos a 165°F. Déjelo enfriar a una temperatura segura antes de servir.
 - En la estufa: Coloque un plato hondo pequeño resistente al calor en una olla pequeña. Agregue alrededor de una pulgada de agua. Ponga a hervir el agua a fuego lento. Cuando el alimento esté tibio, sáquelo de la olla. Revuelva y haga una prueba de temperatura.
 - En el microondas: Revuelva bien y gire el plato con frecuencia para prevenir que algunas partes queden más calientes. Revuelva, deje enfriar por unos pocos minutos y haga una prueba de temperatura.

Make Your Own Fruit Smoothies

Smoothies can be easy, healthy, and made to your liking!



Fruit



Liquid



Thickener



Fruit Smoothie

Fruit (1/2 -1 cup sliced or chopped per smoothie – fresh or frozen)	+	Liquid (to 1 cup per smoothie)	+	Optional Flavorings (up to 1/2 tsp. per smoothie)	+	Thickener (up to 1/2 cup per smoothie)
Bananas		Apple juice, 100% juice		Ground cinnamon		Ice
Strawberries		Orange juice, 100% juice		Vanilla extract or flavor		Low-fat or nonfat yogurt (plain or frozen)
Raspberries, whole		Cranberry juice, 100% juice		Zest from lemon, lime, or orange		Frozen low-fat or nonfat yogurt
Blueberries, whole		Low-fat or nonfat milk, plain or flavored		Coconut flakes, unsweetened		Silken tofu
Peach		Soy milk, plain or flavored		Honey or maple syrup		
Mango		Almond milk				
Pineapple						

Try these combos!

Very Berry:

1/2-cup mixture of strawberry, blueberry, and raspberry + 1/2 cup apple juice + 1/4 cup plain yogurt + 1 tsp honey + 1/4 cup ice

Banana-Honey:

1/2 cup sliced, frozen banana + 1/4 cup apple juice + 1/4 cup nonfat milk + 1/4 cup plain yogurt + 1 tsp honey

Triple-C Blaster:

1/2-cup mixture of mango and papaya + 1/2 cup orange juice + 1/4 cup nonfat vanilla yogurt + 1 tsp honey + 1/4 cup ice

Tropical Sunrise:

1/2-cup mixture of banana and mango + 1/2 cup low-fat milk + 1/2 tsp coconut flakes + 1/4 cup nonfat yogurt + 1/4 cup ice

Chef's Tips:

- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.

Make Food Fun! – Smoothies

Easy and fast tips for making food fun for kids.



Freeze leftover smoothie for a frozen treat!

Tips and Tricks:

If you freeze leftover fruit before it goes bad, this is a great way to use it up.

Tips and Tricks:

Kids can choose the fruits that go into the smoothie and depending on what you add, can guess the color that it will become once blended.

Layer different flavors of smoothies to make a rainbow or design.



Eat your smoothie with a spoon! Put the smoothie in a bowl, top with your favorite fruit or crunchy snacks.

Tips and Tricks:

Smoothies are a good way to get lots of nutrients along with calories from a drink, instead of drinking sugary beverages with lots of calories but little nourishment.

Haga su propio batido de frutas

¡Los batidos son fáciles, saludables y se pueden hacer a su gusto!



Frutas



Líquido



Espesador



Batido de frutas

Fruta (½ a 1 taza, rebanada o picada, por batido - fresca o congelada)	+	Líquido (½ a 1 taza por batido)	+	Sabores opcionales (hasta ½ cucharadita por batido)	+	Espesador (hasta ½ taza por batido)
Bananas		Jugo 100% de manzana		Canela molida		Hielo
Fresas		Jugo 100% de naranja		Extracto o sabor de vainilla		Yogur bajo en grasa o descremado (regular o congelado)
Frambuesas enteras		Jugo al 100% o de azúcar reducido de arándano rojo		Ralladura de limón, lima o naranja		Helado de yogur bajo en grasa o descremado
Arándanos enteros		Leche baja en grasa o descremada, regular o con sabor		Hojuelas de coco, sin azúcar		Tofu blando
Duraznos		Leche de soya, regular o con sabor		Miel o jarabe de arce		
Mango						
Piña		Leche de almendras				

Prueben estas combinaciones!

