



TEACHING KITCHEN  
COLLABORATIVE

Impact Report 2024



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Dear Friends, Supporters, and Members,

2024 was a year of tremendous growth for the Teaching Kitchen Collaborative (TKC). I am proud to share our continued progress in advancing the national teaching kitchen movement and our unwavering commitment to health equity, clinical innovation, advocacy, and sustainability.

This year's Impact Report highlights the incredible strides we've made together—through research, collaboration, and the dedication of our member organizations. From launching our multisite research trial studying a co-created curriculum to the creation and successful implementation of a public Teaching Kitchen Symposium, the TKC continues to build upon its strong coalition and advocate for behavior change through education as the essential backbone of all sustainable Food Is Medicine interventions.

The TKC grew its membership this year with 19 new members (our largest class ever!), strengthened cross-sector partnerships, established an Advisory Council, and amplified the voices of our member organizations in diverse communities—from hospitals and universities to museum centers and YMCAs. Every story in this report represents the collective energy of a movement—and the impact made possible by your belief in our shared mission.

As we look ahead to the TKC's 10th anniversary in 2025 and the next decade of this work, we are motivated by what we know lies ahead. Thank you for being an essential part of this journey, and for helping build a healthier future for people and the planet.

With gratitude,



Katie Welch  
Executive Director

## OUR MISSION & VISION

We envision a world where people are equipped and inspired to pursue lifelong health and wellness.

Our mission is to build and support a global network dedicated to improving lives through transformative culinary and lifestyle education.

We seek to answer the question:

*What can we do together that we  
cannot do on our own?*





## ABOUT US

The TKC is a network of thought-leading organizations that leverage teaching kitchen facilities to enhance personal, public, and planetary health. Our members span medical, community, academic, and corporate settings, united by a drive to create impact that goes beyond what any one group could do alone.

## WHAT WE DO

### Foster a Thriving Community of Practice

We bring together current and aspiring culinary medicine professionals to network, share best practices, spark new ideas, collaborate on special projects, and empower and grow teaching kitchens around the world.

### Champion Research & Collaboration

We connect our members with potential research collaborators and with evidence-driven insights across public, private, and non-profit sectors, to ensure that teaching kitchen programs are grounded in the latest research.

### Expand Global Impact

Through professional development webinars, co-created resources, and innovative tools and content, we equip our community to grow and iterate teaching kitchen-related programming globally.

### Advocate for Progress & Innovation

We provide a unified platform for policy action, driving support and recognition for teaching kitchens in healthcare, education, community settings, and beyond.

