



TEACHING KITCHEN
COLLABORATIVE

TEACHING KITCHEN SYMPOSIUM

NOVEMBER 13-14, 2024

SALT LAKE CITY, UTAH

University of Utah Indigenous Land Acknowledgement

Learn more at
native-land.ca/

Thank You to Our Planning Advisory Committee Members:

- **Frank Ashmore**, 1440 Multiversity
- **Hope Barkoukis**, PhD, RDN, LD, FAND, Case Western Reserve University
- **Deanne Brandstetter**, MBA, RDN, CDN, FAND, Compass Group North America
- **Sian Cotton**, PhD, University of Cincinnati College of Medicine
- **Theresa Dvorak**, MS, RDN, University of Utah
- **David Eisenberg**, MD, Harvard T.H. Chan School of Public Health
- **Chavanne Hanson**, MPH, RD, Google
- **Aviad “Adi” Haramati**, PhD, Georgetown University School of Medicine
- **Mary Jo Kreitzer**, PhD, RN, FAAN, University of Minnesota
- **Amy Locke**, MD, University of Utah
- **Jennifer Massa**, ScD, Harvard T.H. Chan School of Public Health
- **Kate Shafto**, MD, FAAP, FACP, University of Minnesota
- **Linda Shiue**, MD, Chef, DipABLM, Kaiser Permanente San Francisco

Thanks to Our 2024 Symposium Grantors & Sponsors



Educational Grants:

David R. Clare &
Margaret C. Clare
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MESHEVA FARM FOUNDATION

Sponsors:



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THANK YOU



The only non-profit membership organization supporting the growth, proliferation, and refinement of teaching kitchens to improve human and planetary health.

Teaching Kitchen Collaborative Mission & Vision

We envision a world where people are **equipped** and **inspired** to pursue lifelong health and wellness.



Our mission is to build and support a **global network** dedicated to improving lives through **transformative culinary and lifestyle education.**

A Growing, Worldwide Network



What can we do together that we cannot do on our own?

- ✓ **Currently 66 Organization Members around the world** – hospitals, healthcare systems, universities, corporations, libraries, nonprofits, and community-based organizations.
- ✓ **250+ Professional Members** interested in teaching kitchen programs and the Food is Medicine movement.
- ✓ **A powerful, engaged network**, committed to robust programming, developing and sharing curriculum, research generation, and the establishment of best practices.

Join the movement!

www.teachingkitchens.org/become-a-member

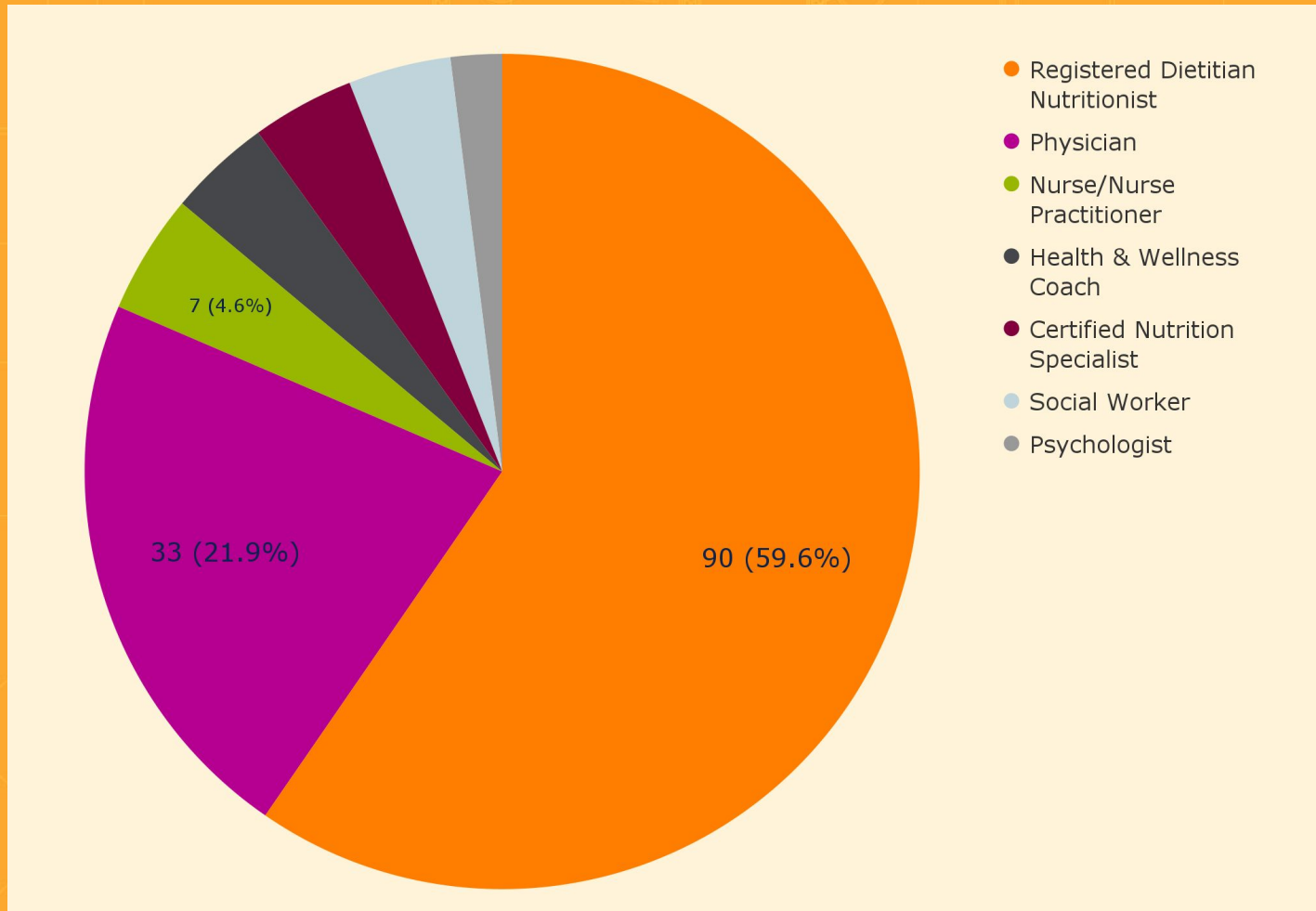
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Attendee Snapshot