Montones de bayas:

½ taza de mezcla de fresas, arándanos y frambuesas +
½ taza de jugo de manzana + ¼ de taza de yogur regular + 1 cucharadita de miel + ¼ de taza de hielo.

Banana con miel:

½ taza de bananas congeladas rebanadas + ¼ de taza de jugo de manzana + ¼ de taza de leche descremada + ¼ de taza de yogur regular + 1 cucharadita de miel.

Triple Carga "C":

½ taza de mezcla de mango y papaya + ½ taza de jugo de naranja + ¼ de taza de yogur de vainilla descremado + 1 cucharadita de miel + ¼ de taza de hielo.

Amanecer tropical:

½ taza de mezcla de banana y mango + ½ taza de leche baja en grasa + ½ cucharadita de hojuelas de coco + ¼ de taza de yogur descremado + ¼ de taza de hielo.

Consejos del chef:

- Usen leche, tofu o yogur para crear un batido más cremoso.
- Si piensan agregar frutas congeladas, usen menos hielo o no usen hielo.
- Congelen rebanadas de frutas que estén muy maduras y úsenlas en batidos.

¡Haga que la comida sea divertida! - Batido de frutas



¡Congele las sobras de los batidos para tener un dulce helado!

Consejos y Trucos:

Si congela la fruta que le sobre antes de que se ponga mala, es una forma fantástica de usarla.

Consejos y Trucos:

Los niños pueden elegir qué frutas poner en el batido y, dependiendo de lo que eche, pueden adivinar de qué color saldrá el batido.

Eche capas de diferentes sabores de batidos para hacer un arcoíris o un diseño.



¡Cómase el batido con una cuchara! Póngalo en un cuenco, eche por encima su fruta o botanas crujientes favoritas.

Consejos y Trucos:

Los batidos son una buena forma de incluir muchos nutrientes con las calorías en una bebida en lugar de tomar bebidas azucaradas que tienen muchas calorías, pero poca sustancia.

COOKING MATTERS®

Feeding in the First Year: Caregiver Handouts



Feeding Through the Stages

Learn to tell when your child is hungry or full.

