

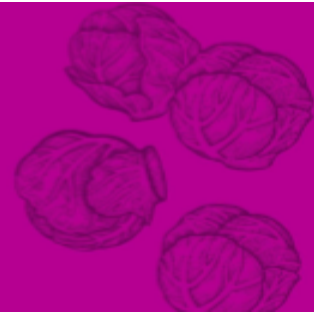
## Program Schedule

Wednesday, November 13

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



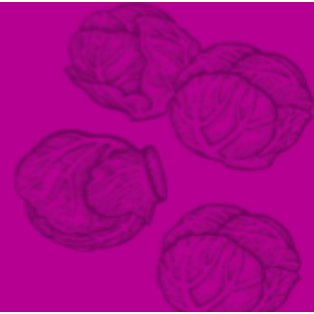
# 2024 Teaching Kitchen Symposium



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



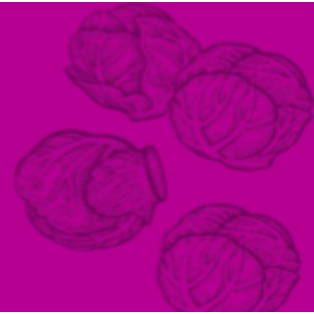
# 2024 Teaching Kitchen Symposium



3:30 PM	<p>General Session 3  <b>Fostering Cultural Humility and Inclusivity in Teaching Kitchens</b></p> <ul style="list-style-type: none"> <li>• Linda Shiue, MD, Chef, DipABLM, Internist, Chef, Director of Culinary and Lifestyle Medicine, Kaiser Permanente San Francisco Medical Center; Board Member, Teaching Kitchen Collaborative</li> <li>• Lauren Beckwith, Program Manager, Food Experiences, ISS Guckenheimer at Google</li> <li>• Jasmine Westbrooks-Figaro, MS, RD, LDN, CDCES, Co-Founder and Director, Eatwell Exchange</li> </ul>
4:15 PM	<p>General Session 4  <b>Integrating Environmental Sustainability into Teaching Kitchen Operations &amp; Curricula</b></p> <ul style="list-style-type: none"> <li>• Christina Vollbrecht, MA, MS, Chef Educator, Culinary Medicine, University of Vermont Medical Center</li> <li>• 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</li> <li>• Jonathan Deutsch, PhD, CHE, CRC, Professor and Director, Drexel Food Lab, Department of Health Sciences, Drexel University</li> <li>• Samira Zarghami, RD, CDE, MBA, Consulting Dietitian, Stack and Spoon Consulting; Dietitians of Canada</li> </ul>
5 PM	Opening Reception



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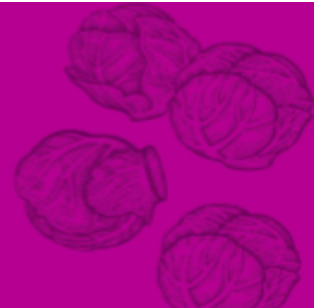


Thursday, November 14

8:15 AM	Breakfast
8:45 AM	<p><b>Day 2 Welcome Remarks</b></p> <ul style="list-style-type: none"> <li>• Allison Righter, MSPH, RDN, Director of Membership &amp; Programs, Teaching Kitchen Collaborative</li> <li>• Amy Hanus, Program Director, Full Plate Living</li> </ul>
9 AM	<p>General Session 5 <b>Strategies for Securing Support and Funding for Your Teaching Kitchen &amp; Related Programming</b></p> <ul style="list-style-type: none"> <li>• Sian Cotton, PhD, Director, Osher Center for Integrative Health, University of Cincinnati</li> <li>• Olivia Thomas, MS, RD, Director of Nutrition Innovation and Implementation, Boston Medical Center</li> <li>• Nate Wood, MD, MHS, Chef, DABOM, Director of Culinary Medicine, Yale School of Medicine</li> </ul>
10:30 AM	Break
11 AM	<p>Breakout Sessions, Round 2</p> <p><b>A. Innovation in Action: Teaching Kitchens at the University of Utah 2</b></p> <ul style="list-style-type: none"> <li>○ Theresa Dvorak, MS, RD, CSSD, Associate Professor, Director of Culinary Medicine, Department of Nutrition and Integrative Physiology, University of Utah</li> <li>○ Tricia Petzold, MD, Adjunct Assistant Professor, Pinnacle Health</li> <li>○ Britta Retzlaff, RD, Registered Dietitian, University of Utah</li> <li>○ Zach Hartlyn, Metabolic Kitchen Chef, University of Utah</li> <li>○ Rachel Clark, MS, RD, Metabolic Kitchen Director and Culinary Medicine Instructor, University of Utah</li> <li>○ Lindsey Imber, MS, RD, Wellness Dietitian &amp; Chef, Nutrition Care Services, University of Utah</li> <li>○ Richmond Doxey, MD, CCMS, Assistant Professor, Department of Internal Medicine, University of Utah</li> </ul> <p><b>B. A Deeper Dive into Strategic Approaches to Gaining Buy-In and Funding For Your Teaching Kitchen Program</b></p> <ul style="list-style-type: none"> <li>○ Sian Cotton, PhD, Director, Osher Center for Integrative Health, University of Cincinnati</li> </ul>



