



Program Schedule

Tuesday, December 9

1- 3 PM	Arrivals & Registration
3 PM	<p>Welcome & Opening Remarks Location: Redwood Auditorium</p> <p>Presenters:</p> <ul style="list-style-type: none"> • Allison Righter (Director of Membership & Programs, TKC) • Katie Welch (Executive Director, TKC)
3:15 PM	<p>General Session 1 (1 CME / 60 min)</p> <p>Teaching Kitchens at the Crossroads: Health, Policy, and Collaboration in Action Location: Redwood Auditorium</p> <p>Session Description: Teaching kitchens are uniquely positioned at the intersection of health, food systems, and public policy. This session will explore how clinical practice, federal policy, and community innovation can align to advance nutrition security and chronic disease prevention. Featuring leaders from academic medicine, government, and nonprofit food systems advocacy, the discussion will highlight real-world models such as produce prescription programs, interagency health initiatives, and medical education reforms. With perspectives spanning medicine, policy, and community-based culinary innovation, attendees will gain insights into opportunities for collaboration that can amplify the reach and impact of teaching kitchens nationwide.</p> <p>Learning Objectives: By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe how federal and institutional policies can be integrated with teaching kitchen models to improve nutrition security and chronic disease prevention. 2. Evaluate collaborative approaches among clinical, governmental, and community partners that illustrate the impact of teaching kitchens in promoting equitable, evidence-based food and health interventions. 3. Identify practical opportunities within their own organizations to align teaching kitchen initiatives with public health and policy efforts that strengthen Food Is Medicine implementation and health outcomes.



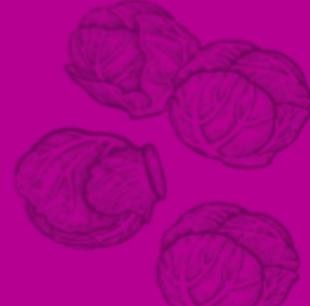
2025 Teaching Kitchen Symposium



	<p>Presenters:</p> <ul style="list-style-type: none"> ● Jaelyn Albin, MD, CCMS, DipABLM, Associate Professor of Pediatrics, Internal Medicine & Public Health; Director of Culinary Medicine; Medical Director of Food is Medicine Innovation, UT Southwestern Medical Center and Parkland Health ● Michel Nischan, Co-Founder & Chairman, Wholesome Wave; Co-Founder, National Produce Prescription Collaborative ● Sam Watters, Policy Advisor, Immediate Office of the Secretary, US Department of Health and Human Services
4:15 PM	<p>General Session 2 (1 CME / 60 min)</p> <p>Living Well, Leading Well: What Teaching Kitchens Can Learn from 1440 Multiversity’s Transformative Approach Location: Redwood Auditorium</p> <p>Session Description: Discover how 1440 Multiversity creates pathways for living well through its integrated approach to nourishment, mindfulness, and human connection. This session will explore how 1440’s educational philosophy and hospitality model can inform and elevate the work of teaching kitchens. Participants will hear insights from 1440’s leadership team and experience a live culinary demonstration by Executive Chef José Fernandez, showcasing how food—when rooted in intentionality, seasonality, and care—becomes a catalyst for connection, creativity, and compassion. Attendees will walk away with practical strategies for embedding wellness, purpose, and hospitality into their own teaching kitchen programs.</p> <p>Learning Objectives: By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe 1440 Multiversity’s holistic model of nourishment, mindfulness, and connection, and explain its relevance to teaching kitchens. 2. Identify core elements of 1440’s hospitality and leadership approach that can strengthen teaching kitchen design, culture, and programming. 3. Recognize how intentional food preparation and service can foster creativity, compassion, and community in teaching kitchen settings. <p>Presenters:</p> <ul style="list-style-type: none"> ● Scott Kriens, Co-Founder, 1440 Multiversity ● Frank Ashmore, Managing Director, 1440 Multiversity ● Jose Fernandez, Executive Chef, 1440 Multiversity



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5:15 PM	Light Reception/Exhibitor Passport Activity Location: Outdoor Amphitheater
6 PM	Day 1 Concludes

