



2025 PROGRAM SCHEDULE February 5-7, 2025

Tuesday, February 4

Optional Pre-Conference Activities (additional registration and fees required)

- 10 AM Knife Skills Morning Workshop**
(*\$175, pre-registration required*)
*Plan to arrive at the CIA by 9:30 a.m. for registration, which will take place in the Atrium (1st floor) of the CIA. The two-hour workshop will begin at 10 a.m. and conclude by 12 p.m. Attendees will need to park at the offsite parking lot and allow time to take the shuttle to campus. This pre-conference activity is designed to provide hands-on experience focused on developing knife skills, which past attendees have found extremely useful. **Space is limited to 40 participants, and this workshop often sells out in advance.***
Chef Presenters: Chef Barbara Alexander, CEC, CHE (CIA) and Chef Thomas Wong, CEC, CHE '86 (CIA)
- 12:30 PM An Insider's Tour of Select Napa Valley Wineries**
(*\$150, pre-registration required*)
Plan to arrive at the CIA by 12:30 p.m. for registration, which will take place in the Atrium (1st floor) of the CIA. Winery tour buses will start boarding at 12:45 p.m. Buses will depart at 1:00 p.m. for behind-the-scenes tours of select Napa Valley wineries. Buses will return to the CIA by 4:30 p.m.
- 1:30 PM Knife Skills Afternoon Workshop**
(*\$175, pre-registration required*)
*Plan to arrive at the CIA by 1:15 p.m. for registration, which will take place in the Atrium (1st floor) of the CIA. The two-hour workshop will begin at 1:30 p.m. and conclude by 3:30 p.m. Attendees will need to park at the offsite parking lot and allow time to take the shuttle to campus. This pre-conference activity is designed to provide hands-on experience focused on developing knife skills, which past attendees have found extremely useful. **Space is limited to 50 participants, and this workshop often sells out in advance.***
Chef Presenters: Chef Barbara Alexander, CEC, CHE (CIA) and Chef Thomas Wong, CEC, CHE '86 (CIA)

Please note that pre-conference events do not include lunch. The Copia Lunch Box (1st floor) will be open to eat in or take out that day, and/or there are a variety of lunch options in close walking distance.

To learn more and register for pre-conference activities, please click [this link](#).

Tuesday, February 4

12:30 – 3 PM Early Registration Available for All Attendees (optional)

Atrium (1st floor)

For any attendees arriving to Napa early, please feel free stop by the campus on Tuesday, February 6th between 12:30 and 3 p.m. to check-in and get your conference name badge. Registration will also be available starting at 8:15 a.m. on Wednesday, February 7th.

Wednesday, February 5

8:00 AM Registration for the Conference Opens

Atrium (1st floor)

Welcome Napa Valley Breakfast

Mezzanine (2nd floor)

8:45 AM Welcome and Opening Remarks

All plenary sessions will take place in the Chuck Williams Culinary Arts Museum & Conference Center (2nd floor) with additional viewing areas on the Mezzanine and in the Ecolab Theater.

Presenters: **Kristen Rasmussen, MS, RDN** (Culinary Nutrition Educator/Founder, Rooted Food; Healthy Kitchens, Healthy Lives Program Manager, CIA)
David Eisenberg, MD (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

9:00 AM Plenary Session I

Presentation and Culinary Demonstration

Transforming Healthcare: Bridging the Culinary and Medical Communities to Enhance Personal and Planetary Health

How might we imagine transforming our healthcare delivery systems in ways that slow the growing prevalence of chronic conditions, address the burdensome costs to individuals and to society, advance health equity, support provider well-being, and align with planetary health values? In this session, Dr. David Eisenberg and professionally trained chef-MD Dr. Linda Shiue will discuss how the culinary and medical communities are working together to shift dietary and lifestyle behaviors, and together set the stage for this celebratory 20th edition of Healthy Kitchens, Healthy Lives.