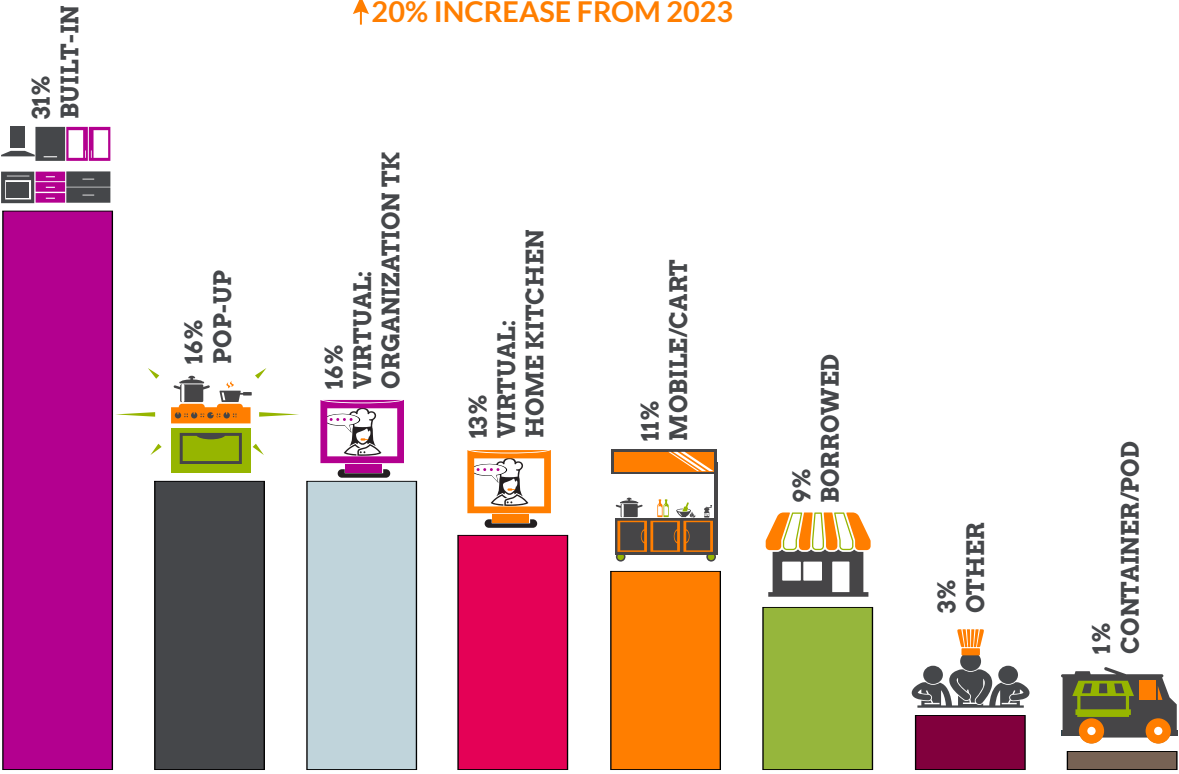
# MEMBERSHIP SNAPSHOT



## ORGANIZATION & CORPORATE MEMBER TYPES



# IMPACT OF ORGANIZATION & CORPORATE MEMBERS



## FACILITY TYPES

\*Statistics as of December 2024

IMPACT OF ORGANIZATION  
& CORPORATE MEMBERS



133,182

INDIVIDUAL  
PARTICIPANTS  
REACHED IN 2024

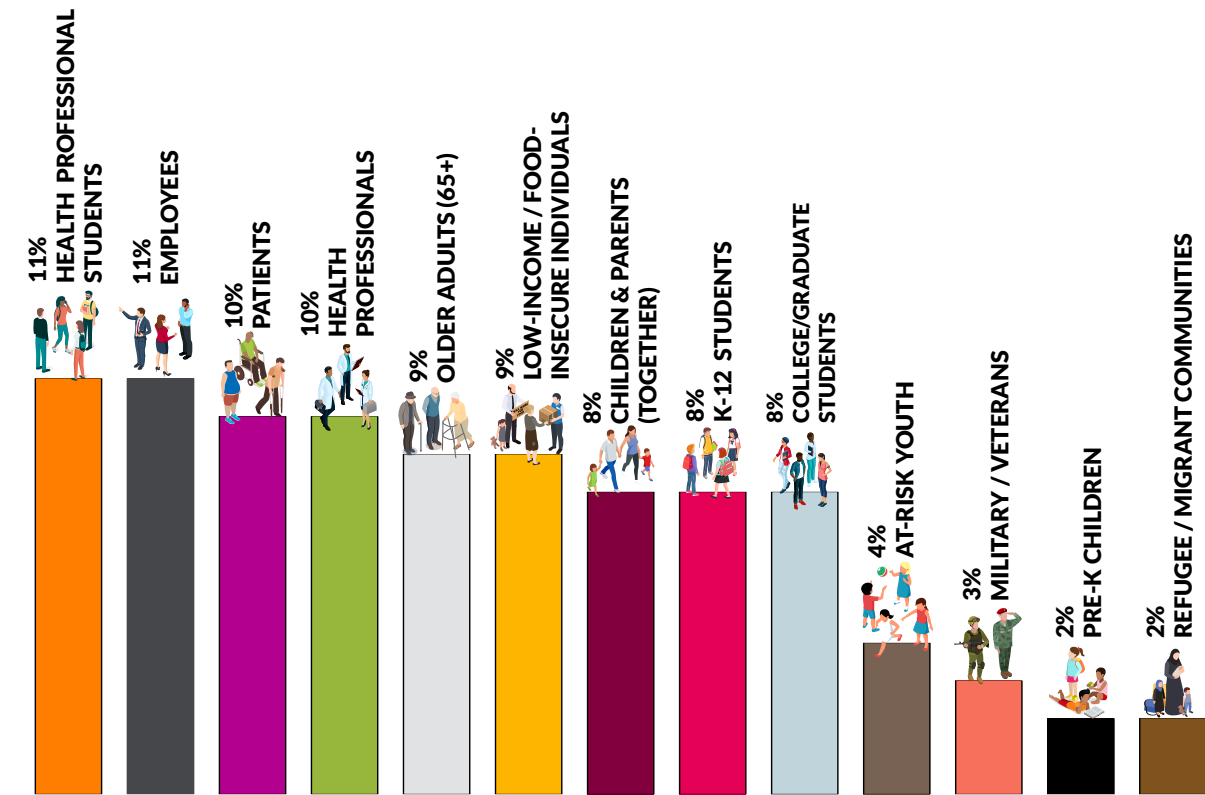
↑ 20% INCREASE FROM 2023

73%



DELIVER IN-PERSON &  
VIRTUAL PROGRAMMING

27% DELIVER IN-PERSON  
PROGRAMMING ONLY



PEOPLE SERVED

DIGITAL REACH



6,000+  
NEWSLETTER  
SUBSCRIBERS

45%

AVERAGE EMAIL  
OPEN RATE



6,300+

FOLLOWERS  
ACROSS  
SOCIAL  
PLATFORMS



“WHAT IS THE TKC'S  
VALUE TO YOU?”





“What can we do together  
that we cannot do on our own?”



# ADVOCACY, POLICY & PROMOTION

## ADVISORY COUNCIL ESTABLISHED

In 2024, the TKC debuted its Advisory Council of thought leaders and accomplished professionals in the teaching kitchen movement who provide their expertise and advice to help further the mission and efforts of the TKC. The strategic guidance of the Advisory Council helps the TKC's leadership and Board of Directors by augmenting their knowledge, thinking, and understanding of the Food Is Medicine (FIM) landscape in order to make informed decisions. We are grateful to the 15 founding members of our Advisory Council whose support and generous spirits further our collective success. A listing of all 2024 Advisory Council members can be found on [page 23](#).

## HEALTH & HUMAN SERVICES - TEACHING KITCHEN BRIGHT SPOT

The TKC is featured in the U.S. Department of Health and Human Services' [Food is Medicine \(FIM\) website](#) as part of the Bright Spots series, which offers insights into real-world implementation and examples of promising FIM interventions. This recognition highlights the TKC's dedication to advancing teaching kitchens as one of the most promising strategies for long-term behavior change and improved personal and planetary health.