CE Hours: 2

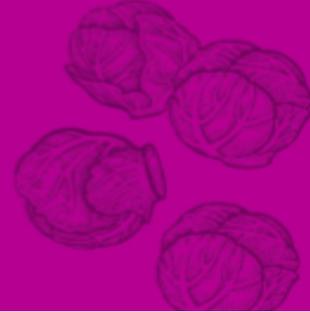
Wednesday, December 10

7:30 - 8:30 AM	Breakfast at Kitchen Table
8:30 AM	<p>General Session 3 (1 CME / 60 min)</p> <p>Catalyzing Sustainable Funding: Cross-Sector Models for Teaching Kitchens in the Food is Medicine Ecosystem Location: Redwood Auditorium</p> <p>Session Description: As the Food is Medicine (FIM) movement gains traction nationwide, teaching kitchens are emerging as vital tools to address chronic disease and health equity. This session will spotlight collaborative funding and implementation models that integrate teaching kitchens across clinical, academic, and community settings. Speakers from health plans, academic medicine, public health, and community-based organizations in North Carolina will share how they are advancing FIM through innovative partnerships and value-based care. The session will offer tangible strategies and case studies to help attendees advocate for and finance teaching kitchens within their own institutions and communities.</p> <p>Learning Objectives: By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe the role of insurance plans and foundations in financing teaching kitchens and FIM programs. 2. Identify strategies for forming meaningful inter-agency and cross-sector partnerships. 3. Evaluate approaches for working with clinical teams to create sustainable pathways for integrating culinary medicine and FIM initiatives. 4. Develop strategies to engage community, payor, and health care partners in advancing teaching kitchen and FIM programs.



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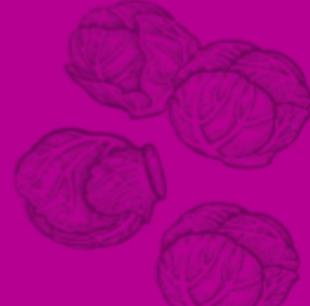
2025 Teaching Kitchen Symposium



	<p>Presenters:</p> <ul style="list-style-type: none"> • Chasidie Glover, MS, RD, LDN (Community Outreach Director, Nourish Up) • Adante Hart, MPH, RDN (Adolescent Nutrition Specialist, Durham County Department of Public Health) • Ryan Kane, MD, MPH (Assistant Professor, Tufts University) • Lori Taylor (BCBS North Carolina/FIM National Network of Excellence) - pre-recorded video only
9:30 AM	<p>General Session 4 (1 CME / 60 min)</p> <p>Culinary Intelligence: Leveraging AI to Enhance Nutrition Education and Culinary Medicine</p> <p>Location: Redwood Auditorium</p> <p>Session Description: Artificial Intelligence is transforming how we teach, learn, and care for health. From machine learning to large language models, this session explores how AI is reshaping nutrition education, culinary medicine, and the daily work of teaching kitchens. Join three innovators working at the intersection of food, tech, and health as they share how AI can accelerate curriculum design, make education more inclusive, and personalize the food experience. The panel will also examine ethical guardrails and showcase real-world tools, from chatbots supporting patient behavior change to generative assistants improving recipe development and accessibility.</p> <p>Learning Objectives: By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe how artificial intelligence and large language models (LLMs) are currently used in healthcare, nutrition, and culinary medicine. 2. Identify opportunities for integrating AI tools into nutrition and culinary education to improve efficiency, accessibility, and personalization. 3. Evaluate ethical considerations, including data privacy, bias, and human oversight, when applying AI in health and education settings. 4. Apply practical examples of AI-based tools (e.g., chatbots, data summarizers, visual generators) to enhance teaching kitchen programming, curriculum design, and learner engagement.



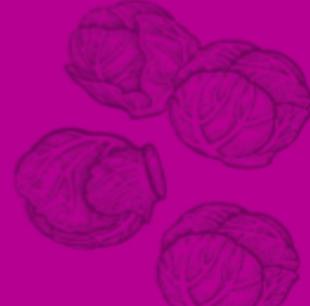
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	<p>Presenters:</p> <ul style="list-style-type: none"> • Ghislaine Challamel, MS (Senior Advisor, Stanford Food Institute; Teaching Kitchen Collaborative) • Lorena Macias-Novarro, MSc (Doctoral Student, UTHealth Houston School of Public Health) • Wesley McWhorter, DrPH, MS, RD, LD, CSCS (Vice President, Lifestyle Medicine, Suvida Healthcare)
10:30 AM	Break
11 AM	<p>General Session 5 (1.5 CME / 90 min)</p> <p>Making It Work: Lessons from California’s Leading Academic Teaching Kitchens</p> <p>Location: Redwood Auditorium</p> <p>Session Description: What does it take to successfully launch and sustain a teaching kitchen within a complex academic environment? This session brings together leaders from four of California’s premier universities – UCLA, UC Irvine, UC Berkeley, and Stanford – to share their firsthand experiences designing, implementing, and embedding teaching kitchens as integral components of health, education, and research initiatives. Through detailed case studies, panelists will explore the practical realities of making teaching kitchens work in diverse institutional contexts. Topics will include facilities design and operations, curriculum development, staffing and sourcing, evaluation and research, leadership engagement, and funding strategies. These academic trailblazers will also highlight how teaching kitchens are advancing institutional goals in areas such as student wellness, integrative and culinary medicine, sustainability, and interdisciplinary education. Whether you're just getting started or looking to scale a teaching kitchen program, this session will provide actionable insights, road-tested models, and strategic lessons from some of California’s most established academic programs.</p> <p>Learning Objectives: By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe key strategies and challenges in designing, launching, and sustaining teaching kitchens within large academic institutions. 2. Compare and contrast different institutional models for integrating

