



SHARE OUR STRENGTH'S
COOKING
MATTERS™
NO KID HUNGRY

Cooking Matters Massachusetts Employee Giving Drives

**For full Employee Giving Drive resources, contact cooking
cookingmattersma@strength.org**

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