## COALITION FOR WHOLE PERSON HEALTH

The TKC has been accepted into the National Center for Complementary and Integrative Health (NCCIH) [Coalition for Whole Person Health](#). As a Coalition member, the TKC collaborates with the NCCIH, NIH, and other national leaders to promote research and initiatives that prioritize whole-person healthcare.



## TKC OFFICIALLY SELECTED TO JOIN THE BIDEN-HARRIS ADMINISTRATION'S WHITE HOUSE CHALLENGE TO END HUNGER AND BUILD HEALTHY COMMUNITIES

TKC Executive Director Katie Welch traveled to Washington, DC in February 2024 to officially commit the TKC to helping to end hunger and build healthy communities. Using this national platform, the TKC broadcasted its commitment to: expanding access to hands-on nutrition education and empowering individuals to make healthy choices; strengthening health professionals' education in nutrition; and enhancing research around the impact of teaching kitchen interventions—translating it into action for improved access, and encouraging widespread integration and third-party coverage.

# CONSENSUS BUILDING & PARTNERSHIPS

## DOCTORING OUR DIET II

In partnership with Harvard Law School's Food and Policy Clinic, the TKC published [Doctoring Our Diet II](#), a follow-up report addressing the need for nutrition education for physicians. The report included an overview of efforts since 2019, including: House Resolution 1118, which called upon medical schools, graduate medical education programs, and other health professional training programs to provide meaningful physician and health professional education on nutrition and diet; the White House Conference on Hunger, Nutrition, and Health; and key takeaways from a summit hosted by the Accreditation Council for Graduate Medical Education, the American Association of Colleges of Osteopathic Medicine, and the Association of

American Medical Colleges. Concluding the report is a section that suggests the most pressing next steps to make progress on this vital issue.