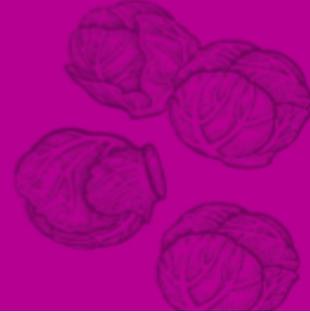


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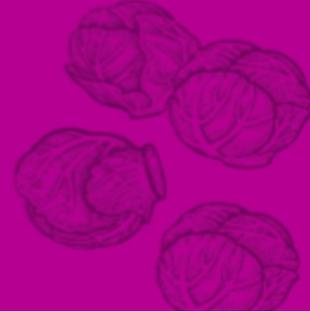
	<p>teaching kitchens into education, research, and campus wellness initiatives.</p> <ol style="list-style-type: none"> 3. Identify practical approaches for securing leadership support, funding, and cross-disciplinary collaboration to advance teaching kitchen programs. 4. Evaluate methods for assessing the impact of teaching kitchens on health, education, and institutional goals. <p>Presenters:</p> <ul style="list-style-type: none"> ● University of California, Los Angeles <ul style="list-style-type: none"> ○ Wendy Slusser, MD, MS, FAAP (Associate Vice Provost, Semel Healthy Campus Initiative, UCLA) ○ Mopelola Adeyemo, MD, MPH (HS Clinical Assistant Professor, UCLA David Geffen School of Medicine) ● University of California, Berkeley <ul style="list-style-type: none"> ○ Mikelle McCain, MPH, RD (Program Director, Master of Nutritional Sciences & Dietetics, UC Berkeley) ● Stanford University <ul style="list-style-type: none"> ○ Michelle Hauser, MD, MS, MPA, FACP, FACLM, DipABLM, Chef (Clinical Associate Professor, Obesity Medicine Director, Stanford University School of Medicine) ○ Andrew Mayne (Senior Associate Director of Culinary Strategy and Plant Forward Experience, R&DE Stanford Dining, Hospitality & Auxiliaries) ● University of California, Irvine <ul style="list-style-type: none"> ○ Shaista Malik, MD, PhD, MPH, FACC (Executive Director, Susan Samueli Integrative Health Institute, University of California, Irvine)
12:30 PM	Lunch at Kitchen Table
1:30 PM	<p>Sponsored Learning Showcase Non-CME Session featuring spotlight presentations from our three Gold Sponsors - Potatoes USA, National Pork Board, Oatly. Location: Redwood Auditorium</p>
2 PM	Instructions for Breakout Session, transition time





2:15 PM	<p>Breakout Sessions, Round 1 (1 CME / 60 min)</p> <p>Practical Strategies for Targeted Populations</p> <p>In this round of breakout sessions, we dive deep into the practical realities of designing and delivering teaching kitchen programs for distinct populations – patients, providers, students, and employees. Each room will focus on a different audience type, showcasing real-world examples, lessons learned, and ready-to-apply strategies. Sessions will be highly interactive, featuring a blend of case studies, facilitated discussion, and peer learning. Attendees will leave each session with new ideas, proven approaches, and action steps to adapt or scale teaching kitchens in their own contexts. Choose the room most aligned with your interests – and come ready to ask questions, share experiences, and participate!</p> <ul style="list-style-type: none">● 1A - Integrating Teaching Kitchens into Clinical Care: Shared Medical Appointments & Reimbursement Strategies Location: Teaching Kitchen <p>Session Description: As health systems seek effective and sustainable ways to deliver lifestyle and nutrition interventions, teaching kitchens are increasingly being integrated into clinical care through innovative models such as shared medical appointments (SMAs) and group visits. This interactive session will showcase examples from diverse healthcare settings where multidisciplinary teams use teaching kitchens to engage patients, manage chronic conditions, and build food literacy within reimbursable care structures. Presenters will discuss operational design, clinical workflows, and documentation strategies that support billing and sustainability, as well as key outcomes and lessons learned. Participants will gain practical insights into how teaching kitchen-based group care can enhance patient experience, provider satisfaction, and value-based care delivery.</p> <p>Learning Objectives: By the end of this session, participants will be able to:</p> <ol style="list-style-type: none">1. Describe models for integrating teaching kitchens into clinical care through shared medical appointments and group visit frameworks.2. Discuss strategies for documentation, coding, and
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- reimbursement that support the financial sustainability of teaching kitchen-based programs.
3. Identify practical approaches to implementing and scaling multidisciplinary teaching kitchen interventions that improve patient engagement and health outcomes.

