

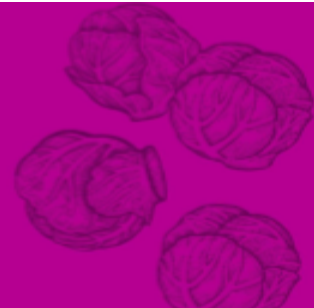
Program Schedule

Wednesday, November 13

8 AM	Breakfast & Registration
8:45 AM	<p><u>Welcome & Opening Remarks</u></p> <ul style="list-style-type: none"> • Allison Righter, MSPH, RDN, Director of Membership & Programs, Teaching Kitchen Collaborative • Katie Welch, Executive Director, Teaching Kitchen Collaborative
9 AM	<p>General Session 1</p> <p><u>Cultivating Community: Leveraging Your Food Ecosystem to Maximize Teaching Kitchen Impact</u></p> <p>Presenters:</p> <ul style="list-style-type: none"> • Amy Locke, MD, FAAFP, Chief Wellness Ofcer and Professor, University of Utah Health • Theresa Dvorak, MS, RD, CSSD, Associate Professor, Director of Culinary Medicine, Department of Nutrition and Integrative Physiology, University of Utah • Patty Corona, Director of Cooking for Salud & Kitchenistas Engagement, Olivewood Gardens & Learning Center • Heidi Davis, MSW, Program Manager, Community Teaching Kitchen, Providence Milwaukie Hospital • Abbie Gellman, MS, RD, CDN, Director of Culinary Medicine & Teaching Kitchen, SBH Health System
10:30 AM	Break
11 AM	<p>General Session 2</p> <p><u>The Vital Role of Teaching Kitchens within the Food is Medicine Landscape</u></p> <ul style="list-style-type: none"> • David Eisenberg, MD, Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, Teaching Kitchen Collaborative • Andrew Bremer, MD, PhD, MAS, Director, Ofce of Nutrition Research, National Institutes of Health • Megu Baden, MD, PhD, Associate Professor, Osaka University
12:30 PM	Lunch



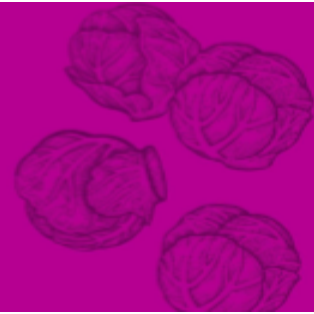
2024 Teaching Kitchen Symposium



1:30 PM	<p>Breakout Sessions, Round 1</p> <p>A. <u>Innovation in Action: Teaching Kitchens at the University of Utah 1</u></p> <ul style="list-style-type: none"> ○ Theresa Dvorak, MS, RD, CSSD, Associate Professor, Director of Culinary Medicine, Department of Nutrition and Integrative Physiology, University of Utah ○ Tricia Petzold, MD, Adjunct Assistant Professor Department of Orthopedics, University of Utah, Pinnacle Health ○ Britta Retzlaff, RD, Registered Dietitian, University of Utah ○ Ken Ohlinger, Campus Executive Chef, University of Utah ○ Madeleine French, MS, RD, CD, Assistant Professor and Program Manager, University of Utah Center for Community Nutrition, Department of Nutrition and Integrative Physiology, University of Utah <p>B. <u>Strengthening Nutrition Education and Culinary Literacy for Physicians & Health Professionals at All Levels</u></p> <ul style="list-style-type: none"> ○ David Eisenberg, MD, Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, Teaching Kitchen Collaborative ○ Hope Barkoukis, PhD, RDN, LD, FAND, Department Chair, Case Western Reserve University ○ Adi Haramati, PhD, Professor and Director, CENTILE, Georgetown University School of Medicine, Board Member, Teaching Kitchen Collaborative ○ Melinda Ring, MD, FACP, FACP, ABOIM, CNS, Director, Tina Trott Professor of Integrative Health, Osher Center for Integrative Health at Northwestern University <p>C. <u>Incorporating Mindfulness, Movement, and Mind-Body Skills into Teaching Kitchen Programs</u></p> <ul style="list-style-type: none"> ○ Sian Cotton, PhD, Director, Osher Center for Integrative Health, University of Cincinnati ○ Trinh Mai, Utah, LCSW, Mindfulness Educator; Former Director of Mindfulness Programs, Osher Center for Integrative Health, University of Utah
3 PM	Break
3:30 PM	<p>General Session 3</p> <p><u>Fostering Cultural Humility and Inclusivity in Teaching Kitchens</u></p> <ul style="list-style-type: none"> ● Linda Shiue, MD, Chef, DipABLM, Internist, Chef, Director of Culinary



