Family Cooking Matters is a program focused on physical education, stress reduction techniques, and nutrition education. Through direct instruction about nutrition, cooking techniques, and meal preparation, the goal is for families and children to learn about eating a variety of healthy foods, how to listen to their body’s nutrition needs, and to start to recognize foods that are better choices for a healthy body.

Family Cooking Matters will be offered to parents and children in 1.5 hour classes. Family Cooking Matters also incorporates family movement and stress reduction, demonstrating various ways of including exercise and fitness in their daily routines at home, and introducing them to stress management techniques they can practice on their own. Each class will engage participants in instructed movement such as yoga, games, and aerobic activities, promoting cardiovascular health and the importance of regular movement and exercise.

Following movement education, the parents and children plan and prepare healthy meals and snacks together. The menus chosen increase families’ familiarity with fruits, vegetables and whole grains. Instruction around kitchen utensils and tools is included during meal preparation.

Each class, participants will receive a healthy, nutritious meal, free fitness instruction, incentives and takeaways including recipe cards and a family movement calendar. Additionally, families are encouraged to connect with other each other, thus building community support among participants.

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