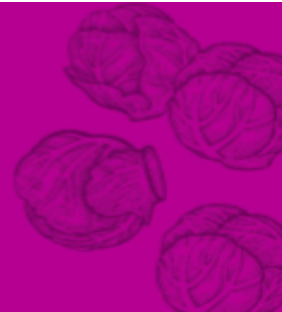


2024 Teaching Kitchen Symposium



General Session 4

Session Title:

Integrating Environmental Sustainability into Teaching Kitchen Operations & Curricula

Date & Time:

Nov 13, 2024 4:15 PM MST

Presenters:

- 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

Session Description:

Teaching kitchens are uniquely positioned to model and teach sustainable food practices, addressing critical issues such as food waste reduction and promoting planetary health. This diverse panel of experts from culinary education, integrative medicine, food science, and nutrition will offer approachable strategies to integrate environmental sustainability into both the operations and curricula of teaching kitchens. Presenters will share research findings, practical experiences, and strategies for overcoming challenges in implementing sustainable practices. This session aims to inspire and equip you with actionable ideas to leverage your teaching kitchen as a powerful tool for advancing both human and planetary health.

Learning Objectives:

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

1. Identify examples of health sciences curricula linking food, food systems, nutrition and both planetary and human health.
2. Describe opportunities for teaching kitchens to incorporate sustainability practices such as food waste prevention and reduction into their operations.
3. Share community and practice resources to support the promotion of planetary health principles through culinary and nutrition education.

Presenter Slides:

- [Christina Vollbrecht & Kate Shafto](#)
- [Samira Zarghami](#)
- [Jonathan Deutsch](#)

2024 Teaching Kitchen Symposium



Supplemental References/Resources

- ReFed - [Food Waste Solutions - Reduce Food Waste, Food Recycling & Recovery \(refed.org\)](https://refed.org)
- The Lancet Planetary Health - [The Lancet Planetary Health Home Page](https://www.thelancet.com/planetary-health)
- The Joint Commission – Sustainable Healthcare - [Sustainable Healthcare | The Joint Commission](https://www.jointcommission.org/sustainable-healthcare)
- Practice Greenhealth – Sustainability Solutions for Healthcare - [Homepage | Practice Greenhealth](https://www.practicegreenhealth.org/)
- Health Care Without Harm - <https://noharm.org/>
- Centre for Sustainable Healthcare - <https://sustainablehealthcare.org.uk/>
- Environmental Health News - [EHN](https://www.ehn.org/)
- World Health Organization – [WHO guidance for climate resilient and environmentally sustainable health care facilities](https://www.who.int/news-room/fact-sheets/detail/health-care-facilities)
- Global Green and Healthy Hospitals - <https://greenhospitals.org/>
- U.S. Green Building Council - [Applying LEED to healthcare projects – U.S. Green Building Council \(usgbc.org\)](https://www.usgbc.org/leed-healthcare)
- International Confederation of Dietetic Associations – Sustainable Food Systems Toolkit - [Sustainability – Supporting Sustainability in Nutrition \(icdasustainability.org\)](https://www.icdasustainability.org/)
- National Academy of Medicine - Action Collaborative on Decarbonizing the US Health Sector - [NAM Sustainability Journey Map](https://www.nam.edu/decarbonizing)
- [Food Security – Medicine For A Changing Planet](https://www.fsa.usda.gov/food-security)
- [Home - PHRC \(phreportcard.org\)](https://www.phrc.org/)
- <https://climatehealthed.org/>