## PROPOSED NUTRITION COMPETENCIES FOR MEDICAL STUDENTS & PHYSICIAN TRAINEES: A CONSENSUS STATEMENT

In October 2024, a pivotal paper was published in *JAMA Network Open*, proposing nutrition competencies for medical students and physician trainees. This publication was spearheaded by TKC Founder and Senior Advisor, Dr. David Eisenberg, and the TKC's Director of Research, Dr. Jennifer Massa, served as a subject matter consultant. The [groundbreaking research paper](#) outlined 36 essential nutrition competencies for U.S. medical students and physician trainees, addressing a critical gap in medical education: the lack of standardized nutrition training for future physicians.



## INNOVATION, RESEARCH & PROFESSIONAL DEVELOPMENT

### THE INAUGURAL TEACHING KITCHEN SYMPOSIUM

The inaugural Teaching Kitchen Symposium brought together professionals from around the globe who are dedicated to advancing hands-on approaches to nutrition education and behavior change in teaching kitchen settings. Hosted by the University of Utah, a TKC Organization Member, this two-day continuing education event featured a diverse lineup of expert speakers, invaluable networking opportunities, and engagement with local community and industry partners.

Participants benefited from a robust program of presentations, panel discussions, and interactive breakout sessions, covering a wide range of actionable topics. These included: leveraging community partnerships, the role of teaching kitchens in the broader Food is Medicine movement, incorporating mindfulness and movement, promoting environmental sustainability, integrating technology for virtual or hybrid delivery, exploring viable funding models, applying cultural humility in kitchen settings, and effective program evaluation strategies.

The Symposium's success was reinforced through post-event evaluation: nearly 50% of attendees completed the survey, with an average satisfaction score of 4.69 out of 5. A striking 98% said the event was a valuable use of their time, 96% would recommend it to colleagues, and 94% expressed interest in attending again. Qualitative responses highlighted meaningful outcomes such as increased confidence in delivering culturally relevant and inclusive nutrition education, the launch of new teaching kitchen initiatives, stronger professional networks, and inspiration to enhance program evaluation and stakeholder engagement.

[Click here to learn about the 2025 Teaching Kitchen Symposium](#)



Teaching Kitchen Symposium 2024 // University of Utah, Salt Lake City

## SNAPSHOT OF SYMPOSIUM ATTENDEES FROM 2024



"I left the Symposium feeling inspired and ready to learn more about implementing impactful virtual teaching kitchens. Learning from a wide variety of experts in this space expanded my view of the possibilities, and I hope to contribute to this movement in a meaningful way."

- 2024 Symposium Attendee

ANNUAL ORGANIZATION MEMBERS MEETING

Following the 2024 Teaching Kitchen Symposium, over 100 TKC Organization and Corporate Members remained in Salt Lake City to participate in the Annual Members Meeting. The gathering began with a private reception at Red Butte Garden’s Orangerie, where members networked and shared a celebratory toast amid vibrant botanical surroundings. The next day, members convened for a full day of collaboration and strategic planning. Highlights included organizational updates, presentations from 2024 TKC Research Fellows, and the announcement of the 2023 TKC Research Paper of the Year. Members participated in breakout sessions on key topics such as food access, sustainability, mental health, culinary education, and research, as well as discussions focused on different target populations. The meeting concluded with a forward-looking discussion on 2025 member recruitment, engagement plans, and early announcements for the [2025 Symposium](#) and 2026 Research Conference.

RESEARCH STUDY CONCLUDING ACROSS FOUR TKC MEMBER SITES

Prior to 2020, Organization Members collaborated on the creation of a comprehensive, 16-week teaching kitchen curriculum (including hands-on culinary, nutrition, exercise, mindfulness, and behavior change coaching) that could be customized to meet the needs of medical professionals and their patient populations. After a pilot of this curriculum was conducted through a virtual platform at Dartmouth-Hitchcock in 2021-2022, the curriculum was further refined to include eight monthly booster classes.