- Total Attendees: ~250
 - 45 presenters
 - 100+ individuals from TKC Organization Members
 - 10+ TKC Professional Members
- Geographic Reach
 - 40 states, 6 countries represented
 - 18 international registrants!

Health Professions Represented

Total: 155 (62% of attendees)



**90 RDs, 33 MDs, 7 RN/NPs, 6 Health & Wellness Coaches, 6 CNS's,
6 Social Workers,, 3 Psychologists**

Continuing Education

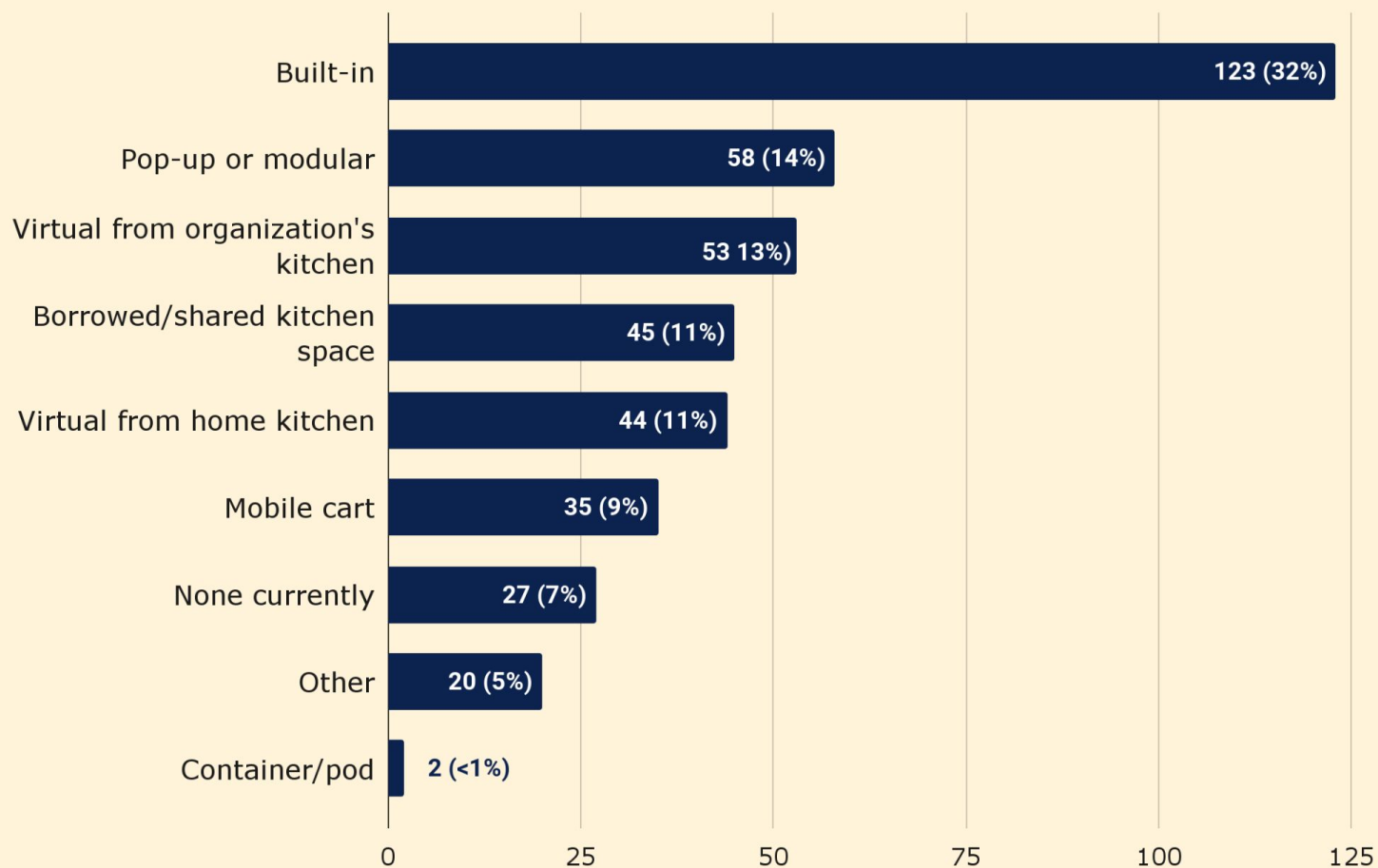


