

# ROUNDUP

MEET THE SHREDDING BETTYS  
B4



A SWEET WAY TO SUPPORT THE GARDEN CLUB B5

ENID'S ORANGE AND ALMOND CAKE B8

ONLINE GUNNISONTIMES.COM



Therese Trantow chops an onion that will be used in the black bean burgers.

Sierra Malcolm mixes ingredients for the apple crisp cobbler.

Emely Beira sprinkles salt on the sweet potato fries.

# FOOD FOR ALL

COOKING MATTERS COURSES PROMOTE HEALTHY HABITS



**Bella Biondini**  
Times Staff Writer

Therese Trantow's hand flew across the cutting board as she diced up an onion. On the other side of the table, a pile of bright red bell peppers waited to be thrown into the mix. Trantow emptied the vegetables into a pan where they sizzled to perfection.

Soon other class participants would mash the veggies together with spices and black beans to make the final product — homemade black bean burgers, with a side of freshly baked sweet potato fries. An apple

crisp cobbler would top off not only the afternoon's meal, but the final session of the Cooking Matters course.

The six-week program focuses on teaching new, healthy recipes and cooking techniques, as well as nutrition and budgeting. Participants also learn about meal prep, knife techniques and grocery shopping tips, all while cooking with people who will soon become new friends. Although the classes are intended for low-income individuals, the course is open to all community members.

The nonprofit Mountain Roots Food Project has been

hosting Cooking Matters courses in partnership with a national end-hunger organization called Share Our Strengths since 2014, but COVID forced classes to come to a halt. This year, Cooking Matters made its return, and on Nov. 18 Mountain Roots wrapped up its third and final course of the year.

After Trantow finished chopping vegetables, she shifted her attention to dessert. As she sliced apples and added them to a mixing bowl, Sierra Malcolm sprinkled them carefully with sugar and cinnamon.

Malcolm, a first-year stu-

dent at Western Colorado University, said she wanted to join the class because although she already "really liked" to cook, she lives in a dorm and doesn't have access to a good kitchen.

"When I saw that there was a cooking class, I was excited because I haven't been able to cook," she said.

Malcolm listed Italian food, pasta and "the fanciest grilled cheese you've ever had" as her favorite meals to prepare. After taking the class, she said her new favorite recipe was butter-

nut squash mac and cheese, a dish she had initially been "a little bit skeptical of" in comparison to the more typical macaroni topping of Velveeta.

"But it was actually so good," Malcolm said. "Something that I took away from the class that I wasn't expecting was all the healthy food options, and how

continued on B7



Cooking Matters participants smile after they completed their final class.

Bella Biondini



# Food for all

from B1



Sierra Malcolm and Alyssa Rawinski get ready to eat lunch.

to make some of my favorite foods healthier.”

Izzy Rosenstein darted back and forth across the room lending a hand where help was needed. When the oven beeped she checked to see if the sweet potato fries were done. As a volunteer instructor, she decided each week’s recipe and did all of the shopping. While the participants finished cooking, Rosenstein organized groceries for each student so they could use the ingredients to recreate the meal themselves at home.

This was Rosenstein’s first time instructing a course. She said she hopes that the class “makes people more kind of confident in the kitchen and

gets people accustomed to making choices like eating more whole grains and incorporating more fruits and veggies in their meal.”

Cooking Matters is participant led and invites class members to teach from their own backgrounds, in addition to learning. The course also gives students the “tools to meal prep and manage their time in the kitchen even if they’re working, taking care of kids or don’t have time to make gourmet meals,” Rosenstein said.

At the end of the class, Rosenstein presented each participant with a graduation certificate, a kitchen knife, a cutting board and a recipe book to

take home with them. Overall she said the course went well.

“I really enjoyed getting to instruct this course and share my own knowledge and love of food,” she said.

Over the years, Cooking Matters has partnered with various organizations in the Gunnison community to promote healthy eating including the Women and Infant Children (WIC) nutrition program and Six Points Evaluation and Training.

Beth Coop works with the WIC program in addition to serving as a volunteer for Cooking Matters. She said she has helped with two courses so far and is hoping to teach the next course in the spring. Coop said she was “excited to help out with this fun and engaging, hands-on course to help people improve their health through food.”

“I would highly recommend the course to anyone who is interested in learning more about healthy eating and how to strategically stretch their food budget,” Coop said. “Plus you’ll get to fill your belly with tasty foods the whole family will enjoy.”

*(Bella Biondini can be contacted at 970.641.1414 or bella@gunnisontimes.com.)*

## No Dig Moratorium in Effect

The City of Gunnison has begun the No Dig Moratorium effective November 24th.

No excavation is allowed in the City right-of-way until further notice.

The moratorium will be lifted when the ground thaws in Spring 2022.



**Prepare for unexpected power outages with a Generac home standby generator**

**REQUEST A FREE QUOTE! 866-977-2602**

**FREE 7-Year Extended Warranty\***  
A \$695 Value!

Limited Time Offer - Call for Details

**Special Financing Available**  
Subject to Credit Approval

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

# NOW HIRING!



**G2 Secure Staff** is an industry leader and premier provider of support services to the airline industry in over 74 US airports today, with more than 8,000 employees nationwide! Join us and work in the exciting and fast-paced aviation industry!

## For Passenger Service Agents and Ramp Agents

**We offer competitive benefits including:**

- Paid Vacation
- Direct Deposit
- Company-provided Uniforms
- MasterCard Paycards
- 401K Program
- Health Insurance Options

Apply online at [G2secureStaff.com](http://G2secureStaff.com)

**OR take resume to Erica Sublett at the United ticket counter at the Gunnison Airport, Join our Team**

Must be over age 18, with all required documentation to work in the U.S. Must be able to clear a drug screen, criminal background check, and all airport security badging requirements.