Development Stage	Newborn	Head Up	Supported Sitter	Independent Sitter	Crawler	Beginning to Walk	Toddler
Physical Skills	<ul style="list-style-type: none"> Needs head support 	<ul style="list-style-type: none"> Improved head control 	<ul style="list-style-type: none"> Sits with help or support On tummy, pushes up on arms with straight elbows 	<ul style="list-style-type: none"> Sits independently Can pick up and hold small object in hand Leans toward food or spoon 	<ul style="list-style-type: none"> Learns to crawl May pull self to stand 	<ul style="list-style-type: none"> Pulls self to stand Stands alone Takes early steps 	<ul style="list-style-type: none"> Walks well alone Runs
Eating Skills	<ul style="list-style-type: none"> Establishes a suck-swallow-breathe pattern during breast or bottle feeding 	<ul style="list-style-type: none"> Breastfeeds or bottle feeds Tongue moves forward and back to suck 	<ul style="list-style-type: none"> Moves pureed food forward and backward in mouth with tongue to swallow Recognizes spoon and holds mouth open as spoon approaches 	<ul style="list-style-type: none"> Begins to eat mashed foods Learns to keep thick purees in mouth Tries to rake foods toward self into fist Can transfer food from one hand to the other Can drink from a cup held by feeder 	<ul style="list-style-type: none"> Beings to eat ground or finely chopped food and small pieces of soft, cooked table food Feeds self easily with fingers Can drink from a straw Can hold cup in with 2 hands and take swallows Dips spoon in food rather than scooping Demands to spoon-feed self 	<ul style="list-style-type: none"> Beings to eat chopped food and small pieces of soft, cooked table food Feeds self easily with fingers Can drink from a straw Can hold cup in with 2 hands and take swallows Dips spoon in food rather than scooping Demands to spoon-feed self 	<ul style="list-style-type: none"> Chews and swallows firmer foods skillfully Learns to use a fork for spearing Uses spoon with less spilling Can hold cup in one hand and set it down skillfully
Baby's Hunger Cues	<ul style="list-style-type: none"> Wakes and tosses Sucks on fist Cries or fusses Opens mouth during feeding indicating desire to continue 	<ul style="list-style-type: none"> Cries or fusses Smiles, gazes at caregiver, or coos during feeding to indicate desire to continue 	<ul style="list-style-type: none"> Moves head forward to reach spoon when hungry May swipe food toward mouth when hungry 	<ul style="list-style-type: none"> Reaches for spoon or food Points to food 	<ul style="list-style-type: none"> Reaches for food Points to food Shows excitement when food is presented 	<ul style="list-style-type: none"> Expresses desire for specific foods or sounds 	<ul style="list-style-type: none"> Combines phrases with gestures, such as "want that" and pointing Can lead parent to refrigerator and point to a desired food or drink
Baby's Fullness Cues	<ul style="list-style-type: none"> Seals lips together Turns head away Decreases or stops sucking nipple Decreases or stops sucking nipple or falls asleep 	<ul style="list-style-type: none"> Decreases rate of sucking or stops sucking Spits out nipple 	<ul style="list-style-type: none"> Turns head away May be distracted or notice surroundings more 	<ul style="list-style-type: none"> Eating slows down Pushes food away 	<ul style="list-style-type: none"> Eating slows down Clenches mouth shut or pushes food away 	<ul style="list-style-type: none"> Shakes head to say "no more" 	<ul style="list-style-type: none"> Uses words like "all done" and "get down" Plays with food or throws food

La alimentación en las diferentes etapas

Aprenda cuáles alimentos y texturas son apropiados para su niño.

Etapa de desarrollo **Recién nacido** **Levanta la cabeza** **Se sienta con ayuda** **Se sienta sin ayuda** **Gatea** **Empieza a caminar** **Entre 1 y 3 años**

