**Cooking Matters Course Content Delivery Feedback**

Course Code: 09-\_\_ \_\_ \_\_ - \_\_ \_\_ \_\_

Satellite Partner Agency:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Content Delivery:**

**\*Cooking Skills**

How to read a recipe

Hands-on cooking

Knife Skills

**\*Food Resource Management**

Meal Planning

Shopping with a list

Strategies to save at the store

Freezing foods

Stretching ingredients

**\*Food Safety**

Hand washing

Using a thermometer

Ways to avoid cross-contamination

**\*Nutrition**

MyPlate

Strategies to increase Fruit & Vegetable consumption

Choosing low-fat/fat-free dairy and lean meats

How to identify and increase consumption of whole grains

How to read food labels

Physical Activity

\*Did the course include any other nutrition topics or cooking skills not included in the Cooking Matters standard curriculum? **YES / NO** If YES, please explain additional topics or skills you included:

\*Did the course include any activities or enhancements not included in the Cooking Matters standard curriculum? **YES / NO** If YES, please explain what types of activities/enhancements you included:

**Cooking Matters Incentives**

\*Were take-home groceries provided to participants after each class? YES NO

\*Were graduation certificates provided at the end of the course? YES NO

\*Were graduation gifts (CM book & reusable shopping bags)

provided at the end of the course? YES NO

\*Were any other gifts or incentives provided during the course? YES NO

If yes, please list:

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\*Please list the recipes that were made each week, please briefly describe if there were any modifications of recipes and why:

Week 1:

Modifications? Why?

Week 4:

Modifications? Why?

Week 6:

Modifications? Why?

Week 5:

Grocery Tour Offered? YES  NO If NO, why not?

Recipes & modifications (if no CMATS)?

Week 3:

Modifications? Why?

Week 2:

Modifications? Why?

**Cooking Matters Course Content Delivery Feedback**

**Please share about your course experience as a facilitator or stories shared by participants about the impact of participating in Cooking Matters, their favorite experience during the course or any other notable experience you can share about the course:**

Oregon Food Bank may request facilitator feedback about your experience as a Cooking Matters facilitator. Feedback will be used to improve facilitator training materials, improve support provided to organizations offering Cooking Matters in your community and