

Nutrition Education

Invaluable, FUN—and Made Possible by Donor Support



Lowcountry Food Bank (LCFB) conducts evidence-based, hands-on culinary and nutrition education classes that promote health and wellness for families that experience food insecurity. Through donor investment, this work helps neighbors build lifelong skills that support healthier choices and long-term stability.

In these engaging classes, neighbors gain the confidence to select, prepare, and enjoy delicious, nutritious meals on a budget—skills they carry home and use every day.

By adopting healthier behaviors, participants can experience lasting, positive changes that strengthen their overall well-being. This makes nutrition education a smart, preventive investment in community health.



Cooking Matters Courses...They Really Matter!

These proven six-week courses, taught by volunteer chefs and nutrition educators, cover meal preparation, grocery shopping, food budgeting, and nutrition. Participants cook in every class and take a bag of groceries home to practice—extending the impact of each lesson beyond the classroom.

After completing the course, graduates cook healthier meals, learn more about food safety, save money on food purchases, and prepare and eat new foods more often.



Shopping on a Budget – Every Penny Counts

In these classes, neighbors learn practical strategies to plan and shop for healthy, affordable, and appealing meals. Sessions are held at local grocery stores or our partner food pantries—meeting neighbors where they are and making learning immediately applicable.

Participants practice their new skills using a \$10 gift card to purchase ingredients, take them home, and prepare a balanced meal. This small investment reinforces learning while building confidence and independence.

One study found that six to eight weeks after a store tour, participants purchased a wider variety of fresh produce, made healthier grocery choices, and were better equipped to stretch their food benefits.



Kids in the Kitchen – Building Healthy Habits Early

Every child loves to cook—and these fun, six-lesson, classes for elementary school children make nutrition engaging and joyful. Interactive activities and preparation of a balanced snack during after-school programs build kitchen confidence and excitement around healthy food.

An external evaluation showed improved ability to choose balanced meals, greater understanding of “SLOW” and “GROW” foods, stronger kitchen skills, and increased awareness of physical activity and its benefits—early investments laying the foundation for lifelong healthy habits.





Why Families Value

This Investment

Participants in the Cooking Matters for Families class say:



“Taking part in this cooking class was such a valuable and uplifting experience. The Nutrition Team created an environment that was not only educational, but also fun and engaging for all ages. Their lessons, cooking tips, and hands-on activities made each class exciting and easy to follow. The kids looked forward to every session, and the opportunity to bring food home afterward was such a thoughtful bonus.”

“Because of this program, we gained valuable knowledge about nutrition while also learning practical cooking skills. What we learned has carried over into our home life in such a meaningful way.”



The Proof Is Literally in the Pudding:

Impact by the Numbers

This sustained impact reflects years of donor commitment to education that nourishes health and dignity.

SINCE

2010

WE CONDUCTED

514

SIX-WEEK COOKING MATTERS COURSES

REACHED

6,538

PARTICIPANTS

Sources:

Shopping Matters for WIC - Parents Pilot Results. 2011
Wakerly S. - Share Our Strength's Operation Frontline Program in Elmira, NY, 2007
University of South Carolina Evaluation of Kids in the Kitchen. 2025



Scan for more information