Cooking Matters is a nutrition education program through Share Our Strength that focuses on teaching kids, teens, adults, parents and families how to cook and instills the skills and knowledge to prepare, cook, and execute healthy and affordable meals. A variety of volunteers are needed to teach and assist with Cooking Matters Classes. Our volunteers are passionate about food and dedicated to teaching and empowering low-income families to prepare healthy meals on a budget. Cooking Matters volunteers play diverse roles in the classroom, including Chef Instructor, Nutrition Instructor, and Class Manager. Thanks to our volunteers, we have the ability to teach participants how to budget, food shop, and prepare healthy meals with hands-on cooking lessons at no cost to the participants. All Cooking Matters volunteers must be at least 18 years old.

Laura Scarpino and Melissa Korpics, Cooking Matters Coordinators

Second Harvest Food Bank of the Lehigh Valley & Northeast Pennsylvania

Volunteers Make A Difference

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