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.