

## WHAT IS IT?



A mobile kitchen that travels to schools, clinics, community centers, farms, and events across Grafton & Coös County, offering hands-on cooking, affordable recipes, and nutrition know-how in a fun, supportive setting.

*Wherever it's set up—inside or outdoors—it's a place to laugh, learn, and leave feeling empowered.*



## Let's Get Cooking!

You don't need to be an ACHS patient—this program is open to the whole community. Families, individuals, schools, and partner organizations are all welcome.

**Want to schedule a visit, refer a patient, or collaborate with us?**

***We'd love to hear from you!***

Call: 603-444-2464 or

Email: [Nichol.Jones@achs-inc.org](mailto:Nichol.Jones@achs-inc.org)

**SCAN THE QR CODE**  
or visit  
[Ammonoosuc.org](http://Ammonoosuc.org)  
to learn more.



*Founded in 1975, ACHS is a non-profit Federally Qualified Community Health Center with six sites in Northern New Hampshire. With funding from national, state and local sources we deliver high-quality, affordable health care to nearly 10,000 patients in over 26 area towns and are committed to providing integrated health – Medical, Dental, Behavioral – for the entire family. We serve ALL – and no one is ever turned away for inability to pay.*

*This health center receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.*

# food as medicine



THE ACHS PORTABLE  
TEACHING KITCHEN



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Health Services, Inc.**  
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# HEALTHY HABITS.

**STRONGER COMMUNITIES.**

*One meal at a time.*



## WHY IT MATTERS:

### Picture this:

- ✓ Kids laughing as they help stir a pot of fresh vegetable soup.
- ✓ Families learning simple tricks to stretch their grocery dollars.

That's what the ACHS Portable Teaching Kitchen is all about — bringing people together through healthy food and strong community connections.

When people learn to cook simple, healthy meals, amazing things happen:

- They can take better control of their health.
- They feel more confident feeding themselves and their families.
- They save money while eating well.
- They build stronger connections with others.

And most importantly, they realize they're not alone in their journey to better health.

## WHAT WE OFFER:

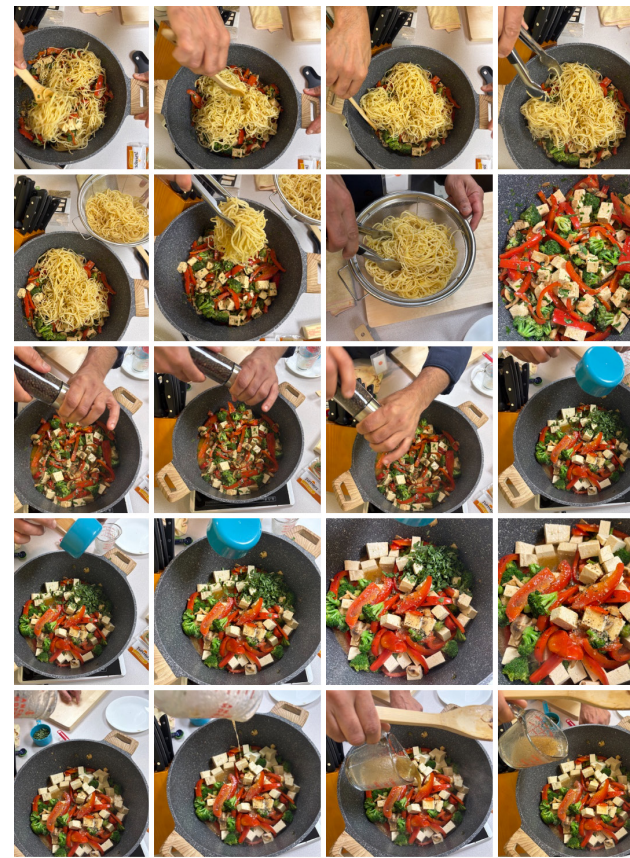


With live demos, hands-on sessions, and take-home resources, we give individuals and families the skills to make tasty meals, save money, and build lasting healthy habits.

**Tasty, quick, healthy meals** - Our recipes are low-sodium, low-carb, affordable, and can be made in under 30 minutes.

**Grocery and budget planning support** - Learn how to stretch your food dollars by using SNAP, WIC, CSFP, local food pantries, and community gardens.

**Provider-referred specialty sessions** - Tailored sessions for specific health needs like prenatal care, diabetes management, heart health, and more.



## Where Good Food Sparks Great Change

*"We started the Portable Teaching Kitchen because we believe healthy eating should be easy, fun, and something everyone can enjoy. Our goal is to bring simple cooking skills and nutrition tips right into the heart of our communities. It's about more than just making meals — it's about bringing people together, building confidence in the kitchen, and helping families feel stronger and healthier, one recipe at a time."*

**— Ed Shanshala, CEO**

Ammonoosuc Community Health Services



## TAKE-HOME RESOURCES

*Participants leave with easy recipes and tips to keep building healthy habits at home.*