

COOKING MATTERS

This is an addendum to the March 2015 WISEWOMAN Manual

Cooking Matters

Cooking Matters for Adults (“Cooking Matters”) is an approved lifestyle program for the Colorado WISEWOMAN Program.

Cooking Matters is an interactive course that teaches adults how to plan and budget for healthy, affordable and delicious meals. These are hands-on, participatory classes that create self-efficacy and are free of charge to all participants.

Referral to Cooking Matters

Cooking Matters is most appropriate for WISEWOMAN clients who:

- Indicate a readiness to change
- Agree Cooking Matters is an appropriate healthy behavior support option
- Present with at least one of the following:
 - Pre-disease level value
 - One disease level value
 - One alert level value
 - Normal lab values and simultaneously disclose one or more behavioral risks

Refer to the CDPHE WISEWOMAN Service Delivery Flow Diagram for pre-disease level, disease level and alert level values for cholesterol, glucose, blood pressure and body mass index (BMI). Behavioral risks can be disclosed in the Patient Information form, which collects information on medical history and current health behaviors.

Cooking Matters Fundamentals

Cooking Matters is a hands-on, interactive course, focused on empowering eligible participants with the skills they need to stretch their food dollars, and maximize the benefits received through public nutrition programs like the Supplemental Nutritional Assistance Program (SNAP) or Special Supplemental Nutrition Program for Women, Infants and Children (WIC). Founded in 1993, the program equips participants with the tools and information necessary to move toward a healthier lifestyle. The program covers topics such as meal preparation, grocery shopping, food budgeting, nutrition, physical activity, food safety and other factors contributing to an overall healthy lifestyle. Participants take home a bag of groceries at the end of each class

that allows them to practice the knowledge and skills acquired through the Cooking Matters curriculum in their home and work place.

Session Dosage and Delivery

Cooking Matters is a six week program consisting of one class per week. Each class lasts approximately two hours and is taught by a team of volunteers, including a chef and a nutrition educator. During each class the participants prepare recipes with a focus on various nutrition principles.

Clients must participate in a minimum of four of the six classes to be considered to have completed Cooking Matters.

A variety of learning styles are incorporated into the lessons through the use of handouts, discussions, facilitated dialogue, demonstrations and hands-on performance of skills learned during class. The curriculum is written for participants who may have a low literacy level.

Content of the six Cooking Matters sessions:

Session One:

- Discuss USDA's MyPlate (www.choosemyplate.gov) as a useful guide for making healthy choices each day
- Review MyPlate themes
 - the five food groups
 - the importance of variety within each food group
 - introduction to portion recommendations and
 - making healthy choices when eating mixed dishes
- Practice reading food labels
- Discuss using recipes as a framework to save money and improve health
- Practice proper hand washing and basic knife safety
- Prepare recipes with foods from multiple food groups

Session Two:

- Discuss the benefits of choosing fruits, vegetables and whole grains
- Discuss ways to enjoy a variety of fruits and vegetables
- Discuss the use of different forms of fruits and vegetables (fresh, frozen and canned)
- Practice identifying cups of fruits and vegetables and ounces of whole grains
- Practice identifying whole grain foods by reading label ingredient lists
- Review the food safety practices of
 - wiping down the tops of cans,
 - inspecting frozen foods
 - rinsing fresh produce

- Prepare recipes using whole grains and different forms of fruits and vegetables

Session Three:

- Discuss healthier snack choices and practice reading food labels of typical snack foods
- Discuss saturated and unsaturated fats and how to identify them
- Review the benefits of choosing fat-free or low-fat dairy and lean proteins
- Practice identifying cups of dairy and ounces of protein
- Review tips for safely shopping for and storing perishable foods
- Prepare recipes for healthier versions of popular convenience foods

Session Four:

- Discuss the benefits of planning meals in advance and shopping with a list
- Practice meal planning
- Discuss ways to eat breakfast more often
- Practice identifying healthy breakfasts that can be made in five minutes or less
- Discuss the use of herbs and spices to add flavoring to food without salt
- Review safe ways to defrost frozen foods
- Prepare recipes using herbs and spices instead of salt and/or healthy breakfast foods

Session Five:

- Grocery Store Tour and \$10 challenge:
 - A guided shopping experience to practice and expand on skills learned in class regarding saving money on food and making healthier choices
- Practice comparing unit prices and label reading
- Choose specific examples of food products to reinforce previous lessons
- Practice selecting healthy food choices for \$10 or less using a gift card to purchase those foods on the day of the tour
- Discuss safe food handling and storage practices after shopping

Session Six:

- Review label reading while examining the amount of sugar in a variety of beverages
- Discuss healthier beverage choices
- Taste a variety of healthy beverages
- Discuss the benefits of regular physical activity, ways to enjoy regular physical activity and ways to be physically active more often
- Review key nutrition, cooking, food safety and food budgeting lessons
- Celebrate participant's success in selecting and preparing healthy, low-cost foods with a final cooking activity and a graduation ceremony

Provision of Cooking Matters

Note: WISEWOMAN agencies must obtain CDPHE approval prior to providing Cooking Matters classes.

WISEWOMAN agencies are not required to offer Cooking Matters as a lifestyle program. Agencies that do want to offer Cooking Matters must sub-contract with Cooking Matters Colorado. Each agency is responsible to negotiate payment rates with the organization and agree to contract and host responsibilities through subcontracts or memoranda of understanding. Cooking Matters Colorado contact information can be found at co.cookingmatters.org

Cooking Matters Colorado requires the WISEWOMAN agency to provide a physical meeting space and kitchen space. A commercial kitchen, although appreciated, is not required – as long as there is space for food prep and instruction and hot running water. Cooking Matters will provide all equipment, class books, educational materials, food used in class and groceries sent home with participants. Additional requirements of the WISEWOMAN agency include providing an accessible space where all participants can actively engage in food preparation, conversation and a shared meal. Agencies may be able to identify a convenient space within their organization or may need to seek space elsewhere, but it is the sole responsibility of the WISEWOMAN agency, as a Cooking Matters community partner, to provide kitchen and classroom space, interpreters, childcare and transportation, when needed.

Cooking Matters is designed to be taught and/or led by professional volunteers including a chef and a nutritionist. Cooking Matters will arrange the volunteers and WISEWOMAN agency staff must assist during the classes.

Client Follow-Up and Program Assessment

WISEWOMAN agency staff must monitor weekly participant involvement in the Cooking Matters course. The WISEWOMAN agency staff must contact the participant if a class is missed to determine if the participant is experiencing any barriers preventing them from attending. Staff should provide resources to overcome barriers when appropriate.

Surveys provided by Cooking Matters are administered at the beginning and end of the six week course to identify behavior change of the participants.

WISEWOMAN agency staff must conduct a follow-up assessment with all clients within four weeks of completion of the Cooking Matters course as outlined in the Follow-Up Assessment section of the WISEWOMAN Colorado Program Manual.

Reimbursement for Cooking Matters

Participating WISEWOMAN agencies will be reimbursed for each Cooking Matters session a client completes according to the WISEWOMAN Bundled Payment System. The WISEWOMAN Bundled Payment System can be found on the WISEWOMAN website at <https://www.colorado.gov/cdphe/wisewoman-provider-resources>

The WISEWOMAN Bundled Payment System is based on an average rate of \$385 per clients for six classes (excluding the screening visit). This includes some funding for incentives and reduction of barriers (for example: assisting with transportation costs).