Habilidades físicas	<ul style="list-style-type: none"> Necesita apoyo para la cabeza 	<ul style="list-style-type: none"> Controla mejor la cabeza 	<ul style="list-style-type: none"> Se sienta con ayuda o apoyo Cuando está boca abajo, se levanta apoyado en los brazos, sin doblar los codos 	<ul style="list-style-type: none"> Se sienta solo Puede agarrar objetos pequeños y sostenerlos en la mano Se inclina hacia los alimentos o la cuchara 	<ul style="list-style-type: none"> Aprende a gatear Puede hallar la forma de pararse 	<ul style="list-style-type: none"> Puede hallar la forma de pararse Se para solo Da sus primeros pasos 	<ul style="list-style-type: none"> Camina bien solo Corre 	
Habilidades para comer	<ul style="list-style-type: none"> Establece un patrón para succionar y tragar cuando lo amamantan o le dan el biberón 	<ul style="list-style-type: none"> Toma leche materna o enbiberón Mueve la lengua hacia adelante y hacia atrás para succionar 	<ul style="list-style-type: none"> Puede escupir los alimentos con la lengua, lo cual deja de hacer a medida que crece Mueve con la lengua la papilla que tiene en la boca para tragarla Reconoce la cuchara y mantiene la boca abierta cuando ve que se acerca 	<ul style="list-style-type: none"> Aprende a mantener papillas espesas en la boca Baja la cabeza y usa el labio superior para deslizar la comida de la cuchara Trata de agarrar y traer los alimentos hacia él con el puño Puede pasar la comida de una mano a la otra Puede beber de una tacita que alguien sostiene 	<ul style="list-style-type: none"> Empieza a comer alimentos molidos o picados finamente y alimentos blandos en pedacitos Empieza a utilizar la mandíbula y la lengua para machacar la comida Juega con la cuchara a la hora de comer, puede llevársela a la boca, pero no la usa para comer Puede comer alimentos que pueda sostener en la mano Sostiene la tacita por sí mismo 	<ul style="list-style-type: none"> Empieza a comer alimentos picados y pedacitos de alimentos blandos y alimentos sólidos cocinados Come por sí mismo con los dedos Puede beber usando un popote o pajilla Puede sostener la tacita con las dos manos y tomar sorbos Mete la cuchara en la comida, pero no recoge alimentos con ella Exige comer con la cuchara por su propia cuenta 	<ul style="list-style-type: none"> Mastica y traga mejor alimentos más duros Aprende a usar un tenedor para pinchar Utiliza la cuchara sin botar tanto Puede sostener mejor la tacita con una mano y volver a colocarla donde estaba 	
Pistas que indican cuando el bebé tiene hambre o está lleno	<ul style="list-style-type: none"> Se despierta y da vueltas en la cuna Se chupa el puño Llora o se inquieta Abre la boca, cuando lo alimenta, indicando que quiere comer más 	<ul style="list-style-type: none"> Llora o se inquieta para dejar saber que tiene hambre Sonríe, mira fijamente a quien lo cuida, o hace gorgoritos mientras come Indicando que quiere comer más Suelta el pezón o se queda dormido Deja de succionar cuando está lleno 	<ul style="list-style-type: none"> Mueve la cabeza hacia adelante para acercarse a la cuchara cuando tiene hambre Puede apresurarse para llevar la comida a la boca cuando tiene hambre Voltea la cabeza para rechazar la cuchara cuando está lleno Puede distraerse o mirar más a su alrededor cuando está lleno 	<ul style="list-style-type: none"> Trata de agarrar la cuchara o la comida cuando tiene hambre Señala la comida cuando tiene hambre Demuestra entusiasmo cuando ve la comida si tiene hambre Aprieta la boca o empuja la comida cuando está lleno Come más despacio cuando está lleno 	<ul style="list-style-type: none"> Trata de agarrar la comida cuando tiene hambre Señala la comida cuando tiene hambre Demuestra entusiasmo cuando ve la comida si tiene hambre Aprieta la boca o empuja la comida cuando está lleno Come más despacio cuando está lleno 	<ul style="list-style-type: none"> Trata de agarrar la cuchara o la comida cuando tiene hambre Señala la comida cuando tiene hambre Demuestra entusiasmo cuando ve la comida si tiene hambre Aprieta la boca o empuja la comida cuando está lleno Come más despacio cuando está lleno 	<ul style="list-style-type: none"> Trata de agarrar la cuchara o la comida cuando tiene hambre Señala la comida cuando tiene hambre Demuestra entusiasmo cuando ve la comida si tiene hambre Aprieta la boca o empuja la comida cuando está lleno Come más despacio cuando está lleno 	
Pistas que indican cuando el bebé está lleno	<ul style="list-style-type: none"> Cierra la boca y aprieta los labios hacia otro lado Succiona poco o deja de succionar Suelta el pezón o se queda dormido 	<ul style="list-style-type: none"> Disminuye el ritmo de succión o deja de succionar Suelta el pezón 	<ul style="list-style-type: none"> Voltea la cabeza hacia otro lado Puede distraerse o se fija más en su entorno 	<ul style="list-style-type: none"> Come más despacio Aleja la boca o aleja la comida 	<ul style="list-style-type: none"> Come más despacio Aprieta la boca o aleja la comida 	<ul style="list-style-type: none"> Come más despacio Aprieta la boca o aleja la comida 	<ul style="list-style-type: none"> Mueve la cabeza para decir "no más" 	<ul style="list-style-type: none"> Usa palabras como "terminé" y "quiero bajarme" Juega con la comida o la tira cuando está lleno

Sizing Up Safety

Little mouths and lots of energy put kids at greater risk of choking. Know how to keep your child safe.

