Every Cooking Matters coordinator will have the following resources with them each week, aside from those that need to be requested ahead of time. These resources may be useful to enhance the lesson, react to participant questions, or provide additional information.

Please see the Coordinator Binder page if you wish to review any of these resources.

Food Product Samples
- Fruits and Vegetables
- Grains
- Protein
- Dairy
- Miscellaneous

Portion Sizes
Translator Sheet – Spanish
Translator Sheet – Portuguese

Unit Pricing of Milk
MyPlate Poster

Additional Resources (printed by request)
- Parts of a grain
- MA WIC food guide
- Imagen de MiPlato