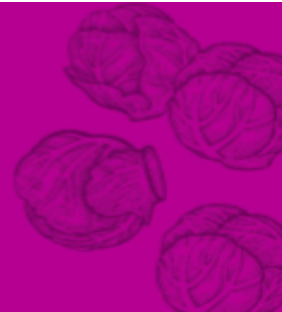


2024 Teaching Kitchen Symposium



Breakout Session 2C

Session Title:

Metrics that Matter: Evaluating Impact on Measures of Food Literacy, Eating Habits, and Health Outcomes Among Teaching Kitchen Participants

Date & Time:

Nov 14, 2024 11:00 AM MST (90min)

Presenters:

- 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

Session Description:

As teaching kitchens continue to gain traction across various sectors, it becomes increasingly critical—for each program and for the collective field—to effectively measure and evaluate their impact. In this breakout session, you will gain valuable insights into the appropriate use of various assessment tools and research methodologies for evaluating food literacy, eating habits, behavior change, and health outcomes among teaching kitchen participants. Whether you're a teaching kitchen professional, researcher, or healthcare provider, this session will equip you with the knowledge to design impactful evaluation strategies and make data-driven decisions to improve your teaching kitchen initiatives and demonstrate their value to stakeholders.

Learning Objectives:

By the end of this session, participants will be able to:

1. Identify various assessment tools and research methodologies suitable for evaluating food literacy, eating habits, and behavior change among teaching kitchen participants.
2. Design effective evaluation strategies tailored to their specific teaching kitchen initiatives, ensuring they can measure impact and outcomes effectively across various dimensions.
3. Utilize evaluation data to make informed decisions that enhance teaching kitchen programs and effectively communicate their value to stakeholders.

[Presenter Slides](#)**References:**

- [Appetite 2014 - Defining food literacy and its components - Helen Anna Vidgen, Danielle Gallegos](#)
- [Nutrients 2024 - Cultivating Healthier Habits: The Impact of Workplace Teaching Kitchens on Employee Food Literacy - Daker, Challamel, Hanson, Upritchard](#)

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Supplemental Resource: [ADKAR Change Management Model](#)