The TKC launched a [multi-site trial](#) to study this expanded curriculum at four Organization Member sites (UCLA, UC Irvine, UTHealth Houston and Dartmouth Health) in late 2023. At the end of 2024, all sites had completed the 16-week Intensive Phase of the trial and were nearing the end of the Booster Phase with monthly classes. Six months of follow-up will take place after the booster classes, and we anticipate publications on the results of this trial in 2025 and beyond. Assessment of the curriculum’s efficacy includes class attendance, participant satisfaction, questionnaires looking at demographics, physical health metrics, self-reported culinary abilities, confidence and self-efficacy, eating habits, sleep, and overall wellness.



LAUNCH OF RESEARCH FELLOWSHIP PROGRAM

The TKC’s Research Committee, with leadership support from Dr. Jennifer Massa (Harvard T.H. Chan School of Public Health) and Dr. Miranda Moore (Emory University), launched a Research Fellowship program in 2024, selecting and mentoring two promising graduate student researchers. Julia MacLaren, RD (MSc student, Alberta Health Services/ University of Calgary) worked on a study entitled *Bites for Bones: A Feasibility Study of a Culinary Medicine Intervention for Bone Health in Adults Living with Age-Associated Low Bone Mass or Fracture Risk*. Lorena Macias-Navarro, MSc (PhD student, UTHealth Houston) worked on a study entitled *Development and Evaluation of a Self-Efficacy Scale to Overcome Barriers to Prepare and Consume Healthy Meals at Home*. The purpose of the Research Fellowship is to strengthen the pipeline of researchers in the teaching kitchen field, to expand the body of published peer-reviewed research, and to provide mentorship to emerging scholars. The next opportunity to apply to become a TKC Research Fellow will be in September 2025.

RESEARCH PAPER OF THE YEAR

The TKC Research Committee launched the inaugural “Paper of the Year” award in 2024 to honor a rigorous scientific publication with an innovative approach that most significantly advanced the teaching kitchen field during the previous calendar year. Out of 23 nominated papers, one was selected following an independent review and vote by a subgroup of committee members. Congratulations to Dr. Miranda Moore from Emory University for winning TKC Paper of the Year for her publication [A Teaching Kitchen Program Improves Employee Micronutrient and Healthy Dietary Consumption](#) (Nutr Metab Insights, 2023).

PROFESSIONAL DEVELOPMENT OFFERINGS

In 2024, the TKC continued to elevate professional development and showcase our innovative members by hosting seven webinars. These sessions explored a diverse array of topics—from cultural humility in teaching kitchens and culinary medicine for underserved communities, to innovative program evaluation and flavor-building for clinical populations. The series drew 901 registrants and 557 attendees, with many participants joining multiple sessions—demonstrating strong engagement and growing demand for teaching kitchen education. Additionally, recordings of these webinars have garnered over 450 views to date, further extending the reach and impact of the series. Looking ahead, TKC is committed to expanding its webinar offerings in 2025, creating even more opportunities for learning, collaboration, and innovation across the field.

“

*Nothing compares to the energy felt being in the same room with like-minded individuals on the same mission as you. It reminds me that the work I am doing is VERY important and can be impactful if I continue this journey because I am not alone.*

— 2024 Symposium Attendee



“

*Attending the Symposium gave me tools to create strategies for culinary and lifestyle programs, from funding to execution, and presenting to leaders. Despite budget cuts at my healthcare system, I now feel confident creating and executing these programs independently in my community, using local partnerships and grants.*

