COOKING MATTERS AT THE STORE

Presented by YWCA Tri-County Area's Youth Empowerment Program team

PROGRAM DETAILS

Families on a tight budget say the cost of groceries is the biggest barrier to making healthy meals at home. Smart shopping skills can help overcome that barrier.

The aim of the program is to empower individuals and families to stretch their food budget so everyone gets healthy meals at home. This program has taken place on-site at a grocery store, as a pop-up shop at the mall, conference, expo or school. It can also be run as a one-time 1 – 1.5 hr program.

During the session, participants are empowered with four key food skills:
- Reading food labels
- Comparing unit prices
- Understand how grocery stores are organized
- Finding whole grain foods and hidden sugars
- Identifying where and how to purchase healthy foods

PROGRAM PRICING

Cost per participation:
- 0-12 participants = $100
- 13-24 participants = $125
- 25+ participants = $145

Scholarships and payment plans available! If you have a need, you qualify!

QUESTIONS?

Please contact Kelly Earnshaw, Youth Empowerment Program Manager, at kearnshaw@ywcatricountyare.org or 610-323-1888 ext. 252

YWCA Tri-County Area’s (YW3CA) Youth Empowerment Program uses Cooking Matter’s curricula to provide in-person nutrition education that equips participants with the skills to shop strategically and choose healthier foods in order to prepare balanced meals.

Through No Kid Hungry’s nutrition education program, the Cooking Matters campaign, the focus is in helping parents and caregivers learn how to shop for and cook healthy, affordable meals.

No Kid Hungry is a national campaign run by Share Our Strength, a nonprofit working to solve problems of hunger and poverty in the United States and around the world.

YOUTH EMPOWERMENT PROGRAM DEPARTMENT

YW’s Youth Empowerment Program (YEP) has four full-time staff, all of whom are experienced youth educators working with youth in community settings. With over 20 years combined experience serving girls and youth, the YEP team is dedicated to providing inclusive, comprehensive social emotional education to youth from preschool to 12th grade and beyond.

Youth Empowerment Program facilitators completed the Training Program conducted by Share Our Strength for the Cooking Matters Campaign. YEP is proud to partner with Share our Strength using their curricula as a tool for instilling healthy habits in families both at the YWCA and in the community.