

During each session of our six-week Cooking Matters courses, participants prepare a healthy meal alongside volunteer Culinary Instructors. Every participant goes home with a bag of groceries to make the meal again with their families. The following pantry staples are commonly used in our classes:

Canola Oil (24 oz or 32 oz)

Olive Oil (24 or 32 oz)

**Cooking Spray (6 oz) - canola, olive, or vegetable oil**

**Canned Beans (no salt added, 15 oz) - black, pinto, or garbanzo**

Canned Corn Kernels (no salt added, 15 oz)

**Canned Diced Tomatoes (no salt added, 15 oz)**

Canned Tomato Sauce (no salt added, 8 oz, or 15 oz)

Brown Rice, Barley, Oats (16 oz or 18 oz)

**Whole wheat pasta (any shape – check the label for ‘whole’ in the first ingredient!)**

**Spice jars – oregano, cinnamon, cumin, Mrs. Dash**

**\$10 gift cards to Stop & Shop/Shaw’s/Market Basket/Hannaford**

**Bolded** items are top requested items

Share Our Strength’s Cooking Matters campaign is ending hunger by inspiring families to make healthy, affordable food choices. Our programs teach parents and caregivers with limited food budgets to shop for and cook healthy meals.

Donate  
pantry  
staples to  
Cooking  
Matters!