



## In-Kind Donation Guide

**One in six children nationally – and in Colorado – are at risk of hunger. Cooking Matters Colorado is collecting food and material donations to empower low-income families to shop for and prepare healthy, affordable meals. Please consider supporting us through in-kind donations today.**

We encourage using this to ensure your donation can be utilized in our programming. To donate directly, or for tips on coordinating a food drive at your office, school or community setting, please contact Becky Mares at [bmares@strength.org](mailto:bmares@strength.org).

### **Needed Ingredients:**

*Ingredients are used during Cooking Matters programming and sent home with families in grocery bags they receive to practice their skills and new recipes.*

- Canned tomatoes (no salt added)
- Canned beans (no salt added) – black, pinto or garbanzo
- Brown rice
- Barley
- 100% whole grain quick oats
- Whole grain pasta
- Spices (specifically: chili powder, cumin, oregano, basil, garlic powder, and cinnamon)
- Peanut butter
- Canola oil
- Canned peaches (in 100% juice)

*\*Note: while we appreciate your generosity, there are certain ingredients we cannot accept. Examples include, but are not limited to: instant noodles, refined/white flour grains, canned soup, boxed dinners, fruit canned in heavy syrup, candy.*

### **Needed Equipment:**

*Items are used during Cooking Matters programming and receive a lot of wear and tear. We are always in need of replacing items with new, quality ones to effectively teach families nutrition and food skills. If enough items are donated, utensils may be offered to participants to help stock their personal kitchens.*

- Quality can openers (non-electric)
- Measuring spoon sets
- Dry measuring cup sets
- Wet measuring cups
- Rubber or silicone spatulas
- Metal or plastic flipping spatulas
- Mixing spoons and slotted spoons
- Box graters
- Spray bottles (for cleaning solutions)
- Towels and cleaning rags
- Sponges, dish scrubbers and dish soap
- Pot holders
- Pitchers
- Mixing bowls

### **Other Needed Materials:**

*Items are essential to both the implementation of Cooking Matters programming, as well as the ability to complete administrative work associated with programming.*

- Child-sized serving utensils ([bowls](#), [strainer spoons](#), [ladles](#), and [tongs](#))
- Reusable grocery bags (new only, please)
- \$10 gift cards to Kroger/King Soopers, Safeway or Walmart
- Ziploc bags (gallon, snack and sandwich sizes)
- 12-19 gallon-sized storage bins (e.g. Rubbermaid)
- Lightweight reusable plates, bowls, cups and silverware (e.g. IKEA)
- Sticky nametags
- Boxes of pens (black or blue ink)
- Standard printer paper (for copies of recipes)
- Paper clips, binder clips and rubber bands

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**Thank you for helping make No Kid Hungry a reality in Colorado!**

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### **About No Kid Hungry:**

No child should grow up hungry, but 1 in 6 children in America struggles with food insecurity. Share Our Strength's [No Kid Hungry](#) campaign is ending childhood hunger by surrounding kids with healthy food where they live, learn and play. Cooking Matters – the education branch of the campaign – teaches families how to shop for and prepare healthy, affordable meals.

In 2016, more than 14,855 families graduated from our experiential education programs. Programming is offered in 55 of the state's 64 counties through a variety of community partnerships that enable effective, localized delivery of courses, tours and educational events.

We are working to ensure that all children in Colorado get the healthy food they need, every day.

To join us, visit [Co.CookingMatters.org](http://Co.CookingMatters.org) or call (303) 892-8480.

