



SHARE OUR STRENGTH'S
COOKING
MATTERS™
NO KID HUNGRY

What's Cooking with Cooking Matters

Summer Session Review

Greetings! We had an exciting summer here at Cooking Matters. With your help, we were able to continue to empower families and individuals with the necessary culinary and nutrition skills & knowledge to make healthy, delicious and affordable meals.



We had a total of 142 participants of all ages join us for our Cooking Matters classes. Here's the breakdown of our summer class series:

- 1 *Cooking Matters for Adults*
- 1 *Cooking Matters para Adultos*
- 3 *Cooking Matters for Kids*
- 5 *Cooking Matters for Teens*

Our overall graduation rate was 86% - this means that Cooking Matters at NTFB had yet another successful summer thanks to the dedication of our participants and volunteers!

Of our 10 sites,

- 60% of all sites had a graduation rate of 85% or higher
- 50% of new sites had a graduation rate of 85% or higher
- 75% of old sites had a graduation rate of 85% or higher

The overall highest graduation rate of 100% was achieved by Dallas County Youth Village. Of our 6 new sites, Bea's Kids was the most successful site with a graduation rate of 94%.

Contents

Program Highlights

Summer Session Review	1
Volunteer Appreciation	2
Classroom to Café	3

Updates & Announcements

Fall Trimester Schedule	4
Volunteer Needs & Opportunities	4
Group Volunteer Orientations	4
NTFB Rethink Hunger Campaign	4
Call for Contributors	4





Summer Session Review: Participant Stories

"I personally have been encouraged in class and feel more confident in my cooking skills and managing money."

Shelly, CitySquare

"This class prepared me for living on my own, so I can cook for myself and my family."

Bryan, Dallas County Youth Village

"Thanks for making cooking matter to me at this stage in my life."

Annie, CitySquare

"This class taught me that not only the taste of food matters, but that nutrition and incorporating all food groups matters."

Teen participant, Dallas County Youth Village

"I knew nothing about cooking before taking the class, now I can cook. The class was fantastic, just wonderful."

Lonnie, CitySquare

With the help of our volunteers, Cooking Matters served 142 participants in 10 different classes and achieved an overall graduation rate of 86% from May 2011 to July 2011.

Volunteer Recognition Summer 2010 to Spring 2011

2+ Classes

Meg Carstens
Kadie Devitt
Greg Engle
Terence Feeney
Chris George
Barbara Gollman
Michelle Johnson
Kay Kennedy
Penny Kent
Lauren Osborne
Araceli Vazquez

Rookie of the Year

Michelle Johnson

Nutrition Instructor of the Year

Lauren Osborne

Chef Instructor of the Year

Christopher George

Support Volunteer of the Year

Kadie Devitt

Event Planning Committee Members:

Aubla Clay Lauren Osborne
Kay Kennedy Stacey Galvez

Volunteer Appreciation

Each year, we honor our volunteers for their committed service and significant impact on the success of Cooking Matters. This year, we celebrated the support of our Cooking Matters volunteers on June 27th at Chocolate Secrets. Over 20 volunteers and guests joined us for refreshments, mingling, prizes and awards as newer volunteers got the opportunity to meet and hear the stories of experienced volunteers.

In addition to testimonials and awards, volunteers and guests received training on the new MyPlate.gov nutritional guidelines and the Cooking Matters Volunteer Gold Standards. Overall, the night was a refreshing time for all guests, volunteers, and Cooking Matters staff to grow as a team as we work together to fight hunger in the Dallas area.



We greatly appreciate our volunteers and look forward to working together as we move forward!

Classroom to Café

This summer, Cooking Matters staff was fortunate to attend a Café Momentum pop-up dinner catered by local chefs along with recent Cooking Matters graduates from Dallas County Youth Village. Eight of our most recent Cooking Matters graduates showcased impressive culinary skills as they prepared and presented a five-course meal for dinner guests.

Café Momentum is a nonprofit restaurant concept conceived by Parigi co-owners Chad Houser and Janice Provost to complement the ongoing horticulture and culinary arts programs of the Youth Village Resources of Dallas. At Café Momentum, the young men learn all aspects of the restaurant business, from washing dishes to waiting tables. They also work alongside a rotating roster of guest chefs from the Dallas area. Upon completion of the Youth Village program, the students in the culinary arts program can graduate to paid positions at Café Momentum's pop-up dinners, and, eventually, a restaurant. So far, three Youth Village graduates have gone on to find jobs in the restaurant business.



*"The young men see Cooking Matters as the playoffs...and Café Momentum as the Superbowl."
-Roy Gowan, Assistant Superintendent Dallas County Youth Village*



We are so proud of our graduates and the Dallas County Youth Village!

For more on Café Momentum and upcoming pop-up dinners, visit www.cafemomentum.org.



Group Volunteer Orientations

Cooking Matters staff will begin conducting group orientations this fall. These bi-monthly orientation sessions will be open to people interested in volunteering with Cooking Matters as well as current volunteers who would like a refresher on Cooking Matters basics. If you or someone you know would like to attend one of these group orientations, please contact the Nutrition Education Department. Below are the dates for the fall 2011 orientations:

- Monday, September 26th
- Saturday, October 8th
- Saturday, October 22nd
- Saturday, November 12th
- Monday, November 28th

NTFB Re-thinks Hunger

As part of the North Texas Food Bank's Re-think Hunger campaign, NTFB is expanding to operate out of three facilities. The newest facility, Dan Morton, will house the produce refrigerators and several departments, including the Nutrition Education Department. An open house will be scheduled for later this fall.



Fall Trimester Schedule

Site	Dates	Day & Time
John Carpenter Elementary	Sept 6 th - Oct 11 th	Tuesdays, 3:45 - 5:45pm
City Square	Sept 7 th - Oct 19 th	Wednesdays, 6:00 - 8:00 pm
Central Dallas Ministries Headstart	Sept 8 th - Oct 13 th	Thursdays , 6:00 - 8:00 pm
Dallas County Youth Village	Sept 9 th - Oct 14 th	Fridays , 3:30 - 5:30 pm
Lewisville Senior Activity Center	Sept 13 th - Oct 18 th	Tuesdays, 11:00 am - 1:00 pm
CCD, Together We Learn	Sept 15 th - Oct 20 th	Thursdays, 12:00 - 2:00pm
Moreno Elementary	Oct 3 rd - Nov 7 th	Mondays, 3:45pm - 5:45pm
Christian Community Action Center	Oct 4 th - Nov 8 th	Tuesdays, 5:30 - 7:30 pm
Cornerstone Crossroads Academy	Oct 7 th - Nov 18 th	Fridays, 12:00 - 2:00 pm
Charles Rice Learning Center	Oct 13 th - Nov 17 th	Thursdays, 5:30-7:30 pm

Volunteer Needs

Chef Instructor

- John Carpenter Elementary
- Charles Rice Learning Center

Classroom Manager

- CCD- Together We Learn

Nutrition Instructor

- Charles Rice Learning Center

Grocery Shopper

- John Carpenter Elementary

Short-term Opportunities:

- Recruitment & Networking
- Cooking Demos & Nutrition Workshops
- Administration Projects

Contact the Nutrition Education Department at nutrition@ntfb.org to get involved.

Call for Contributors!!

We would love to include your voice in our next newsletter. Your insight is invaluable to the success of our program and we'd love to give you the platform to share with others. We are looking for writers, interviews, stories, advice, recipes, and the like. Contact the Nutrition Education Department Cooking Matters staff to contribute.

