

About Us

Shop, Cook & Eat is a service of Out of a Jam, a Fort Wayne, IN based non profit organization. Our mission is to help teach busy moms how to feed themselves and their families by serving them good food quickly. We know that if we can break the cycle of using the gas station or fast food stores as the “go-to” place for family meals, everyone wins.



During each class session, usually 2-3 hours, every participant will learn how to plan, prep and prepare family meals in 30 minutes or less. Graduates will receive a cooking manual with step by step instructions and over 50 delicious recipes that they can start cooking immediately.

Your Trainer

All of our trainers are skilled and are graduates of the Shop, Cook and Eat Leaders Program. Each have been mentored by Paula Kaufman, founder and director of Out of a Jam. Paula has over 35 years of helping others be successful in life and in business. Paula’s love for cooking and her desire to serve has enabled her to create dozens of programs in and for the community. Want to become a trainer? Contact Paula at Paula@OutOfAJamFortWayne.com.



Food as Community

Food has a special ability to bring families together. We find this in our own lives and believe you will find that cooking good food for yourself and your family will begin to break down barriers and add joy to your life each day. For our family, enjoying food together is usually the most important thing we do every day.



Contact Paula Kaufman at:

260-319-6747 • Paula@OutOfAJamFortWayne.com
ShopCookAndEat.com • OutOfAJamFortWayne.com

A SERVICE OF



Shop • Cook • Eat!



Cooking classes that will help you feed your family
and change your life!

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What is Shop·Cook·Eat?

Every day we see the results of hungry and malnourished children or young adults who attempt to learn but are challenged to do so because of the unhealthy food environment they are living in. And empty bellies usually mean empty minds. This is unnecessary and a problem we can solve.



Shop Cook and Eat is user friendly and is designed for a busy parent with a desire to put good food in front of their children that is affordable and delicious. Most of our graduates find that they spend less money on food and more time with their kids.



Hosting Shop·Cook·Eat

Churches: Need an outreach program? Shop, Cook and Eat is the answer. Food is a natural door opener and busy moms love to come to free cooking demonstrations. And most churches have busy men and women who need to learn how to feed their families better.



Apartment & Housing Centers: Do you want to help your residents manage their budgets better? Try teaching them how to stretch their food dollars so they can spend less and eat better. And since over 50% of the residents who live in most apartment complexes are working single parents with children, you can make a big difference without a huge investment.



Volunteering

Every ministry or non-profit needs volunteers. Here are some opportunities:

During Scheduled Classes:

Help us get everything ready before class and then help with the clean up and tear down afterwards. It's great fun and since we prepare meals during the demonstration, everyone gets to eat!

Become a Volunteer Trainer:

Learn the Shop Cook & Eat process and help your church or organization host classes for the busy moms and dads in your church, your business or your neighborhood.

Giving Opportunities

"2 for 1":

Sponsor a student who can't afford Shop Cook & Eat. Every class costs \$30/student. That includes food, materials and training. Your \$60 donation will provide for your training and the training of someone else.

Give a Kit:

Over the past 30 years, we have been teaching others how to cook quick, fun and healthy meals. But even though most can learn the techniques and are able to follow simple recipes, some don't have the equipment they need to cook even the simplest recipes. So we've put together a kit that includes a skillet w/lid, a 12 qt stock pot, 2 knives, a cooking sheet, a can opener and basic spices. . .everything needed to reproduce the Shop, Cook and Eat recipes. Your \$50 donation can bless another family with one of these very useful kits.

