



Cooking Matters Core Evaluation Summary

Evidence Base

Cooking Matters Core is a set of lessons that was developed throughout 2022 and 2023 in collaboration with Cooking Matters participants and partners. The content is grounded in historic Cooking Matters curricula and adheres to the 2020-25 USDA Dietary Guidelines for Americans. It has not undergone research testing at this time. Information on the formative evaluation of the curriculum is available upon request.

Utilizing E-Surveys

Please note that Share Our Strength no longer requires implementers to record program activities in Salesforce, nor the use of Cooking Matters survey tools. The electronic (Qualtrics) version of the survey should only be used by organizations that have access to the Cooking Matters Salesforce environment. If your organization elects to use this version of this survey, you will need to have program records in Salesforce to retrieve the results. For information on adding Cooking Matters Core programs to Salesforce, please visit the [Help Desk](#).

The participant survey for Cooking Matters Core was designed using a panel of experts who determined its alignment with SNAP-Ed evaluation indicators. The included questions included in the survey were drawn from previously validated surveys. The survey then underwent cognitive testing with the assistance of former Cooking Matters participants. Unfortunately, pilot testing in a program setting was not completed before the discontinuation of the Cooking Matters program. While the survey is not fully validated it can still be of value in capturing pre- and post-program behaviors among participants.