Presenters: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)
Linda Shiue, MD (Director of Culinary Medicine, Kaiser Permanente)

10:15 AM Short Stretch Break & App Tutorial

10:45 AM

Plenary Session II

Presentations, Culinary Demonstration, and Panel Discussion

Critical Topics in Nutritional Epidemiology, Health Disparities, and Food Insecurity: What Healthcare Professionals Should Know and Can Do

How are trends in dietary intake, nutritional status, health outcomes, food insecurity, and health disparities shifting and how are they all linked? How do nutrition recommendations by healthcare providers match the scientific evidence about diet and health and where might they be falling short? How can clinicians translate knowledge about these topics into actionable strategies – and challenge their own cognitive biases in order to serve their patients and communities more effectively? These questions and more will be addressed during this session through presentations and discussions among these three esteemed panelists, along with a culinary demonstration from chef-MD Dr. Ed McDonald.

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenters: **Walter Willett, MD, DrPH** (Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health)
Nicole Farmer, MD (Staff Scientist, National Institutes of Health, Clinical Center)
Ed McDonald, MD (Assistant Professor of Medicine and Associate Director, Adult Clinical Nutrition, UChicago Medicine)

**12:15 PM
& 12:45 PM**

Plant-Forward Box Lunch & Group Fitness Walks

During the breakout session registration, attendees will have the opportunity to choose which lunch/walk session they prefer based on availability from the below options. See the back of your name badge onsite for your selection.

Lunch and Group Fitness Walk | Session A:

- 12:15 – 12:45 PM: Plant-Forward Box Lunch (*Atrium, 1st floor*)
- 12:45 – 1:15 PM: Group Fitness Walk (*Entrance to Copia*)

Lunch and Group Fitness Walk | Session B:

- 12:15 – 12:45 PM: Group Fitness Walk (*Entrance to Copia*)
- 12:45 – 1:15 PM: Plant-Forward Box Lunch (*Atrium, 1st floor*)

Author Book Signing

Atrium (1st floor)

The following conference nutrition and culinary faculty will be signing books during this time. Books will be available for purchase during the book signing; at other times, attendees may purchase books in the Copia Marketplace.

- **Linda Shiue, MD**, author of [Spicebox Kitchen: Eat Well and Be Healthy with Globally Inspired, Vegetable-Forward Recipes](#)
- **Sean Sherman**, author of [The Sioux Chef's Indigenous Kitchen](#)

Exhibitor Passport Activity

All attendees are invited to participate in our Wednesday exhibitor passport activity where the Healthy Kitchens, Healthy Lives exhibitors will share information, and you will be able to participate in interactive educational activities. Anyone who gets their passport stamped

*by every exhibitor by 5:50 p.m. today may enter the raffle and the chance to win prizes, including signed books from Healthy Kitchens, Healthy Lives faculty, gifts from exhibitors, and a registration for the 2025 Healthy Kitchens, Healthy Lives conference. You will have the opportunity to engage with the exhibitors for passport stamps from 12:15 - 1:15 p.m. and again from 5 - 5:50 p.m. today. **The raffle drawing will take place at 5:50 p.m. during tonight's reception and participants must be present to win.***

1:15 PM **"Small Indulgence" Dessert Tasting**
Mezzanine (2nd floor)

1:30 PM **Plenary Session III**
Presentations, Culinary Demonstrations, and Discussion
A Global Approach: Culturally Conscious and Inclusive Dietary Guidance
Food traditions vary widely throughout the world, yet often have much in common and provide opportunities for deeper connection not only to our heritage but also to one another. While Eurocentric foods and dietary patterns have historically been championed in Western culture as being the model paradigm for health and sustainability, emerging research also affirms the health benefits of many traditional diets inspired by the rich culinary histories of cuisines around the globe. This session will highlight how uncoupling food from the common colonialist mindset can be empowering for many individuals and will provide a global approach for clinicians to offer more culturally conscious and inclusive dietary guidance spanning Asian, African Diaspora, and Indigenous American eating traditions.
Moderator: **Linda Shiue, MD** (Director of Culinary Medicine, Kaiser Permanente)
Presenters: **Sherene Chou, MS, RDN** (Dietitian and Chef; Co-Founder, Food+Planet)
 Adante Hart, MPH, RDN (Culinary Dietitian and Foodways Expert)
 Sean Sherman (Oglala Lakota; Founder/CEO, The Sioux Chef; Co-Founder of North American Traditional Indigenous Food Systems)