Presenters:

- Jaclyn Albin, MD, CCMS, DipABLM (UT Southwestern Medical Center)
- Daniel Chen, MD, FACP, DipABLM (Esperanza Center)
- Julia MacLaren, MSc, RD (Alberta Health Services; University of Calgary)

● **1B - Building Nutrition and Culinary Skills into Health Professions Education**

Location: Outlook 101

Session Description:

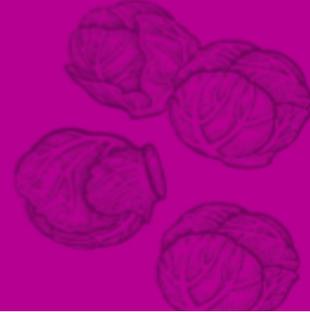
As momentum grows at the federal level to strengthen nutrition education in medical training, teaching kitchens and culinary medicine programs are emerging as powerful, practice-based tools to meet this need. This interactive breakout session will highlight innovative approaches for integrating nutrition and culinary skills into medical and health professions education. Leaders from academic and healthcare institutions that have pioneered teaching kitchen-based, culinary medicine curricula will share evidence, frameworks, and lessons learned from implementation and scaling. Through dynamic discussion and audience Q&A, participants will explore opportunities to overcome institutional barriers, foster interprofessional collaboration, and align initiatives with accreditation and competency standards to improve patient and community health outcomes.

Learning Objectives:

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

1. Describe effective models for integrating nutrition and culinary education into medical and health professions training programs.
2. Discuss institutional strategies and partnerships that support the sustainable implementation and scaling of teaching kitchen and culinary medicine programs.





3. Identify opportunities to align nutrition and culinary competencies with accreditation standards, interprofessional education frameworks, and clinical practice goals.

Presenters:

- David Eisenberg, MD (Harvard T.H. Chan School of Public Health)
 - Adi Haramati, PhD (Georgetown University)
 - Michelle Hauser, MD, MS, MPA, FACP, FACLM, DipABLM, Chef (Stanford University)
 - Shad Marvasti, MD, MPH (HonorHealth)
- **1C - Cultivating Student Wellness and Learning Through University Teaching Kitchens**
Location: Outlook 201

Session Description:

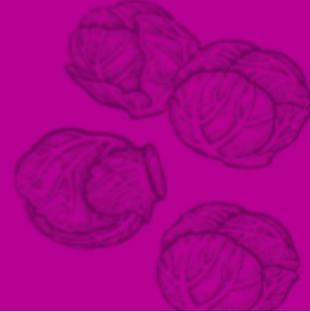
This session will feature a dynamic panel discussion with leaders from university teaching kitchens who are cultivating evidence-based programs that connect food, nutrition, culinary skills, and behavioral health to student success and well-being. Panelists will share strategies for embedding teaching kitchens into curricula and campus wellness initiatives, discuss challenges and opportunities in program implementation, and highlight models that foster interdisciplinary collaboration among faculty, students, and campus partners. Audience Q&A will encourage an exchange of ideas and practical insights to inspire replication and innovation across campuses.

Learning Objectives:

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

1. Describe how university-based teaching kitchens can enhance student wellness, learning, and engagement.
2. Identify key strategies and partnerships that support the successful design, implementation, and sustainability of campus teaching kitchen programs.
3. Discuss challenges and lessons learned from integrating teaching kitchens within diverse academic and wellness contexts.
4. Apply insights from case studies to develop or strengthen teaching kitchen initiatives in their own institutions.





