Cooking Matters Massachusetts
Employee Giving Drives

For full Employee Giving Drive resources, contact cooking
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Non-Perishable Food Drive
The following are commonly used ingredients in Cooking Matters classes. The food would be
used for classes and sent home with families in the weekly ingredient bags they receive to
practice their new recipes.

- Canola Oil (24 oz and 32 oz)
- Olive Oil (24 and 32 oz)
- Cooking Spray (6 oz) canola, olive, vegetable oil
- Beans (no salt added, 15 oz cans) black, pinto, garbanzo
- Canned Corn Kernels (no salt added, 15 oz)
- Canned Diced Tomatoes (no salt added, 15 oz)
- Natural Peanut Butter i.e. Teddie brand (18 oz)
- Brown Rice, Barley, Oats (16 oz or 18 oz)
- Whole wheat pasta, penne or rigatoni (16 oz)
- 100% Juice (non-refrigerated, 64 oz)
- Raisins and Unsalted Nuts
- $10 Stop & Shop/Shaw's/Market Basket/Price Chopper/Big Y gift cards

Knife Drive
When possible we like to provide every Cooking Matters adult graduate with a new chef knife. We
prefer to provide 6” chef or utility knives. Knives should not be serrated.

- 6” chef or utility knife
- 7” chef or santoku knife
- 8” chef knife
- Paring knife
Kitchen Utensil Drive

The following items are used as incentive items for class participants.

Vegetable peelers
Box graters
Dry measuring cup sets
Measuring spoon sets
Wooden spoons
Silicone spatulas

Gently Used Kitchen Supply Grab Box

Most of us have a pot, pan, spoon, or muffin tin that is in excellent condition but sits unused in our cabinets. At the graduation class we can bring a box of these collected items and let participants choose the one or two kitchen items that they most need. The following are commonly used items that many of the families we work with do not have.

8 inch, 10 inch, or 12 inch sauté pans
1 quart-10 quart pot
Baking sheets
Baking dishes (9x9 or 9x13)
Muffin tins
Box grater
Whisk
Wooden spoons
Silicone spatulas
Timer