2024 Teaching Kitchen Symposium



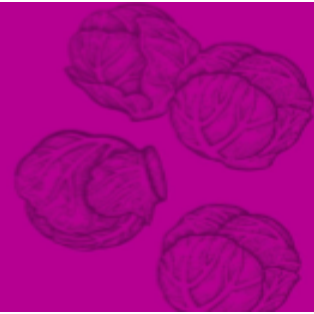
	<p>and Lifestyle Medicine, Kaiser Permanente San Francisco Medical Center; Board Member, Teaching Kitchen Collaborative</p> <ul style="list-style-type: none"> • Lauren Beckwith, Program Manager, Food Experiences, ISS Guckenheimer at Google • Jasmine Westbrooks-Figaro, MS, RD, LDN, CDCES, Co-Founder and Director, Eatwell Exchange
4:15 PM	<p>General Session 4 <u>Integrating Environmental Sustainability into Teaching Kitchen Operations & Curricula</u></p> <ul style="list-style-type: none"> • Christina Vollbrecht, MA, MS, Chef Educator, Culinary Medicine, University of Vermont Medical Center • Kate Shafto, MD, FAAP, FACP, Internal Medicine/Pediatrics and Integrative Medicine Physician, Hennepin Healthcare, Bakken Center for Spirituality and Healing, University of Minnesota; Organic farming experience • Jonathan Deutsch, PhD, CHE, CRC, Professor and Director, Drexel Food Lab, Department of Health Sciences, Drexel University • Samira Zarghami, RD, CDE, MBA, Consulting Dietitian, Stack and Spoon Consulting; Dietitians of Canada
5 PM	Opening Reception

Thursday, November 14

8:15 AM	Breakfast
8:45 AM	<p>Day 2 Welcome Remarks</p> <ul style="list-style-type: none"> • Allison Righter, MSPH, RDN, Director of Membership & Programs, Teaching Kitchen Collaborative • Amy Hanus, Program Director, Full Plate Living
9 AM	<p>General Session 5 <u>Strategies for Securing Support and Funding for Your Teaching Kitchen & Related Programming</u></p> <ul style="list-style-type: none"> • Sian Cotton, PhD, Director, Osher Center for Integrative Health, University of Cincinnati • Olivia Thomas, MS, RD, Director of Nutrition Innovation and Implementation, Boston Medical Center



