



Empowering families at risk of hunger to shop for and cook healthy, affordable, and delicious meals as part of Share Our Strength's No Kid Hungry® campaign.

From APP-etizer to Dessert: Cooking Matters Mobile App Helps Families Cook Healthy Meals on a Budget

Tyson Foods Shares Its Strength by Donating \$1 to No Kid Hungry for each of the first 5,000 Downloads

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Washington, DC – At the store and don't know what to make for dinner tonight? Want something healthy and affordable for your family but you're out of ideas? The new mobile application Cooking Matters provides families with 90+ chef-developed recipes for easy, healthy and affordable cooking the whole family can enjoy!

As part of the national No Kid Hungry campaign, Cooking Matters has 20 years of experience empowering families with the skills to make delicious, affordable and healthy meals through hands-on cooking courses and grocery store tours taught by chefs and nutritionists. Now, Cooking Matters is taking that experience out of the classroom and making it available to all mobile users, with its first mobile app. [The app is available on iTunes and Google Play.](#)

“This app brings the time-tested lessons of our program into the home and proves that you don't have to break the bank to eat a healthy, delicious meal,” said Chef Greg Silverman, Director of Cooking Matters at the Store. “One lesson learned on our grocery store tours is that a family of four really can eat a balanced meal on just \$10. With this app, all parents can have these tools and recipes at their fingertips.”

Tyson Foods partnered with Cooking Matters to donate \$1 per download to the No Kid Hungry campaign, for the first 5,000 downloads. A longtime supporter of Share Our Strength, Tyson Foods also funds No Kid Hungry efforts in the company's headquarters state of Arkansas.

The Cooking Matters mobile app includes:

- 90+ chef-developed healthy, affordable, delicious recipes with colored photos
- Category filters including one-dish meals, kid-approved, diabetes friendly, 30-minute meals, and seasonal dishes
- Nutritional information on all recipes
- Money-saving tips for grocery shopping

About Share Our Strength's Cooking Matters

As part of the national No Kid Hungry campaign working to end childhood hunger in America, Cooking Matters empowers low-income families to stretch their food budgets so their children get healthy meals at home. In hands-on cooking courses and interactive grocery store tours, participants learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. Cooking Matters equips families with the skills they need to stretch their food dollars and maximize the benefits they receive through public nutrition programs like SNAP (food stamps) and WIC (Women, Infants and Children). Walmart is the national sponsor of Cooking Matters. For more, visit CookingMatters.org.