We are pleased to offer the following continuing education credits for participation in the Symposium:

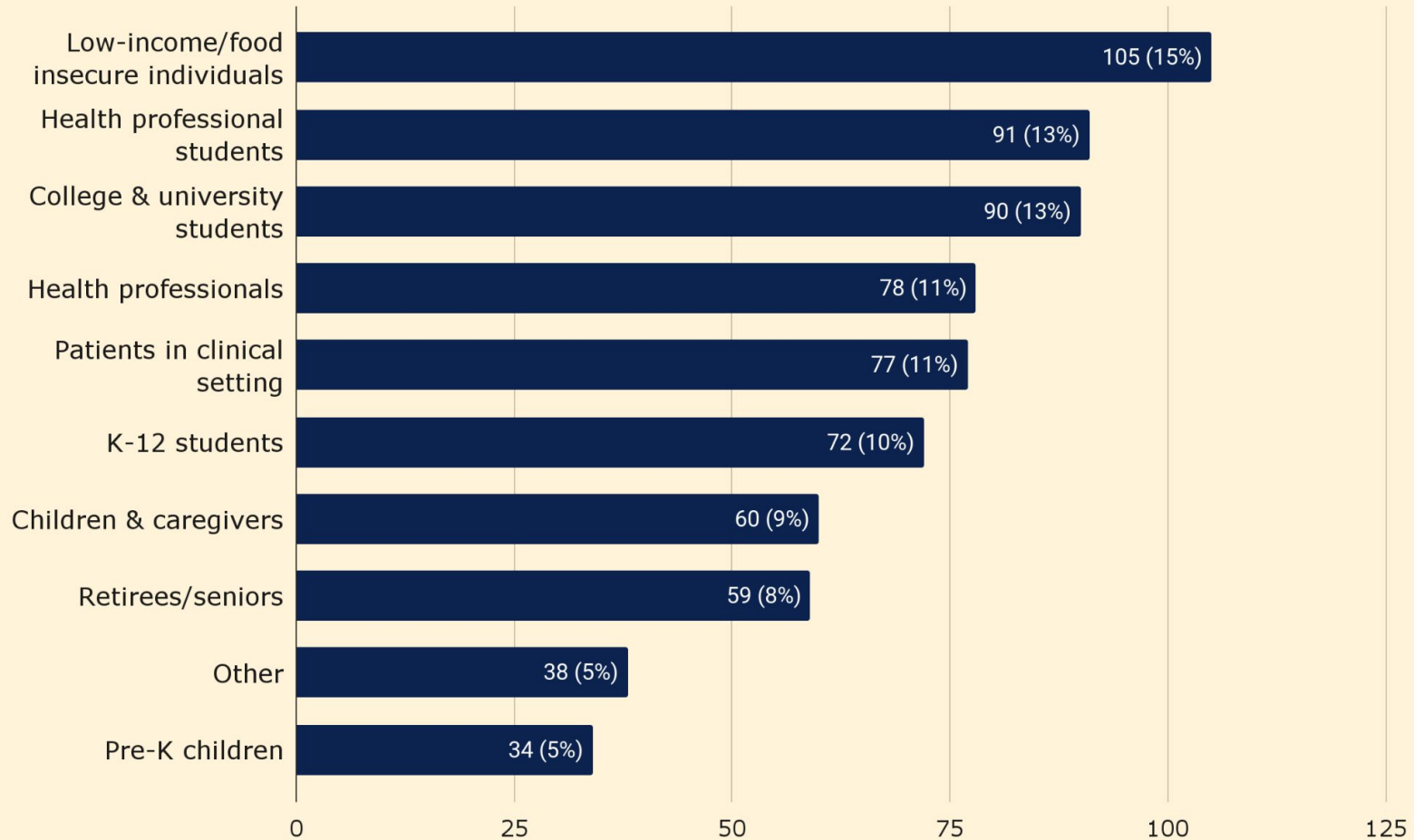
- **AMA Credit:** The University of Utah School of Medicine designates this live activity for a maximum of 11.5 AMA PRA Category 1 Credit(s)[™].
- **For RDNs/DTRs:** The Symposium has been approved by the CDR to offer a maximum of 11.5 CPEUs (+3.5 for those who attended the pre-Symposium workshop).
- **For NBC-HWCs:** The Symposium has been approved by the NBHWC for a maximum of 11.5 CE credits.