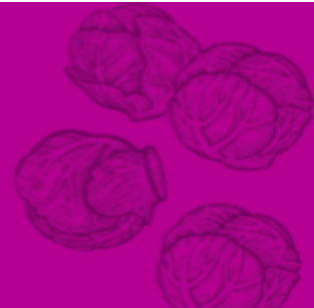
2024 Teaching Kitchen Symposium



	<ul style="list-style-type: none"> Nate Wood, MD, MHS, Chef, DABOM, Director of Culinary Medicine, Yale School of Medicine
10:30 AM	Break
11 AM	<p>Breakout Sessions, Round 2</p> <p>A. <u>Innovation in Action: Teaching Kitchens at the University of Utah 2</u></p> <ul style="list-style-type: none"> Theresa Dvorak, MS, RD, CSSD, Associate Professor, Director of Culinary Medicine, Department of Nutrition and Integrative Physiology, University of Utah Tricia Petzold, MD, Adjunct Assistant Professor, Pinnacle Health Britta Retzlaff, RD, Registered Dietitian, University of Utah Zach Hartlyn, Metabolic Kitchen Chef, University of Utah Rachel Clark, MS, RD, Metabolic Kitchen Director and Culinary Medicine Instructor, University of Utah Lindsey Imber, MS, RD, Wellness Dietitian & Chef, Nutrition Care Services, University of Utah Richmond Doxey, MD, CCMS, Assistant Professor, Department of Internal Medicine, University of Utah <p>B. <u>A Deeper Dive into Strategic Approaches to Gaining Buy-In and Funding For Your Teaching Kitchen Program</u></p> <ul style="list-style-type: none"> Sian Cotton, PhD, Director, Osher Center for Integrative Health, University of Cincinnati Deanne Brandstetter, MBA, RDN, CDN, FAND, Vice President, Nutrition & Wellness, Compass Group North America Olivia Thomas, MS, RD, Director of Nutrition Innovation and Implementation, Boston Medical Center Nate Wood, MD, MHS, Chef, DABOM, Director of Culinary Medicine, Yale School of Medicine <p>C. <u>Metrics that Matter: Evaluating Impact on Measures of Food Literacy, Eating Habits, and Health Outcomes Among Teaching Kitchen Participants</u></p> <ul style="list-style-type: none"> Ghislaine Challamel, MS, Principal, Food is in the Air Lauren Beckwith, Program Manager, Food Experiences, Guckenheimer at Google Jennifer Massa, ScD, Research Scientist, Harvard T.H. Chan School of Public Health–Department of Nutrition; Director of Research, Teaching Kitchen Collaborative



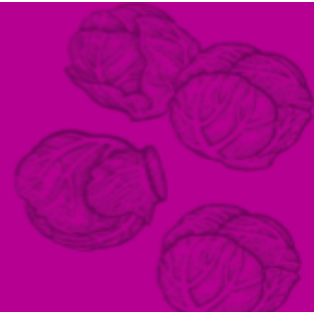
2024 Teaching Kitchen Symposium



12:30 PM	Lunch
1:30 PM	<p>Breakout Sessions, Round 3</p> <p>A. <u>Innovation in Action: Teaching Kitchens at the University of Utah 3</u></p> <ul style="list-style-type: none"> ○ Alex Hernandez, MS, RDN, CD, Wellness Bus Program Manager, University of Utah ○ Ellen Maxeld, Associate Director of Clinical Operations, University of Utah ○ Sarah Zou, MPH, RD, CDE, Clinical Dietitian, University of Utah ○ Shannon Jones, MS, Executive Director, University of Utah Center for Community Nutrition <p>B. <u>Virtual Culinary Classroom: Technology Tips for Teaching Kitchens</u></p> <ul style="list-style-type: none"> ○ Cindy Chou, RDN, Chef, Culinary Nutrition Instructor, Cooking Video Creator, The Sound of Cooking ○ Ashley Dunworth, MS, RDN, CDCES, Community Health Nutrition Specialist, Presbyterian Healthcare Services <p>C. <u>Ages and Stages in the Kitchen: Culinary and Nutrition Education for Youth from Pre-K to College</u></p> <ul style="list-style-type: none"> ○ Lynn Fredericks, Founder & President, FamilyCook Productions ○ Linda Novick O'Keefe, Co-Founder & CEO, Common Threads ○ Mayumi Uejima-Carr, President, Table for Two USA ○ Terry Braggs, Executive Chef of Student Food Experiences, R&DE Stanford Dining
3 PM	Break
3:30 PM	<p>General Session 6</p> <p><u>Equipping Healthcare and Public Health Professionals Working in Teaching Kitchens for Leadership and Advocacy in Food System and Policy Change</u></p> <ul style="list-style-type: none"> ● Christina Badaracco, MPH, RD, LDN, Culinary Medicine Consultant, MedStar Health ● Shad Marvasti, MD, MPH, Founding Director of The Culinary Medicine Program, Associate Professor, University of Arizona College of Medicine
4 PM	<p>General Session 7</p> <p><u>Behind the Kitchen Sink: Reflections and Wisdom from Teaching Kitchen Innovators</u></p> <ul style="list-style-type: none"> ● Hope Barkoukis, PhD, RDN, LD, FAND, Department Chair, Case



2024 Teaching Kitchen Symposium



	<p>Western Reserve University</p> <ul style="list-style-type: none">• Linda Shiue, MD, Chef, DipABLM, Internist, Chef, Director of Culinary and Lifestyle Medicine, Kaiser Permanente San Francisco Medical Center
4:30 PM	Day 2 Concludes

