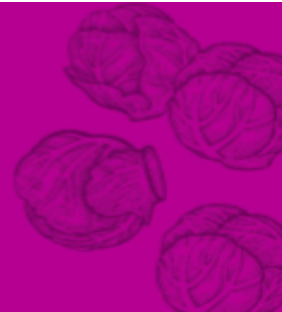


2024 Teaching Kitchen Symposium



General Session 3

Session Title:

Fostering Cultural Humility and Inclusivity in Teaching Kitchens

Date & Time:

Nov 13, 2024 3:30 PM MST

Presenters:

- Linda Shiue, MD, Chef, DipABLM, Internist, Chef, Director of Culinary and Lifestyle Medicine, Kaiser Permanente San Francisco Medical Center; Board Member, Teaching Kitchen Collaborative
- Lauren Beckwith, Program Manager, Food Experiences, ISS Guckenheimer at Google
- Jasmine Westbrook-Figaro, MS, RD, LDN, CDCES, Co-Founder and Director, Eatwell Exchange

Session Description:

This session will delve into the practical strategies for cultivating an environment within any teaching kitchen that honors cultural diversity and fosters inclusivity, ultimately enriching the learning experience for all participants. Three practitioners will share the work they lead within distinct teaching kitchen settings—a healthcare organization, a corporate worksite, and a community-based non-profit—to ensure that their programs incorporate culturally appropriate recipes and teaching methods, address cultural sensitivities in food preparation and education, create welcoming spaces for participants from all backgrounds, and promote cross-cultural understanding through shared food experiences.

Learning Objectives:

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

1. Define cultural humility.
2. Explain why it is important to be inclusive of diverse eating patterns and foodways.
3. Name several methods to foster inclusivity in a teaching kitchen setting.

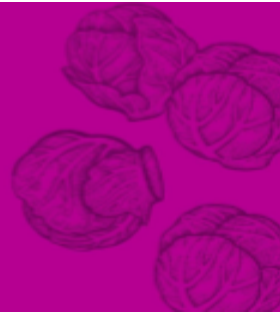
Presenter Slides:

- [Lauren Beckwith](#)
- [Jasmine Westbrook-Figaro](#)
- [Linda Shiue](#)

References:

- LeBlanc KE, Baer-Sinnott S, Lancaster KJ, Campos H, Lau KHK, Tucker KL, Kushi LH, Willett WC. Perspective: Beyond the Mediterranean Diet-Exploring Latin American, Asian, and African Heritage Diets as Cultural Models of Healthy Eating. *Adv Nutr.* 2024

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- Thomas OW, Liang L, Getzoff E, Silver S, Peters J, Fuentes L. Enhancing cultural humility in food is medicine services: A mixed-methods investigation of patient food and dietary preferences. *Healthc (Amst)*. 2024 Sep;12(3):100749. [doi: 10.1016/j.hjdsi.2024.100749](https://doi.org/10.1016/j.hjdsi.2024.100749).