Presenters:

- Theresa Dvorak, MS, RD (University of Utah)
- Andrew Mayne (R&DE Stanford Dining, Hospitality & Auxiliaries)
- Mikelle McCoin, MPH, RD (UC, Berkeley)

- **1D - Nourishing People Where They Live and Work: Teaching Kitchens in Public and Employer Settings**

Location: Outlook 202

Session Description:

As teaching kitchens expand beyond hospitals and universities, innovative models are emerging within workplaces and community organizations to reach people where they live, learn, and work. This interactive session will highlight approaches to embedding teaching kitchens in employer-based wellness programs and public community settings. Presenters will share strategies for program design, partnerships, and evaluation that drive engagement and align with broader goals for workforce well-being and community nutrition equity. Through discussion and audience Q&A, participants will gain practical insights into how teaching kitchens can be leveraged to transform workplace and community cultures around food, health, and connection.

Learning Objectives:

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

1. Describe innovative models for integrating teaching kitchens into workplace wellness and community-based programs that support population health.
2. Examine strategies for designing, evaluating, and sustaining teaching kitchen initiatives that enhance nutrition literacy, engagement, and measurable outcomes.
3. Identify opportunities for cross-sector partnerships that integrate teaching kitchens into employer wellness, public health, and community food systems initiatives.

Presenters:

- Kari Hankins (Cummins LiveWell/Premise Health)
- Maddy Booth (Vetri Community Partnership)





3:15 PM	Transition time
3:30 PM	<p>Experiential Learning Journey: Bringing Culinary and Lifestyle Education to Life Across the 1440 Campus (non-CME session)</p> <p>In between the two rounds of breakout sessions, attendees will embark on an experiential journey across the inspiring 1440 Multiversity campus. This interactive session invites attendees to explore simple practices for healthy living through a rotation of guided experiences in mindfulness, movement, and culinary and baking & pastry arts. Led by 1440’s signature class instructors and chef educators, each 15-minute station offers a chance to reset, learn, and connect—whether through centering meditation and mindful nutrition, gentle movement and acupressure techniques, or practical cooking demonstrations and/or tastings highlighting nourishing ingredients and balanced flavors. Participants will leave refreshed and inspired, equipped with practical tools and renewed motivation to integrate healthy cooking, movement, and mindfulness into their personal and professional lives.</p> <ol style="list-style-type: none"> 1) Meditation <ol style="list-style-type: none"> a) Location: Outlook 102 b) Speaker: Tricia Markovitz, RDH, CYT 2) Movement (Qigong) <ol style="list-style-type: none"> a) Location: Sanctuary b) Speaker: Jessica Fajans 3) Culinary Skills Demo/Tasting 1 <ol style="list-style-type: none"> a) Location: Common Goods b) Speaker: Chef Ryan Fillhardt 4) Culinary Skills Demo/Tasting 2 <ol style="list-style-type: none"> a) Location: Teaching Kitchen b) Speaker: Chef Mandy Wetzel
5 PM	Transition time
5:15 PM	<p>Breakout Sessions, Round 2 (1 CME / 60 min)</p> <p>Practical Workshops Focused on Core Functions and Operations In this second round of breakout sessions, we shift focus to the essential functions and operational strategies that power successful teaching</p>

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kitchens. Each session will be structured as a practical workshop, offering actionable guidance, real-world examples, and peer learning around a key area of teaching kitchen design, delivery, and sustainability. Participants will have the opportunity to dive deep into a specific topic, troubleshoot common challenges, and develop new ideas to strengthen their own teaching kitchen programs. Choose the operational area most relevant to your role or goals – and come ready to collaborate, workshop ideas, and build practical solutions.

- **2A - Kitchen Facilities, Equipment, and Operations Workshop**
Location: Teaching Kitchen

Session Description:

Designing and operating a teaching kitchen requires thoughtful planning to create spaces that are functional, flexible, and aligned with educational and operational goals. This workshop—held in 1440’s teaching kitchen—will explore best practices and challenges in facility design, equipment selection, and workflow optimization for environments ranging from pop-up and mobile kitchens to fully built-in installations. Participants will examine practical considerations such as space layout, safety standards, and sustainable food procurement, and engage in interactive discussion to share lessons from their own experiences. The session emphasizes actionable strategies for creating efficient, adaptable, and mission-driven kitchen operations that support teaching, learning, and measurable impact.

Learning Objectives:

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

1. Describe key design principles and operational considerations for developing and maintaining effective teaching kitchen facilities across diverse formats—from pop-up to built-in.
2. Evaluate equipment, layout, and workflow strategies that enhance functionality, safety, learner engagement and program sustainability in various teaching kitchen environments.
3. Identify opportunities to incorporate sustainable food procurement practices that align with the mission and values of teaching kitchen programs.

