

Cooking Matters Webinar

Hello Everyone,

Hope you are staying safe and well. We at Cooking Matters are thinking of you and your families in these challenging days.

In this unprecedented and difficult time for many, we know that food skills education may not be top-of-mind for many people including you, our partner agencies, and the families you serve. That said, we want to offer some of our most timely and relevant curricula in a virtual manner for families who may be looking for ways to stretch food resources and learn about food with their children.



We are excited to be offering 30-minute online webinars for any of your families who may be interested and able to join via Zoom. These mini-classes will be family-friendly, led by our Cooking Matters staff and offered to all of our state wide partners.

Our first webinar will be offered on April 28th, from 1:00-1:30PM in English and from 1:30-2:00PM in Spanish.

FREE ONLINE CLASS 

CLASE VIRTUAL GRATUITA 

COOKING MATTERS
AT HOME

COOKING MATTERS
EN SU CASA



**HACK YOUR
SNACK!**

Make healthy
snacks
together with
the food you
have on hand.



**¡PIRATEE SUS
BOTANAS!**

Prepare
botanas
saludables
juntos como
familia, con la
comida que ya
tiene a mano.

What is the session going to be about?

In this session, we will talk about **healthy snacks** that families can prepare and eat together at home. Kids are welcome to participate or you can [print out activity sheets for them by clicking here!](#) There will be a recipe demonstration and we will talk about making snacks from the foods you already have in your fridge and pantry.

What will recruitment be like?

Recruitment and participation in these online lessons will look a bit different than you may be used to. For our in-person programming, we usually ask you for very active recruitment and registration efforts, but we understand that this is not feasible while practicing social distancing. We anticipate that most of your recruitment efforts will be passive, i.e. you will just send out an opportunity to your network and families can opt in as they choose.

How do I let my families know?

Please feel free to send this information out through the same channels you are already using to communicate with the families you serve. We have attached and listed below promotional materials suited for emails, texts, and social media posts, as well as a way for the families to self-register if they are interested in the workshop. We've tested out many, many devices and participants can join from smartphones, computers, tablets and just about any device with an internet connection! If you are having trouble connecting, [click here for a guide on using Zoom](#).

	ENGLISH	SPANISH
By Email:	<p><i>[include attached graphic— Cooking Matters at Home – Hack Your Snack]</i></p> <p><i>Sign up for a free online class, Cooking Matters at Home: Hack Your Snack!, Tuesday, April 28th, from 1:00-1:30PM. We will talk about healthy snacks that families can prepare and eat together at home. Kids are welcome to participate or you can print out activity sheets for them by clicking here! There will be a recipe demonstration and we will talk about making snacks from the foods you already have in your fridge and pantry. If you would like to “cook-along” with us, have your favorite yogurt, fruit (fresh, frozen, canned, or dried), cereal/granola, and nuts/seeds on hand. Register here to participate! Join us on any device with an internet connection. If you are having trouble connecting, click here for a guide on using Zoom.</i></p>	<p><i>[include attached graphic— Spanish Cooking Matters at Home – Hack Your Snack]</i></p> <p><i>Regístrate en la clase virtual gratuita, Cooking Matters En Su Casa: ¡Piratee Sus Botanas! el martes el 28 de abril, de 1:30-2:00PM. Cooking Matters hablará sobre botanas saludables que usted y sus hijos pueden preparar y comer juntos en casa! ¡Los niños son bienvenidos a participar o usted puede hacer clic aquí para imprimir estas paginas de actividades para ellos! Haremos una demostración de una receta y tendremos algunas conversaciones sobre preparar botanas de los ingredientes que ya tiene en su refrigerador y despensa. Si desea "cocinar con nosotros", tenga a mano su favorito yogur, fruta (fresca, congelada, enlatada, o seca), cereales/granola, y nueces/semillas. ¡Regístrate aquí para participar! Acompáñanos en cualquier dispositivo con conexión a Internet. Si tiene problemas para conectarse, haga clic aquí para obtener una guía sobre el uso de Zoom.</i></p>
By Text or Social Media Post	<p><i>[include attached graphic— Cooking Matters at Home – Hack Your Snack]</i></p> <p><i>Tuesday April 28th, from 1:00-1:30 PM, join a free Cooking Matters webinar to talk about making healthy</i></p>	<p><i>[include attached graphic— Spanish Cooking Matters at Home – Hack Your Snack]</i></p> <p><i>El martes, el 28 de abril, de 1:30-2:00PM, participe en una clase virtual gratuita de Cooking Matters para hablar</i></p>

	<p><i>snacks with your kids! Fun Recipe Demo! Join for free on any device with internet connection:</i></p> <p>https://strength.zoom.us/join/8JnW5H_aS52_BgIZIOTVNg</p>	<p><i>sobre preparar botanas saludables juntos con sus hijos. ¡Haremos una demostración divertida de una receta! Acompáñanos en cualquier dispositivo con conexión a Internet:</i></p> <p>https://strength.zoom.us/join/4TgcvGAyRHmiI4_hKsla-w</p>
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Is there a limit on how many of my parents can sign up?

Right now, we are not limiting participation in sessions.

How will privacy be maintained if one of my families asks?

Sessions are meant to be participatory through a chat function, but participants will not be able to share a video or audio stream. Participants will need to complete a registration link in order to participate and we have staff who will be monitoring the chat function.

Will participants get incentives like in courses and tours?

Participants will receive follow-up resources via email. At this time, no gift card, grocery, or printed curricula incentives will be offered for Cooking Matters virtual programming.

What if my clients want to sign up for the session in another language?

We are offering this session in Spanish directly after the English session and have attached and listed above promotional materials in Spanish for you! Sessions can also be offered in other languages. Please let us know what your needs are and we can arrange a session for your families.

What if I want to offer a session exclusively for my families?

Be in touch and we would be happy to talk about offering a session for your families.

Can I sign up?

Yes, you can! Just follow the registration link that you are sending to participants. We would love to have you! If you are able, please just type "Staff" after your last name in the "Last name" field when you register so we can easily identify you as a staff member of one of our partner agencies.

As we continue to pivot and offer resources for families, **we want to hear from you.** We want to be adaptable and flexible to the needs of your families. Please email me to let us know what you're hearing from families about how COVID-19 is affecting their lives, what's working and what's not. How are you seeing people and organizations showing up for families and looking out for the health of their communities during this trying time? How might we be able to better serve your families during this time? We welcome any and all ideas and feedback you can provide!

We are happy to share with you the number of families served in this session and will do our best to provide other information with you. We are learning as we go and appreciate any ideas and feedback you can provide! **We will continue to send program updates and opportunities, so if you would like to opt out of receiving these emails, please let me know.** We so value your partnership and hope that these sessions will be a welcome resource for you as well as the families you serve.

Thank you,

JESSICA CAQUETTE MS, RDN, LDN

Senior Program Manager

Cooking Matters Massachusetts

She/Her/Hers/Herself

383 Dorchester Ave, Suite 230

Boston, MA | 02127

p:617-774-1326

ma.cookingmatters.org