

Cooking Matters comes to Southeast Georgia!

Concerted Services, Inc. in Southeast Georgia has teamed up with Open Hand Atlanta to present Cooking Matters courses to the senior citizens and low-income residents receiving services through our county service centers. Center Coordinators in Appling, Atkinson, Bacon, Bulloch, Brantley, Candler, Charlton, Clinch, Coffee, Effingham, Evans, Jeff Davis, Long, Pierce, Tattnall, Toombs, Ware, and Wayne counties will be coordinating with Cooking Matters instructors to provide courses in their centers throughout the year.

Planning for and preparing nutritious meals that support a proper diet is a challenge. Combining this challenge with limited income or specific dietary needs resulting from a medical condition can make it seem impossible. Cooking Matters tackles this challenge over the course of 6 weeks by teaching participants to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. Classes are held once a week featuring hands-on instruction and ending with a family meal of the recipe presented.

Prior to graduation, participants attend one class in a grocery store to learn real-life application of their skills. The instructor tours the grocery store with the class and shows them techniques including reading nutrition labels to compare salt and sugar content, the differences between white and wheat bread, how to get the most meals per serving, and if a BOGO (buy one, get one) offer is really a good deal.

Our seniors that have completed the Cooking Matters course to date have really enjoyed their experience and the information they've learned. The highlight of this course is that the skills they learn can be used to improve their lives going forward.

Pictured below Seniors from the Appling County Senior Center receive instruction at the local Harvey's Supermarket.