Instructions will be shared with all attendees following the Symposium for how to claim the appropriate credits.

What type of teaching kitchen facility do you currently use?



What populations are you serving with your teaching kitchen program?



Symposium Objectives

- Summarize how teaching kitchen programs play a critical role in the growing Food is Medicine, Lifestyle Medicine, and Whole Person Health movements.
- Recognize opportunities to leverage teaching kitchens and local food ecosystems to bridge the gap between communities and healthcare.
- Develop strategies for approaching and engaging potential stakeholders and funders.
- Acquire skills for creating culturally responsive and inclusive teaching kitchen programming and environments that cater to diverse learners and advance health equity.
- Identify practical approaches for improving teaching kitchen programs in order to boost operations, attendee engagement, reach, funding prospects, and overall impact



TEACHING KITCHEN SYMPOSIUM 2024

DAY 1 SCHEDULE

8 - 8:45am | Breakfast & Registration

8:45am - 9am | Welcome & Opening Remarks

9 - 10:30am | Cultivating Community:
Leveraging Your Food Ecosystem to Maximize
Teaching Kitchen Impact

11am - 12:30pm | The Vital Role of Teaching
Kitchens within the Food is Medicine
Landscape

12:30 - 1:30pm | Lunch





TEACHING KITCHEN SYMPOSIUM 2024

DAY 1 SCHEDULE

1:30 - 3pm | Breakout Session, Round 1

3:30 - 4:15pm | Fostering Cultural Humility
and Inclusivity in Teaching Kitchens

4:15 - 5pm | Integrating Environmental
Sustainability into Teaching Kitchen
Operations & Curricula

5 - 6pm | Opening Reception

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DAY 2 SCHEDULE

8:15 - 8:45am | Breakfast

8:45am - 9am | Day 2 Welcome Remarks

9 - 10:30am | Strategies for Securing Support
& Funding for Your Teaching Kitchen &
Relating Programming

11 - 12:30pm | Breakout Sessions, Round 2

12:30 - 1:30pm | Lunch

1:30 - 3pm | Breakout Sessions, Round 3

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TEACHING KITCHEN SYMPOSIUM 2024

DAY 2 SCHEDULE

3:30 - 4pm | Equipping Healthcare & Public Health Professionals Working in Teaching Kitchens for Leadership & Advocacy in Food System & Policy Change

4 - 4:30pm | Behind the Kitchen Sink: Reflections and Wisdom from Teaching Kitchen Innovators

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Connect to UGuest WIFI



1. Select the UGuest wireless network.
2. A browser will open for the UGuest web portal. Select “[click here for access code](#)” to receive an access code.
3. Enter your mobile # where an access code will be sent via SMS message.
4. Enter the access code and mobile # in the UGuest web portal. Once connected, close your web browser and use the internet.

If you need help, call the UT Help Desk at 801-581-4000

Download the Whova app!

Whova



Scan here to
download the app!

Join us on our official event app to:

- Personalize your agenda
- Receive event updates and notifications
- Connect with other attendees
- Create and join meet-ups
- ...and more!

Additional Resources



Scan here to view
presenter slides and
resources!

Presenter slides and supplemental resources will be made available on the [TKC website](#).

The Whova app will expire after 3 months, but you'll continue to have access to Symposium resources on this page.

Commitment to Sustainability

- All resources can be accessed digitally.
- Plant-forward food—good for people and planet—provided by the U’s Crimson Catering by Chartwells and with eco-friendlier disposables.
- Filtered water refill stations throughout the venue.
- Excess food from this event is being rescued by Waste Less Solutions, a local food recovery organization.



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The Teaching Kitchen Collaborative



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Welcome Remarks

Katie Welch

Executive Director

Teaching Kitchen Collaborative