— 2024 Symposium Attendee



# ORGANIZATION & CORPORATE MEMBERS

1440 Multiversity - Scotts Valley, CA  
Alberta Health Services /University of Calgary - Alberta, Canada  
Apples to Zucchini Cooking School - Santa Barbara, CA  
Barilla & Barilla Center for Food and Nutrition Foundation - Parma, Italy  
Bon Secours Richmond - Richmond, VA  
Boston Medical Center - Boston, MA  
Buffalo Go Green - Buffalo, NY  
CancerScan - Tokyo, Japan  
Case Western Reserve University, Department of Nutrition - Cleveland, OH  
Children’s Healthcare of Atlanta, Center for Advanced Pediatrics - Atlanta, GA  
Cincinnati Hills Christian Academy - Cincinnati, OH  
Cincinnati Museum Center - Cincinnati, OH  
Cleveland Clinic - Cleveland, OH  
Common Threads - Chicago, IL  
Compass Group, North America - Charlotte, NC  
The Culinary Institute of America - Hyde Park, NY  
Culinary Medicine Germany - Göttingen, Germany  
Cummins LiveWell Center - Columbus, IN  
Dartmouth-Hitchcock’s Culinary Medicine Program - Lebanon, NH  
Emory University Lifestyle Medicine and Wellness - Atlanta, GA  
FamilyCook Productions - New York, NY  
Free Library of Philadelphia - Philadelphia, PA  
Google, Inc. - Mountain View, CA  
Griffin Health - Derby, CT  
Groundwork Center for Resilient Communities - Traverse City, MI  
Hackensack Meridian Health - Edison, NJ  
Idaho College of Osteopathic Medicine - Meridian, ID  
Indiana University School of Health & Human Sciences - Indianapolis, IN  
Johnson & Wales University - Providence, RI  
Kaiser Permanente Bernard J. Tyson School of Medicine - Pasadena, CA  
Kaiser Permanente San Francisco Medical Center - San Francisco, CA  
MaineGeneral Health, Peter Alfond Prevention and Healthy Living Center - Augusta, ME  
Marshall Health Network Foundations - Huntington, WV

Mayo Clinic - Rochester, MN  
MedStar Health, Institute for Innovation - Washington DC  
National University of Natural Medicine - Portland, OR  
Near North Health - Chicago, IL  
Negev FoodLab - Negev, Israel  
Northwell Health - New Hyde Park, NY  
Northwestern University, Osher Center for Integrative Medicine - Chicago, IL  
Olivewood Gardens & Learning Center - National City, CA  
Osaka University - Osaka, Japan  
Pace University - Pleasantville, NY  
Phipps Conservatory and Botanical Gardens - Pittsburgh, PA  
Presbyterian Healthcare Services - Albuquerque, NM  
Providence Milwaukie Hospital - Portland, OR  
Providence Swedish - Seattle, WA  
Spartanburg Regional Healthcare System - Spartanburg, SC  
Spaulding Rehabilitation Network - Charlestown, MA  
Turner Farm, Inc. / University of Cincinnati, Osher Center for Integrative Health - Cincinnati, OH  
University of Arizona’s Culinary Medicine Initiative - Tucson, AZ  
University of Arkansas for Medical Sciences - Little Rock, AR  
University of British Columbia - Vancouver, British Columbia, Canada  
University of California, Berkeley (College of Natural Resources; Health Services)- Berkeley, CA  
University of California, Irvine (Susan Samueli Integrative Health Institute) - Costa Mesa, CA  
University of California, Los Angeles (Semel Healthy Campus Initiative) - Los Angeles, CA  
University of Minnesota, Center for Spirituality & Healing - Minneapolis, MN  
University of South Alabama - Mobile, AL  
University of Southern California, Keck School of Medicine - Los Angeles, CA  
UTHealth Houston School of Public Health, Nourish Program - Houston, TX  
University of Texas Southwestern Medical Center - Dallas, TX  
University of Utah, Center for Community Nutrition and Osher Center for Integrative Health - Salt Lake City, UT  
University of Vermont Medical Center - Burlington, VT  
Veterans Health Administration, Healthy Teaching Kitchen Program - United States  
Yale New Haven Health - North Haven, CT  
YMCA of Greater Pittsburgh, Sampson Family Branch - Pittsburgh, PA

# 2024 Financial Snapshot

January 1, 2024-December 31, 2024 (Unaudited)



## Revenue

In 2024, the TKC raised **\$1.42 million** to support its mission through contributions, membership dues, earned income, and other sources.



## Expenditures

The TKC invested **\$1.27 million** in programs and operations, with the majority directed toward:

- ☛ Member programs
- ☛ Health professional education
- ☛ Research and public programs, including the Symposium



## Net Income

The TKC ended the year with a **net income of \$149,695**, strengthening its financial foundation for the future.