Presenters:

- Jenny Breen (University of Minnesota)





- **2B - Funding and Marketing Strategies Workshop**

Location: Outlook 201

Session Description:

This interactive workshop invites participants to explore a full spectrum of revenue generation strategies to support the growth and sustainability of teaching kitchens, with a particular focus on nonprofit settings. Topics include philanthropic giving, grant funding, earned income opportunities, and strategic partnerships—all grounded in evidence-informed approaches to program development and community engagement. Through real-world examples and guided exercises, participants will examine two primary funding streams—Philanthropic Support and Earned Income—and gain practical tools for donor and stakeholder engagement, moves management, and values-based storytelling that foster long-term relationships. Small group discussions will provide an opportunity to identify feasible funding opportunities and develop an actionable plan to strengthen both the financial sustainability and visibility of teaching kitchen initiatives.

Learning Objectives:

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

1. Differentiate between key funding streams—philanthropic support and earned income—and describe how each can contribute to the sustainability of teaching kitchen programs.
2. Apply principles of donor and stakeholder engagement, including moves management and values-based storytelling, to effectively communicate program impact.
3. Develop an actionable funding and marketing plan that aligns with organizational mission, public health goals, and long-term program sustainability.

Presenters:

- Nancy Martz (A to Z Cooking School)
- Allison DeHonney (Buffalo Go Green)

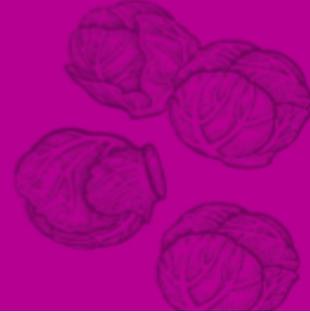
- **2C - Program Evaluation and Research Workshop**

Location: Redwood Auditorium

Session Description:

As teaching kitchens continue to expand and evolve across diverse settings, the need for rigorous evaluation and research has never been more important. This interactive workshop will offer practical





guidance on designing and implementing strategies to measure impact and build evidence that advances the field. Participants will engage with a variety of tools and methodologies for assessing outcomes, and gain skills to strengthen their own programs, contribute to collective learning, and clearly demonstrate value to stakeholders. Whether you are a teaching kitchen practitioner, researcher, or healthcare professional, you'll leave with actionable approaches to seamlessly integrate evaluation and research into your work.

Learning Objectives:

1. By the end of this session, participants will be able to:
2. Describe a range of program design and evaluation frameworks applicable to teaching kitchen interventions.
3. Differentiate the benefits and limitations of key outcome measures and evaluation approaches for demonstrating impact across diverse teaching kitchen settings.
4. Apply a validated framework to develop or strengthen the design, implementation, and/or evaluation plan for their own teaching kitchen initiative.

Presenters:

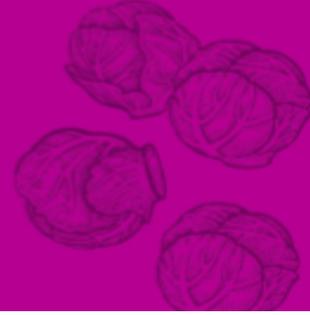
- Jen Massa, ScD (Harvard T.H. Chan School of Public Health)
- Ryan Kane, MD, MPH (Tufts University)

● **2D - Curriculum, Pedagogy, and AI Innovation Workshop**
Location: Outlook 101

Session Description:

In this hands-on workshop, participants will explore how AI can enhance curriculum design, recipe development, and learner engagement within teaching kitchen and nutrition education programs. Guided by the morning's panelists, attendees will reflect on common bottlenecks in their practice—such as curriculum development, translation, outreach, and data analysis—and consider how AI tools can streamline these processes. Working collaboratively in small groups, participants will experiment with prompt strategies and AI applications (including ChatGPT, Gemini, and DALL-E) to co-create real-world solutions relevant to their professional settings. Demonstrations will showcase how AI can transform tasks such as adapting ingredient lists into culturally tailored recipes or synthesizing class feedback into actionable evaluation summaries. Throughout the session, presenters will





emphasize responsible and ethical AI use, highlighting issues of bias, privacy, and accuracy. Participants can expect an engaging and practical experience that builds confidence and provides ready-to-use strategies for integrating AI into curriculum, pedagogy, and program innovation.

Learning Objectives:

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

1. Describe ways in which AI tools can enhance curriculum design, recipe development, and learner engagement within teaching kitchen and nutrition education programs.
2. Apply AI-assisted strategies and prompt techniques to develop or refine educational content that supports culturally responsive and evidence-informed pedagogy.
3. Evaluate opportunities and challenges related to the ethical use of AI in education, including issues of bias, privacy, and accuracy, to ensure responsible integration into professional practice.