Steps to make mealtime safe:

- Have children serve themselves small amounts at a time.
- Stay with children while they are eating. Watch them closely.
- Ask your kids to:
 - Sit up. Never allow a child to eat while lying down, walking, or running.
 - Stay calm. Encourage children to keep calm. No yelling or horseplay while eating.
 - Eat slowly. Encourage children to eat one bite at a time.
- Prepare foods in a way that is safe for your child. The chart below tells you how.

Choking Risk	Examples	Safe Solution
Shape		
Marble-sized or round foods can get stuck in a child's throat.	<ul style="list-style-type: none"> • Dried fruit • Hot dog 	Cut into short strips rather than round pieces.
Smooth and Slippery		
Smooth foods can slip down a child's throat before they have a chance to chew.	<ul style="list-style-type: none"> • Cherry tomatoes • Cooked pasta 	Quarter the food or chop into small pieces.
Sticky		
Sticky foods can "ball up" in the airway and get stuck.	<ul style="list-style-type: none"> • Peanut butter • Fruit roll-ups 	Spread thinly on crackers or bread. Or, cut into small pieces.
Hard to Chew		
Foods that take a long time to chew or are hard to break down can get stuck.	<ul style="list-style-type: none"> • Bagels • Large pieces of meat 	Cut into small pieces.
Hard and Crisp		
Foods that break into chunks may slip into the throat before they are chewed.	<ul style="list-style-type: none"> • Pretzels • Chips • Raw carrots • Other raw vegetables 	Cook until soft enough to pierce with a fork. Or, break into small pieces.

La seguridad ante todo

Sus bocas pequeñas y mucha energía ponen a los niños en un mayor riesgo de atragantarse. Aprenda cómo proteger a su niño.

Pasos para hacer que la hora de la comida sea segura:

- Haga que los niños se sirvan ellos mismos pequeñas cantidades a la vez.
- Permanezca con los niños mientras comen. Vigílelos atentamente.
- Pídale a sus niños que:
 - Se sienten. Nunca permita a un niño comer mientras esté acostado, caminando o corriendo.
 - Permanezcan tranquilos. Anime a los niños a mantenerse tranquilos. Que no haya gritos ni juegos bruscos mientras comen.
 - Coman despacio. Anime a los niños a comer un bocado a la vez.
- Prepare alimentos de una manera que sea segura para sus niños. La tabla a continuación le dice cómo hacerlo.

Riesgo de atragantamiento	Ejemplos	Solución segura
Forma		
Los alimentos redondos o del tamaño de una canica pueden atascarse en la garganta del niño.	<ul style="list-style-type: none"> • Perros calientes (hot dogs) • Dulces duros • Fruta seca 	Corte en tiras pequeñas en vez de pedazos redondos.
Suave y resbaloso		
Los alimentos suaves pueden deslizarse por la garganta de un niño antes de que tengan oportunidad de masticarlos.	<ul style="list-style-type: none"> • Tomates cereza • Pasta cocida 	Parta el alimento en cuatro partes o píquelos en pedacitos.
Pegajoso		
Los alimentos pegajosos, por su consistencia, pueden juntarse formando una bola y atorarse en las vías respiratorias.	<ul style="list-style-type: none"> • Mantequilla de cacahuete • Láminas de dulce con sabor a fruta (fruit roll-ups) • Malvaiscos 	Ponga en capas delgadas sobre galletas de sal o pan. O córtelos en pedacitos.
Duro de masticar		
Los alimentos que toman mucho tiempo para masticar o son duros de partir pueden atascarse.	<ul style="list-style-type: none"> • Bagels • Carne seca o cecina (beef jerky) • Pedazos grandes de carne 	Corte en pedacitos.
Duro y crujiente		
Los alimentos que se rompen en pedazos pueden resbalar a la garganta antes de haberlos ser masticados.	<ul style="list-style-type: none"> • Pretzels • Chips • Zanahorias crudas • Otras verduras crudas 	Cocine hasta que esté lo suficientemente blando para pinchar con un tenedor. O pártalos en pedacitos.