## Assets & Net Assets

As of year-end, the TKC held **\$1.35 million** in assets and maintained \$1.17 million in net assets, ensuring continued impact in the years ahead.

*Special thanks to the following foundations, corporations, and institutions that have made gifts of \$50,000 or more to support the TKC since its inception.*

Ardmore Institute of Health	Meshewa Farm Foundation
Barilla America	Peter Alfond Foundation
CancerScan, Inc.	Sampson Foundation
David R. Clare and Margaret C. Clare Foundation	Shaich Family Fund
Compass Group N.A.	Turner Farm Foundation
Goldman Sachs + Co.	Vitamix Foundation
Google	

# SPOTLIGHT: GOOGLE'S TEACHING KITCHENS



The Google Food Team’s leadership in the teaching kitchen movement is visionary. As a founding member of the Teaching Kitchen Collaborative, Google saw early on what so many are just beginning to understand: that food is one of the most powerful tools we have to transform lives, workplaces, and the planet we share. Their teaching kitchen programs are more than just office perks—they are living classrooms where employees practice wellbeing, build community, and cultivate essential life skills.

What sets Google apart is not just their scale, but their willingness to lead with purpose. Their commitment to using food as a lever for well-being and sustainability echoes the heart of our mission at the TKC, and their early and sustained membership has helped to support the global movement. We are deeply grateful for the Google Food Team’s partnership, their support, and the way they challenge all of us to think bigger, reach farther, and believe that food can—and should—be part of the solution.

LEADERSHIP

Board of Directors

Akio Yonekura - Interim Chair  
Robert Edmiston, JD  
Aviad “Adi” Haramati, PhD  
Linda Shiue, MD  
Dexter Shurney, MD, MBA, MPH

Staff

Katie Welch - Executive Director  
Allison Righter, MSPH, RDN - Director of Membership & Programs  
Jennifer Massa, ScD - Director of Research  
Margaret Counts-Klebe, MBA, SHRM-CP - Director of Operations  
Jason Wright, MS - Designer & Lead Creative Consultant  
Kate Janisch, MPH, RDN - Culinary Nutrition Research Coordinator  
Ariana Bautista - Marketing & Communications Specialist

Advisory Council

David Eisenberg, MD - TKC Founder & Senior Advisor	Kofi Essel, MD, MPH, FAAP
Jaclyn Lewis Albin, MD, CCMS, DipABLM	Chavanne Hanson, MPH, RD
Hope Barkoukis, PhD, RDN, LD, FAND	Adante Hart, MPH, RDN, LDN
Deanne Brandstetter, MBA, RDN, CDN, FAND	Robert Israel, MD, FACP
Sherene Chou, MS, RD	Mary Jo Kreitzer, PhD, RN, FAAN
Sian Cotton, PhD	Ed McDonald, MD
Caree Jackson Cotwright, PhD, RDN, LD	Julia Wolfson, PhD, MPP
Paul DelleRose, CHE	

Committee Leadership 2024

Best Practices Committee

Lynn Fredericks - Founder, FamilyCook Productions  
Christina Vollbrecht, MA, MS - Chef Educator, University of Vermont Medical Center

Culinary Committee

Leah Pryor - Executive Chef Manager; Co-Founder, Culinary Medicine Program, University of Vermont Medical Center  
Benjamin Ramsdell - Chef

Membership Strategy Committee

Olivia Thomas, MS, RD, LDN - Director, Nutrition Innovation & Implementation, Boston Medical Center  
Deanne Brandstetter, MBA, RDN, CDN, FAND - VP, Nutrition & Wellness, Compass Group North America

Nutrition Committee

Julia MacLaren, RD - Wellness Kitchen Consultant, Alberta Health Services  
Robin LaCroix, RD - Healthy Teaching Kitchen National Co-Leader, Veterans Health Administration  
Melanya Kushla, MS, RD - Founder, Taste & Thrive, LLC

Research Committee

Miranda Moore, PhD - Associate Professor of Medicine, Emory University School of Medicine  
Jennifer Massa, ScD - Research Scientist, Department of Nutrition, Harvard T.H. Chan School of Public Health





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