

**We feed. We teach. We grow.**  
*"Give a man a fish. Teach a man to fish. Stock the pond for all."*

## Inter-Faith Food Shuttle



**SHARE OUR STRENGTH'S COOKING MATTERS NO KID HUNGRY**

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 ConAgra Foods Foundation Walmart

**Cooking Matters at the Store:  
 Satellite Partner Facilitator Training  
 Module 1: Program Overview**




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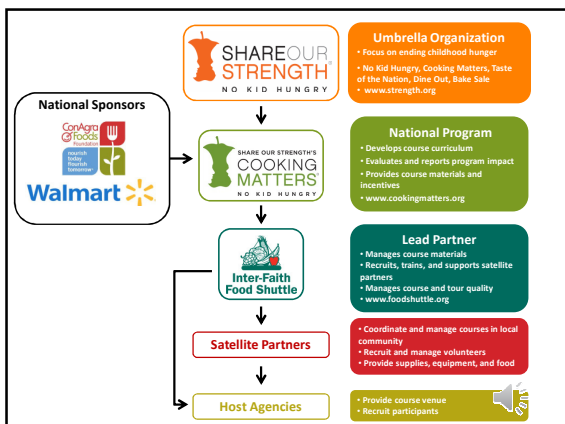
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LOW-INCOME FAMILIES THAT REGULARLY  
**PLAN MEALS, WRITE GROCERY LISTS  
AND BUDGET FOR FOOD**



**MAKE HEALTHY MEALS  
MORE OFTEN (5+ TIMES A WEEK)  
THAN THOSE WHO DON'T**

Source: Share Our Strength's Cooking Matters

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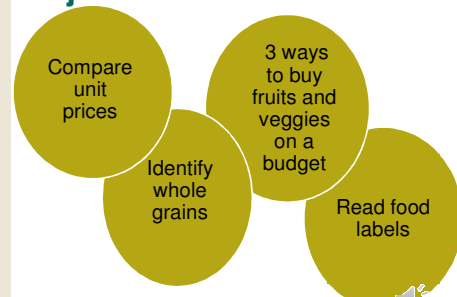
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### 4 Research-Based Objectives



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### Facilitated Dialogue

- Group teaching involving active participation of both learner & educator
- Recognizes participants are 'experts' in their own lives
- Involves sharing & comparing of experiences
- Creates a safe environment for participants to consider changing behaviors



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**Take a Break!**  
**Next Up: Module 2**



Inter-Faith  
Food Shuttle



SHARE OUR EXPERIENCES  
COOKING  
MATTERS  
NO ONE HUNGRY



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