3 PM **Time to Move to Hands-On Kitchen Sessions and Workshops**

3:15 PM **KITCHEN SESSIONS AND WORKSHOPS, BLOCK #1**
There are three blocks of time for hands-on cooking opportunities scheduled for over the course of the conference (one block each day). These sessions will give everyone attending the conference a chance to have one hands-on kitchen experience working alongside a CIA chef-instructor. Workshops are also being offered that, while not hands-on, focus on culinary demonstrations and other practical strategies for clinicians to translate their knowledge into actionable strategies to incorporate in their own lives and/or in their professional practice.

KITCHEN SESSIONS: BLOCK #1
Hestan Kitchen (2nd floor)

Inside the Healthy Kitchen: Techniques and Skills for Healthier Lives
These hands-on sessions are intended to introduce attendees to the "technique-driven, recipe-inspired" skills necessary to prepare (and then customize at home) several representative dishes from each of the food categories listed below. By mastering techniques that can be applied to an endless

combination of ingredients rather than referring to recipes, attendees will add a burst of flexibility, creativity, and fun to their home meal preparation.

A-1 The Delectable Vegetable Kitchen

Participants in this hands-on kitchen session implement a variety of versatile techniques such as grilling, sautéing, and roasting, and use diverse flavors and spices to make vegetables appealing and delicious. Through creative approaches inspired by traditional foods – from Sweet Potato Spanish Tortilla to Cauliflower Pistachio Bolognese – nourishing vegetables are transformed into craveable, approachable delights.

Chef Instructor: **Chef Barbara Alexander, CEC, CHE (CIA)**

B-1 Plant-Forward, Flavor-Forward Cooking Strategies

Participants in this hands-on kitchen session learn how to create a diverse array of plant-forward dishes that are packed with flavor, such as falafel with tahini sauce, spicy pozole with jackfruit, and saffron-scented fennel and fish stew. These delicious recipes come to life by incorporating animal-based protein as a flavor enhancer rather than the main ingredient and using techniques ranging from blending and baking to stewing and salad-making.

Chef Instructor: **Chef Dominic Orsini, '95 (CIA)**

C-1 The Protein Flip with World Flavors

Participants in this hands-on kitchen session learn how to prepare plant-forward recipes inspired by the cuisines of Morocco, Korea, the Oglala Lakota Tribe of North America, and India. Dishes such as bulgogi-style lettuce wraps and hearty cauliflower tikka may include animal-based protein, but only as a sidekick. Many versatile cooking techniques including stewing, sautéing, and roasting will be utilized so participants can gain confidence in the kitchen as they prepare a variety of delicious plant-forward recipes.

Chef Instructor: **Chef Thomas Wong, CEC, CHE '86 (CIA)**

WORKSHOPS: BLOCK #1

Various campus locations

Workshop I

Chuck Williams Culinary Arts Museum & Conference Center (2nd floor)

Celebrating Global Cuisines Series (1 of 3): Indigenous American and African Diaspora Cuisines

This workshop will explore many healthy, vibrant food traditions on both the African and North American continents from African Diaspora in the Caribbean, South America, and southern states of the US to a variety of Indigenous American tribal territories. Through demonstrations and discussions, participants will gain rich insights and translatable skills from Indigenous American chef Sean Sherman and culinary dietitian Adante Hart.

