



11 Fairfield Boulevard, Wallingford, CT 06492

(203) 949-4100 Fax (203) 265-2970 [www.chnctfoundation.org](http://www.chnctfoundation.org)



**Contact Information:**

Jenn Manes-Wilcox

(203) 949-4053; [jmanes@chnct.org](mailto:jmanes@chnct.org)

**CHNCT Foundation Awarded \$50,000 Grant from Walmart Foundation**

*Grant will allow CHNCT Foundation to expand its Cooking Matters CT program into Bridgeport*

**WALLINGFORD, Conn.** – [Community Health Network of Connecticut Foundation, Inc. \(Foundation\)](#) will expand its successful Cooking Matters CT program into Bridgeport thanks to a \$50,000 grant from Walmart Foundation. The grant was awarded as part of [Walmart Foundation's](#) hunger relief initiative.

“Cooking Matters CT currently targets families in two of Connecticut’s poorest cities – New Haven and Hartford. With the help of chef volunteers and nutritionists, people living in these communities are taught how to cook healthier, budget for food and learn how to locate state and local food resources such as food stamps or farmers’ markets,” said Tressa Spears Jackson, Executive Director of the Foundation. “With the support of Walmart Foundation’s generous grant, we are now able to expand our offerings into the Bridgeport community.”

More than 56 percent of Connecticut adults are overweight or obese, and children and teens aren’t faring much better. One in four high school students are either overweight or obese while more than 11 percent of children are considered obese. Not only is obesity the leading cause of heart disease, stroke, and diabetes, but it is also the second leading cause of preventable death in the United States. With Cooking Matters CT’s new skills in culturally appropriate, healthy eating, families can significantly reduce obesity rates.

“The Foundation has done a tremendous job transforming the way families shop and eat in the New Haven and Hartford communities,” said John V. Federico, M.D., Chairman of the Foundation. “I am pleased to say that we will now be able to enter one of the state’s neediest areas – Bridgeport.”

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Walmart and the Walmart Foundation made a \$2 billion commitment through 2015 to hunger relief efforts in the U.S. in order to support the record one in six Americans who do not know where their next meal is coming from. As hunger relief is now an integral part of the its work, the Walmart Foundation seeks to fund initiatives that integrate hunger relief into the main focus areas listed below.

The Walmart Foundation has adopted four areas of focus: Education, Workforce Development/Economic Opportunity, Environmental Sustainability, and Health and Wellness. The Walmart Foundation encourages funding requests that align with its four areas of focus - programs that do not align with the four areas of focus will not be considered.

Cooking Matters CT is part of the national organization [Share Our Strength](#). Share Our Strength, the leading organization working to ensure that no child goes hungry in America, has been teaching low-income families how to cook better for less since 1993. For nearly seventeen years, professional chefs and nutritionists have been volunteering their time and expertise to lead hands-on courses that teach adults, teens and kids how to get the most nutrition out of a limited budget.

For more information on Cooking Matters CT, please visit <http://www.cookingmattersct.org>

*Founded in 2003, Community Health Network of Connecticut Foundation, Inc. (Foundation) is a public, charitable organization concerned with the health of Connecticut residents. Its mission is to advance, support and promote programs and activities that fundamentally improve the health status of the people of Connecticut. As such, the goal is to support the activities of community health centers, and other non-profit organizations that promote health care services to uninsured and medically underserved individuals, youth, children and families in Connecticut. The Foundation is a volunteer-driven organization with an independent and non-funded board of directors who donate their time to the Foundation without compensation. The Foundation has been designated by the IRS as a 501(c) 3 entity, gifts to which are tax-exempt as charitable contributions.*

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