

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