Presenters:

- Ghislaine Challamel, MS (Stanford Food Institute; Teaching Kitchen Collaborative)
- Lorena Macias-Novarro, MSc (UTHealth Houston School of Public Health)
- Wesley McWhorter, DrPH, MS, RD, LD, CSCS (Suvida Healthcare)

- **2E - Personnel, Qualifications, and Building Collaborative TK Teams Workshop**

Location: Outlook 202

Session Description:

Teaching kitchens thrive on teamwork, yet many programs struggle to identify which roles are truly essential, what qualifications each role should bring, and how to foster smooth collaboration across disciplines. In this highly interactive workshop, participants will explore how to build and sustain effective teaching kitchen teams—whether starting lean or expanding an established program.

Using real-world examples from clinical, community, and academic settings, facilitators will guide participants through practical exercises on:



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	<ul style="list-style-type: none"> ● Identifying core vs. optional personnel roles for different scales and settings (chef, dietitian, physician, health coach, kitchen manager, community representative, researcher, volunteers, etc.). ● Defining baseline qualifications and “good enough” skills for each role, along with creative approaches to upskilling existing staff instead of adding new hires. ● Generating at least one actionable idea to improve collaboration or fill gaps on their own teams—through role clarity, cross-training, shared FTEs, braided funding, or other innovative models. <p>Participants will leave with a clear framework for structuring and strengthening interdisciplinary teaching kitchen teams, along with practical strategies they can immediately adapt to their own settings.</p> <p>Learning Objectives: By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Identify essential and optional personnel roles required to build and sustain a successful teaching kitchen team. 2. Explain baseline qualifications and skills needed for core roles, and propose strategies to upskill existing staff. 3. Design at least one actionable idea to enhance collaboration or address personnel gaps within participants’ own organizational setting. <p>Presenters:</p> <ul style="list-style-type: none"> ○ Leah Sarris, MBA, RD, LDN, CCMS (Culinary Medicine Consulting, LLC) ○ Sabrina Falquier, MD, CCMS, DipABLM (Olivewood Gardens and Learning Center)
6:15 PM	Day 2 Program Concludes

CE Hours: 5.5



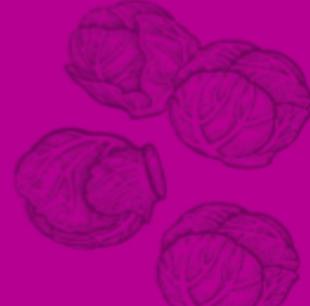
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Thursday, December 11

7:30 - 8:30 AM	Breakfast at Kitchen Table
8:30 AM	<p>General Session 6 (1 CME / 60 min)</p> <p>Beyond the Walls: Practical Models for Expanding the Reach of Teaching Kitchens Location: Redwood Auditorium</p> <p>Session Description: Teaching kitchens aren't confined to clinical campuses or academic settings — they are being built into food pantries, schools, farms, community spaces, and virtual platforms to meet people where they live, work, and gather. This session will explore how teaching kitchens can transcend physical walls through innovative, community-driven approaches to culinary education. Perspectives will be shared from a healthcare system that not only integrates a built-in teaching kitchen within its infrastructure but also extends its culinary programming directly into the surrounding community, creating dynamic connections beyond the clinic. Additional perspectives will be shared by a chef educator who operates independently without a dedicated institutional kitchen to deliver virtual cooking classes from her home kitchen and to partner with a diverse array of local, national, and global businesses and community organizations to offer in-person programs across various settings. Through these grounded examples, attendees will learn about different models for launching and scaling community-centered culinary initiatives. The session will cover mobile outreach kitchens, virtual classes, and culturally rooted programming. Discussions will include strategies for curriculum development, staffing, community partnerships, operational logistics, and securing funding — all aimed at broadening access to nutrition and cooking education.</p> <p>Learning Objectives:</p> <p>By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe at least three community-centered models for implementing teaching kitchens beyond traditional clinical and academic settings that expand access to culinary education. 2. Evaluate practical strategies for curriculum design, staffing, and operational logistics that can be adapted across organizational and