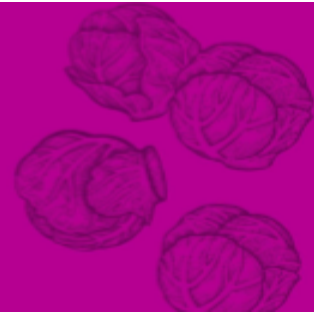
# 2024 Teaching Kitchen Symposium



	<ul style="list-style-type: none"> <li>○ Deanne Brandstetter, MBA, RDN, CDN, FAND, Vice President, Nutrition &amp; Wellness, Compass Group North America</li> <li>○ Olivia Thomas, MS, RD, Director of Nutrition Innovation and Implementation, Boston Medical Center</li> <li>○ Nate Wood, MD, MHS, Chef, DABOM, Director of Culinary Medicine, Yale School of Medicine</li> </ul> <p><b>C. Metrics that Matter: Evaluating Impact on Measures of Food Literacy, Eating Habits, and Health Outcomes Among Teaching Kitchen Participants</b></p> <ul style="list-style-type: none"> <li>○ Ghislaine Challamel, MS, Principal, Food is in the Air</li> <li>○ Lauren Beckwith, Program Manager, Food Experiences, Guckenheimer at Google</li> <li>○ Jennifer Massa, ScD, Research Scientist, Harvard T.H. Chan School of Public Health–Department of Nutrition; Director of Research, Teaching Kitchen Collaborative</li> </ul>
12:30 PM	Lunch
1:30 PM	<p>Breakout Sessions, Round 3</p> <p><b>A. Innovation in Action: Teaching Kitchens at the University of Utah 3</b></p> <ul style="list-style-type: none"> <li>○ Alex Hernandez, MS, RDN, CD, Wellness Bus Program Manager, University of Utah</li> <li>○ Ellen Maxeld, Associate Director of Clinical Operations, University of Utah</li> <li>○ Sarah Zou, MPH, RD, CDE, Clinical Dietitian, University of Utah</li> <li>○ Shannon Jones, MS, Executive Director, University of Utah Center for Community Nutrition</li> </ul> <p><b>B. Virtual Culinary Classroom: Technology Tips for Teaching Kitchens</b></p> <ul style="list-style-type: none"> <li>○ Cindy Chou, RDN, Chef, Culinary Nutrition Instructor, Cooking Video Creator, The Sound of Cooking</li> <li>○ Ashley Dunworth, MS, RDN, CDCES, Community Health Nutrition Specialist, Presbyterian Healthcare Services</li> </ul> <p><b>C. Ages and Stages in the Kitchen: Culinary and Nutrition Education for Youth from Pre-K to College</b></p> <ul style="list-style-type: none"> <li>○ Lynn Fredericks, Founder &amp; President, FamilyCook Productions</li> <li>○ Linda Novick O’Keefe, Co-Founder &amp; CEO, Common Threads</li> <li>○ Mayumi Uejima-Carr, President, Table for Two USA</li> <li>○ Terry Braggs, Executive Chef of Student Food Experiences, R&amp;DE Stanford Dining</li> </ul>



# 2024 Teaching Kitchen Symposium



3 PM	Break
3:30 PM	<p>General Session 6 <b>Equipping Healthcare and Public Health Professionals Working in Teaching Kitchens for Leadership and Advocacy in Food System and Policy Change</b></p> <ul style="list-style-type: none"><li>• Christina Badaracco, MPH, RD, LDN, Culinary Medicine Consultant, MedStar Health</li><li>• Shad Marvasti, MD, MPH, Founding Director of The Culinary Medicine Program, Associate Professor, University of Arizona College of Medicine</li></ul>
4 PM	<p>General Session 7 <b>Behind the Kitchen Sink: Reflections and Wisdom from Teaching Kitchen Innovators</b></p> <ul style="list-style-type: none"><li>• Hope Barkoukis, PhD, RDN, LD, FAND, Department Chair, Case Western Reserve University</li><li>• Linda Shiue, MD, Chef, DipABLM, Internist, Chef, Director of Culinary and Lifestyle Medicine, Kaiser Permanente San Francisco Medical Center</li></ul>
4:30 PM	Day 2 Concludes

