

Share our Strength (Shopping/Cooking Matters)

Overview



- **Program Objective:** To offer instruction that empowers families to purchase and prepare healthier food on a budget
- **Point of Contact:** OSD/MC&FP
- **Total Force Fitness Domains:** Nutritional, Physical

Program Description



The Share our Strength Initiative is a program that seeks to empower families to purchase and prepare healthier food on a budget through Cooking Matters at the Store grocery store tours and/or Cooking Matters signature courses. The cooking course is 6 weeks long with the 5th week class consisting of the grocery store tour. Also, the grocery store tours will be offered independently of the cooking class. The target size will be 8-15 people per tour.

Anticipated Impact on Population Health at Installation



Share Our Strength proposes to increase the availability of high-quality, skills-based nutrition education for service and family members, and advance the goals of the Healthy Bases Initiative by:

- Engaging military families and caregivers in Cooking Matters at the Store grocery tours and/or Cooking Matters signature courses;
- Employing evidence-based curricula and providing high-quality data and metrics to measure behavior change; and,
- Uniting the Department of Defense, the Bipartisan Policy Center (BPC), and Share Our Strength in the fight against childhood obesity, hunger, and food insecurity.

Performance Measures



- Number of participants



Additional Information