



American Heart Association.

# Simple Cooking with Heart®

**NOW OFFERING VIRTUAL CLASSES VIA ZOOM.**

**TO ACCESS THE SCHEDULE OR REGISTER, VISIT [HEART.ORG/BALTIMOREKITCHEN](http://HEART.ORG/BALTIMOREKITCHEN)**

## MISSION

Our mission at the Simple Cooking with Heart Kitchen is to teach our Baltimore neighbors how to prepare simple, delicious and inexpensive meals at home so they can enjoy the benefits of eating healthier and feel more confident cooking for their families.

## CULTURAL LANDSCAPE

The landscape and culture of food and food preparation has changed. Three generations of Americans have not been taught to cook at home or at school. Stressed families lack the time and/or skills to prepare healthy meals at home. In fact, 50 percent of their food dollars are spent away from home. The more people eat out, particularly at fast-food restaurants, the more calories, fat and sodium they consume, and away-from-home meals typically contain fewer fruits, vegetables and whole grains than food prepared at home.

## CONTACT



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## THE SIMPLE COOKING WITH HEART KITCHEN DELIVERS

**Hands-on, affordable cooking classes for individuals and groups.**

- Maximum class size is 12 participants to encourage teacher-to-participant engagement.
- Recipes are budget friendly, heart-healthy and align with American Heart Association (AHA) dietary recommendations around sodium, sugar and fat intake.
- Opportunity to increase consumption of fruits, vegetables and whole grains and new knowledge around healthy-cooking methods.
- Potential to increase frequency of home-prepared meals using healthy ingredients by class participants, including a wider variety of food types.
- Improvements in participants' self-assessed cooking skills, nutrition, knowledge and confidence.

## THE SIMPLE COOKING WITH HEART MOBILE KITCHEN

The Simple Cooking with Heart Mobile Kitchen is an extension of the Simple Cooking with Heart Kitchen program and delivers on one of the American Heart Association's guiding values by meeting people where they are. The program places a mobile kitchen, instructor and heart-healthy curriculum in the heart of some of Baltimore's most under-served communities to help residents - through hands-on cooking classes and nutrition education - learn how to live healthier.



# EVOLVING TO PROVIDE **GREATER** IMPACT

We envision the Simple Cooking with Heart Kitchen as a future Heart Health Hub through which we will offer a way to engage communities and motivate community members to take steps towards creating a culture of health. With expanded educational offerings and other resources, we hope to move people to longer, healthier lives. Opportunities for engagement include: risk-factor education, blood pressure self-monitoring stations, CPR trainings, advocacy seminars, professional skill building and workforce development. Creating opportunities for learning to meet increased need is at the heart of our vision for the Heart Health Hub.



CPR



RISK-FACTOR  
EDUCATION



ADVOCACY

BLOOD PRESSURE  
MANAGEMENT



WORKFORCE  
DEVELOPMENT



**OUR MISSION IS TO BE A  
RELENTLESS FORCE FOR A  
WORLD OF LONGER,  
HEALTHIER LIVES**



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