Moderator: **Kristen Rasmussen, MS, RDN** (Culinary Nutrition Educator/Founder, Rooted Food; Healthy Kitchens, Healthy Lives Program Manager, CIA)

Presenters: **Adante Hart, MPH, RDN** (Culinary Dietitian and Foodways Expert)
Sean Sherman (Oglala Lakota; Founder/CEO, The Sioux Chef; Co-Founder of North American Traditional Indigenous Food Systems)

Workshop II

Ecolab Theater (1st floor)

Rethinking How We Take a Food History and the Importance of Foodlife

This session explores the concept of "Foodlife," which considers the cultural, emotional, and social dimensions of food beyond the nutritional value of food choices. Participants will gain insights on innovative approaches to gathering a food history. These will be summarized, demonstrated through role plays, and discussed in an effort to explore their practical applications in day to day patient care settings.

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenters: **June Jo Lee** (Author; Founder, Food Ethnographer)
John "Wesley" McWhorter, DrPH, MS, RDN, LD, CSCS (Director of Lifestyle Medicine, Suvida Healthcare)

Workshop III

Napa Valley Vintners Theater (1st floor)

Wine: The Latest Research on Health Impacts plus a Guided Tasting

This workshop provides an overview of the science regarding the health impact of moderate alcohol consumption, including wine, beer, and spirits. Participants will walk away with a better understanding of how certain wine characteristics impact health and flavor and why the research surrounding alcohol and wellness is so controversial. The workshop will include a guided tasting of six wines.

Moderator: **Jennifer Breckner** (Director of Programs and Special Projects, CIA)

Presenters: **Traci Dutton** (Sommelier; Manager of Public Wine & Beverage Studies, CIA)
Eric Rimm, ScD (Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health)

5 PM

Opening Wine, Networking & Exhibitor Passport Reception

Atrium (1st floor)

Featuring our Generous Exhibitors

*All attendees are invited to participate in our Wednesday exhibitor passport activity where the Healthy Kitchens, Healthy Lives exhibitors will share information, and you will be able to participate in interactive educational activities. Anyone who gets their passport stamped by every exhibitor by 5:50 p.m. today may enter the raffle and the chance to win prizes, including signed books from Healthy Kitchens, Healthy Lives faculty, gifts from exhibitors, and a registration for the 2025 Healthy Kitchens, Healthy Lives conference. **The raffle drawing will take place at 5:50 p.m. during tonight's reception and participants must be present to win.***

6 PM

Program Concludes for the Day

Enjoy dinner on your own in the Napa Valley. Find links to popular restaurants at www.healthykitchens.org

Thursday, February 6

7:30 AM

Napa Valley Breakfast Buffet

Mezzanine (2nd floor)

8 AM

Plenary Session IV

Presentation and Discussion

A Critical Review of Popular Diets for Weight Loss and Health

Fad diets come and go, and sometimes come back again. What dietary patterns have the best adherence and long-term effects on weight and health? How do you advise your patients about the latest fad diets? In this session, we will examine the evidence base for a variety of popular diets for weight loss and health and provide recommendations on how to discuss these diets with your patients.

Moderator: **Kristen Rasmussen, MS, RDN** (Culinary Nutrition Educator/Founder, Rooted Food; Healthy Kitchens, Healthy Lives Program Manager, CIA)

Presenter: **Eric Rimm, ScD** (Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health)

8:45 AM

Plenary Session V

Presentation

The Future of Healthcare and the Role of the Culinary Institute of America

How the CIA aspires to be(come) your lifelong learning and development partner as food care, the intersection between food, health, wellbeing and lifestyle, is becoming a core responsibility of health care professionals.

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenter: **Michiel Bakker** (President, CIA)

9 AM

Time to Move to Hands-On Kitchen Sessions and Workshop

9:15 AM

KITCHEN SESSIONS AND WORKSHOPS, BLOCK #2

KITCHEN SESSIONS: BLOCK #2

Hestan Kitchen (2nd floor)

These hands-on sessions are intended to introduce attendees to the “technique-driven, recipe-inspired” skills necessary to prepare (and then customize at home) several representative dishes from each of the food categories listed below.

A-2 The Delectable Vegetable Kitchen

Participants in this hands-on kitchen session implement a variety of versatile techniques such as grilling, sautéing, and roasting, and use diverse flavors and spices to make vegetables appealing and delicious. Through creative approaches inspired by traditional foods – from Sweet Potato Spanish Tortilla to Cauliflower Pistachio Bolognese – nourishing vegetables are transformed into craveable, approachable delights.

