**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