Local Matters' curricula provides a comprehensive and interactive approach to food education, creating opportunities for children, teens, adults, and seniors to build confidence in making healthy choices for themselves and for their families.

**Bringing Local Matters to you**

### Food Matters in the Classroom

**SCHOOL YEAR**

Food Matters in the Classroom delivers hands-on food education to children from Pre-K through high school. The program can be tailored anywhere from 4 to 24 weeks of the school year, teaching students to recognize healthy food choices, be inspired to make healthier choices, & learn about food traditions from cultures around the world. The curriculum is aligned with Ohio curriculum standards.

- 4 weeks | $1,000/class
- 10 weeks | $2,500/class
- 12 weeks | $3,000/class
- 24 weeks | $5,000/class

### Food Matters in the Garden

**SUMMER**

We can also bring Food Matters into the garden with 17 active gardens across Columbus. Students will experience community education about how to plant, grow, and harvest healthy foods. In addition to our learning gardens, Food Matters in the Garden can be brought to you!

- 6 weeks | $1,500/class
- 8 weeks | $2,000/class
Cooking Classes

Participants learn the essentials of cooking, covering topics such as basic knife skills, meal-planning and one-pot meals. Educators also teach about basic cooking skills and nutrition. Everyone gets to eat and leaves with recipes and handouts on the topic. Demonstrations are also done in tandem with the Veggie Van, and at community events and festivals.

- Hands-On Cooking Class w/ meal for 15-20 people | $450
- Hands-On Demo w/ samples | $300
- Cook with Us - Community classes available monthly

Learning Gardens

Local Matters staff and volunteers provide support to community gardens where our education programming is taking place. Local Matters works with partner site leaders, providing garden management education and ensuring that gardens are maintained and growing food to meet the education and community needs.

- Garden Install and Support | $3,500
- Existing Garden support | $1,000
Veggie Van Pop-Up

Veggie Van Pop-Ups are simple, one-time market events. Event hosts provide pre-paid vouchers, meal kits and/or produce boxes for attendees to shop the market. We are also equipped to accept cash, credit and SNAP/EBT. Markets typically run 2 hours in length. The Veggie Van supports access to healthy foods in communities throughout Central Ohio.

Veggie Van Pop-Up $450/event + option below
- Delivery & Assembly | $150
- Pre-paid vouchers available in $10 increments
- Meal Kits | $12 - $15
- Produce Boxes | $15 - $25
- Delivery | $10

Our Favorite Recipes

- Vegetarian tacos
- Quinoa and black bean salad
- Vegetable stir-fry
- Vegetarian pizza
- Vegetable and cheese frittata
- Wild rice with apples, butternut squash, and cranberries
- Tofu with Korean-inspired spicy garlic sauce
- Chocolate Tofu Pudding

Our Favorite Topics

- Knife Skills
- Meal-Planning Strategies for Success
- Packing Healthy Lunches and Snacks
- One-Pot Meals
- Home-Cooked Meals on a Budget
- Healthful Holidays and Celebrations
- Eating the Rainbow
- Whole vs. Processed Foods
- Cooking in Season
- Know Your Fats
- Smarter Sweets

For more information, please contact us:

Jessica Williams
Director of Programs
jwilliams@local-matters.org
614-263-5662