Chef Instructor: **Chef Barbara Alexander, CEC, CHE (CIA)**

B-2 Plant-Forward, Flavor Forward Cooking Strategies

Participants in this hands-on kitchen session learn how to create a diverse array of plant-forward dishes that are packed with flavor, such as falafel with tahini sauce, spicy pozole with jackfruit, and saffron-scented fennel and fish stew. These delicious recipes come to life by incorporating animal-based protein as a flavor enhancer rather than the main ingredient and using techniques ranging from blending and baking to stewing and salad-making.

Chef Instructor: **Chef Dominic Orsini, '95 (CIA)**

C-2 The Protein Flip with World Flavors

Participants in this hands-on kitchen session learn how to prepare plant-forward recipes inspired by the cuisines of Morocco, Korea, the Oglala Lakota Tribe of North America, and India. Dishes such as bulgogi-style lettuce wraps and hearty cauliflower tikka may include animal-based protein, but only as a sidekick. Many versatile cooking techniques including stewing, sautéing, and roasting will be utilized so participants can gain confidence in the kitchen as they prepare a variety of delicious plant-forward recipes.

Chef Instructor: **Chef Thomas Wong, CEC, CHE '86 (CIA)**

WORKSHOPS: BLOCK #2

Various campus locations

Workshop IV

Chuck Williams Culinary Arts Museum & Conference Center (2nd floor)

Celebrating Global Cuisines Series (2 of 3): Lessons from Latin America

This workshop will explore the ingredients and flavors in Latin American cuisine, taking into account worldwide historic influences, focusing on key messages and methods to support healthy eating for the Latine population in the US by demystifying stereotypes. It will also include a look at the health promoting aspects of traditional eating patterns including ingredients such as maize/corn, legumes, fruits, vegetables, spices and herbs, as well as demonstrations of easy, healthful recipes.

Moderator: **Kristen Rasmussen, MS, RDN** (Culinary Nutrition Educator/Founder, Rooted Food; Healthy Kitchens, Healthy Lives Program Manager, CIA)

Presenters: **Sabrina Falquier, MD, CCMS, DipABLM** (Culinary Medicine Physician, Sensations Salud®, LLC and The Kitchenistas from Olivewood Gardens)
Patty Corona (Director of Kitchenista Engagement and Cooking for Salud®, The Kitchenistas from Olivewood Gardens)
Robert E. Graham, MD, MPH (Chef/MD; Co-Founder, FRESH Medicine)

Workshop V

Ecolab Theater (1st floor)

Finding Peace in the Kitchen - Helping Families Gather & Cook Together to Raise Adventurous Eaters

This workshop, led by culinary Registered Dietitian Milette Siler and pediatric, internal medicine, and lifestyle medicine physician Jaclyn Albin, starts with a discussion on the powerful role food plays in our lives from first bite. Participants will explore the foundational dietary habits and food relationships that begin in childhood and the core

elements of a fun and nourishing feeding and eating environment while also learning practical strategies through a food and health equity lens for getting food on the table for a drama-free mealtime. The workshop will also review strategies for integrating culinary medicine into existing clinical practice models.

Moderator: **Abby Fammartino, MSFS, MBA** (Director of Health and Sustainability Programs and Research, CIA)

Presenters: **Jaclyn Albin, MD, CCMS, DipABLM** (Director of Culinary Medicine and Associate Professor of Internal Medicine and Pediatrics, UT Southwestern Medical Center)

Milette Siler, MBA-HC, RDN, LD, CCMS (Oncology Teaching Kitchen Dietitian and Culinary Medicine Lead Instructor, Moncrief Cancer Institute and the University of Texas Southwestern Medical Center)

Workshop VI

Napa Valley Vintners Theater (1st floor)

Roundtable on Nutrition, Health Disparities, and Food Insecurity

Join the presenters from Plenary Session II in this facilitated roundtable discussion to dive deeper into critical issues confronting clinicians today relating to nutrition, health disparities, and food insecurity. Exchange questions and insights with these experts and fellow attendees about how to harness your power as a practitioner to deliver evidence-based food and nutrition guidance and related programming to your patients and communities.