	<p>community contexts.</p> <ol style="list-style-type: none"> 3. Develop at least two approaches for securing funding streams and partnerships to broaden the reach and impact of teaching kitchens in diverse settings. <p>Presenters:</p> <ul style="list-style-type: none"> • Theresa Dvorak, MS, RD (University of Utah) • Elizabeth Suvedi & Bettina Jones, MS, RDN (Corewell Health) • Lauren Chandler (Lauren Chandler Cooks)
9:30 AM	<p>General Session 7 (1 CME / 60 min)</p> <p>Teaching Kitchens Around the World: Practical Lessons from Global Models Location: Redwood Auditorium</p> <p>Session Description: Teaching kitchens are reshaping how communities around the world connect food, health, and healing. This session will spotlight global case studies that demonstrate how teaching kitchens are being adapted to meet diverse cultural, social, and environmental needs. Presenters will share practical insights into program design, operational challenges, research findings, community partnerships, and funding strategies. Learn how teaching kitchens are supporting mental wellbeing and resilience among displaced communities in Israel, strengthening culinary skills education in Brazil, and driving large-scale initiatives across Canada’s publicly funded health system. Attendees will walk away with concrete examples, lessons learned, and scalable ideas for building or expanding teaching kitchens in varied global contexts.</p> <p>Learning Objectives:</p> <p>By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Identify similarities and differences in how teaching kitchens are implemented across healthcare, academic, and community settings internationally. 2. Evaluate how cultural, policy, and funding contexts shape the design and scalability of teaching kitchens. 3. Assess how lessons from international models can inform health system transformation and Food is Medicine initiatives.



2025 Teaching Kitchen Symposium



	<p>Presenters:</p> <ul style="list-style-type: none"> • Julia MacLaren, MSc, RDN (Alberta Health Services, University of Calgary) • Elaine Chu, RD (Fraser Health/University of British Columbia) • Rinat Avraham, PhD (Negev FoodLab, Israel) • Manuela Mika Jomori, PhD (Federal University of Santa Catarina, Brazil)
10:30 AM	Break
11 AM	<p>General Session 8 (0.5 CME / 30min)</p> <p>Next Frontiers: Advancing Teaching Kitchens & Nutrition in Medical Education Location: Redwood Auditorium</p> <p>Session Description: As we close out the symposium, Dr. David Eisenberg will chart the next frontiers for the teaching kitchen movement and its integration within medical education. Drawing on decades of leadership in culinary medicine and lifestyle transformation, he will synthesize key insights from the week, highlight emerging opportunities for advancing nutrition and culinary skills across health professions, and explore the systemic and cultural shifts needed to sustain this momentum. This closing session will inspire reflection and action—inviting us to think boldly about how teaching kitchens can shape the future of health, healthcare, and education, and to move forward together with renewed purpose and conviction.</p> <p>Learning Objectives: By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe emerging trends and evidence supporting the integration of teaching kitchens and culinary medicine within medical and health professional education. 2. Analyze systemic, institutional, and cultural factors that influence the adoption and sustainability of nutrition and lifestyle education in clinical training. 3. Identify practical strategies and collaborative opportunities to advance teaching kitchens as essential infrastructure for promoting health, well-being, and health equity across healthcare systems and communities. <p>Presenter:</p> <ul style="list-style-type: none"> • David Eisenberg, MD (Harvard T.H. Chan School of Public Health)





<p>11:30 AM</p>	<p>General Session 9 (1.0 CME / 60min)</p> <p>Teaching Kitchens: Reflections and the Road Ahead Location: Redwood Auditorium</p> <p>Session Description: In this final session, a diverse panel of thought leaders will synthesize the key insights, takeaways, and emerging directions from the Symposium. Together, they will explore what it will take to turn ideas into sustained action—integrating teaching kitchens into emerging models of care, medical education, food systems, and community health. Panelists will offer forward-looking perspectives from across sectors—research, education, clinical care, policy, and community engagement—highlighting opportunities for collaboration and innovation. Attendees will leave with renewed clarity about where we go from here, how we can stay connected, and the vital roles each of us plays in advancing the mission toward a healthier, more equitable future.</p> <p>Learning Objectives: By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Summarize key insights and innovations from the symposium that inform the continued advancement of teaching kitchens in healthcare, education, and community settings. 2. Evaluate opportunities for collaboration across sectors—such as research, clinical practice, policy, and community engagement—to enhance the reach and sustainability of teaching kitchen initiatives. 3. Develop actionable strategies to integrate teaching kitchen concepts and nutrition education into evolving models of care and population health improvement. <p>Presenters:</p> <ul style="list-style-type: none"> ● Katie Welch (Teaching Kitchen Collaborative) ● Maddy Booth (Vetri Community Partnership) ● David Eisenberg, MD (Harvard T.H. Chan School of Public Health) ● Drew Bremer, MD, PhD, MAS (NIH) ● Mary Jo Kreitzer, PhD, RN, FAAN (University of Minnesota) ● Shad Marvasti, MD, MPH, DiplABLM, DiplABFM (HonorHealth)
<p>12:30 – 2 PM</p>	<p>Lunch at Kitchen Table & Departures</p>

CE Hours: 3.5



Version Date: 12/5/25