Understanding Food Allergies

What is a food allergy?

A food allergy is a reaction that happens when the body's immune system mistakes a food for something harmful.

What is a food allergy?

Any food can cause a reaction, but the 8 most common causes are:

- Milk
- Eggs
- Peanuts
- Tree nuts (cashews, walnuts, etc.)
- Fish
- Shellfish
- Soy
- Wheat

Children often outgrow allergies to milk, eggs, soy, and wheat. Allergies to peanuts, tree nuts, and fish usually last. Shellfish allergies often start later in childhood or adulthood.

What are the common symptoms of a food-allergic reaction?

Common symptoms include:

- Tingling sensation in the mouth
- Swelling of the tongue and the throat
- Difficulty breathing
- Hives
- Vomiting
- Abdominal cramps
- Diarrhea

Symptoms usually start within minutes of eating the food, and rarely more than two hours later. Most symptoms are just uncomfortable, but some people can have severe, life-threatening reactions.

How can I know if my child has a food allergy?

When it's time for your infant to have solid foods, offer one new food at a time to see how he or she reacts. Wait a few days before offering another new food.

If you think your child may have a food allergy, it is crucial to work with your pediatrician to find out which food(s) causes the allergic reaction.

Where can I get more information?

American Academy of Allergy, Asthma & Immunology (AAAAI)
www.aaaai.org

The Food Allergy & Anaphylaxis Network
www.foodallergy.org

Para entender las alergias a los alimentos

¿Qué son las alergias a los alimentos?

Una alergia a un alimento es una reacción que sucede cuando el sistema inmunológico del cuerpo confunde a un alimento con algo perjudicial.

¿Qué alimentos causan alergias?

Cualquier alimento puede causar una reacción alérgica, pero las 8 causas más comunes son:

- Leche
- Huevos
- Cacahuates o maní
- Nueces (nueces de la India, nueces de Castilla, etc.)
- Pescado
- Mariscos
- Soya
- Trigo

¿Dónde puedo obtener mayor información?

American Academy of Allergy, Asthma & Immunology (AAAAI)
www.aaaai.org

The Food Allergy & Anaphylaxis Network
www.foodallergy.org

Los niños a menudo superan con la edad las alergias a la leche, huevos, soya y trigo. Las alergias a los cacahuates o maní, nueces y al pescado generalmente son duraderas. Las alergias a los mariscos a menudo surgen más adelante, durante la infancia o edad adulta.

¿Cuáles son los síntomas comunes de una reacción alérgica a un alimento?

Los síntomas comunes incluyen:

- Sensación de picazón en la boca
- Hinchazón en la lengua y garganta
- Dificultad para respirar
- Urticaria o sarpullido
- Vómito
- Retortijones
- Diarrea

Los síntomas generalmente empiezan a los pocos minutos de ingerir el alimento y pocas veces después de dos horas de haberlo consumido. La mayoría de síntomas son sólo incómodos, pero algunas personas pueden tener reacciones graves que ponen en riesgo sus vidas.

¿Cómo puedo saber si mi niño es alérgico a algún alimento?

Cuando llegue la hora para que su niño coma alimentos sólidos, ofrézcale solamente un alimento nuevo a la vez para ver cómo reacciona. Espere unos pocos días antes de darle otro nuevo alimento.

Si cree que su niño pueda tener alguna alergia a los alimentos, es muy importante trabajar con su pediatra para determinar qué alimento o alimentos causan la reacción alérgica.

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Name of Participant or Volunteer (please print): _____

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Nombre del participante o voluntario (en letra de molde): _____

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