



HARVARD
T.H. CHAN

SCHOOL OF PUBLIC HEALTH

Department of Nutrition

The **Culinary Nutrition Group** (CNG) leads and translates emerging scientific and medical evidence into innovative programs that prevent and reduce chronic disease while complementing clinical interventions to improve the health, well-being, and longevity of people and the planet. CNG is part of the Department of Nutrition at the Harvard T.H. Chan School of Public Health.

CNG leads cutting-edge research in Food Is Medicine and Whole Person health through the exploration of experiential learning in “teaching kitchens” as a vehicle for transformative health and well-being across the lifespan. Using the latest in nutrition science, we are creating interactive educational curricula and incorporating behavior change strategies with culinary skill-building, food literacy, physical activity, stress reduction, and mindfulness.

CNG’s highly experienced team is uniquely positioned to research and implement teaching kitchen culinary medicine programs and interventions with access to 60+ institutional members through the [Teaching Kitchen Collaborative](#) (TKC), along with Harvard’s faculty, research, and regulatory tools. Our integration of AI and new medical technologies has been paramount in our recent work, allowing for concurrent customization of cutting-edge interventions for diverse populations.

Current CNG projects include creation and implementation of: 1) teaching kitchen studies, including pilot programs and multisite, clinical, and international trials; 2) teaching kitchen assessment tools; 3) culinary nutrition curriculum for children in the US and Japan; 4) NIH-funded teaching kitchen Research Conferences; 5) nutrition competencies for physicians and a repository of comprehensive medical school curricula; and 6) therapeutic culinary nutrition courses for medical professionals in partnership with the Culinary Institute of America.

CNG projects in development include: 1) clinical trials of a tailored menu for GLP-1 users; 2) curated teaching kitchen curricula (ie: translations in language and culturally appropriate foods, among others); 3) AI-assisted culinary nutrition app for patients; and 4) global culinary medicine wellness outcome database.

CNG LEADERSHIP

[Jennifer Massa](#), DSc: Lead Research Scientist, Harvard. Dr. Massa helped design and lead the seminal study on the efficacy of teaching kitchens in 2014. Her background in both epidemiology and nutrition science allows her to create and implement rigorous scientific studies with expert knowledge in the topics of nutrition and lifestyle. Dr. Massa also serves as director of research for the TKC.

[Kate Janisch](#), MPH RDN: Kate leads team operations, focusing on project and regulatory management in addition to creating and curating curriculum and assessment tools.

CONTACT US

The CNG team can be reached by emailing jmassa@hsph.harvard.edu or by calling 617-432-3276. We are currently seeking collaborations with fellow academic leaders and private/public funding partners.