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenters: **Nicole Farmer, MD** (Staff Scientist, National Institutes of Health, Clinical Center)

Ed McDonald, MD (Assistant Professor of Medicine and Associate Director, Adult Clinical Nutrition, UChicago Medicine)

Walter Willett, MD, DrPH (Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health)

11 AM Coffee Networking Break/Time to Walk Back to Plenary Sessions

11:15 AM Plenary Session VI

Presentations and Panel Discussion

Cultivating Healthy Habits: Building Confidence and Skills to Sustain Meaningful Behavior Change

Behavior change is difficult. Despite our best hopes and intentions, telling people what to eat and giving them all the best knowledge about healthy food choices is rarely enough to make long-lasting changes. This session will explore how clinicians can integrate health coaching strategies, motivational interviewing techniques, and lessons from behavior change research into their clinical practice to help patients start and sustain healthy eating and other lifestyle behaviors. Through two presentations and an interdisciplinary panel discussion, you'll gain valuable insights on how physicians, dietitians, and health coaches can work together to improve behaviors and health outcomes for patients by meeting their patients where they are in their respective food journeys.

Moderator: **Kristen Rasmussen, MS, RDN** (Culinary Nutrition Educator/Founder, Rooted Food; Healthy Kitchens, Healthy Lives Program Manager, CIA)

Presenters/

Panelists: **Kathy McManus, MS, RDN, LDN** (Director, Department of Nutrition, Brigham and Women's Hospital)
John "Wesley" McWhorter, DrPH, MS, RDN, LD, CSCS (Director of Lifestyle Medicine, Suvida Healthcare)
Robert E. Graham, MD, MPH (Chef/MD; Co-Founder, FRESH Medicine)

12:15 PM Tasting Lunch, Exhibition, & Group Fitness Walks

& 12:45 PM *Atrium (1st floor)*

Celebrating a World of Healthy Flavors

The tasting lunch and exhibition is a walk-around event featuring globally inspired, plant-forward dishes prepared by CIA chefs. Attendees with last names from A-L can enjoy lunch at 12:15 pm, and last names M-Z, enjoy lunch at 12:45 pm

Author Book Signing

Atrium (1st floor)

The following conference faculty will be signing books during this time. Books will be available for purchase during the book signing; at other times, attendees may purchase books in the Copia Marketplace.

- **John "Wesley" McWhorter, DrPH, MS, RDN, LD, CSCS**, author of How Good Food Works From Seed to Plate
- **Walter Willett, MD, DrPH**, author of Eat, Drink, and Be Healthy

12:15 PM Group Fitness Walk

& 12:45PM *Meet at the front doors of Copia at either 12:15 pm (last names, M-Z) or 12:45 pm (last names, A-L) for a 20-minute walk around the Oxbow District, weather permitting.*

1 PM "Small Indulgence" Dessert Tasting

Mezzanine (2nd floor)

1:15 PM Plenary Session VII

Presentation and Discussion

Physical Activity: How Do You and Your Patients Get Moving?

Eating well must be combined with physical activity for an overall healthy lifestyle. This session will explore the evidence for the importance of physical activity, where physical activity fits into weight management, and the dangers of being sedentary. The presenter will offer guidelines for amounts and intensity of physical activity and discuss how to write an exercise prescription.

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenter: **Jonathan Bonnet, MD, MPH** (Clinical Associate Professor, Stanford University School of Medicine, Weight Management Center, Palo Alto VA)

1:45 PM Plenary Session VIII

Presentation

Mindfulness as a Strategy for Leading Longer, Healthier Lives

Learning to eat and live mindfully is the key to optimizing health and longevity and to fostering inner peace. The session will provide an experiential introduction to mindfulness practice, as well as tips on how to apply mindfulness to daily routines and to the lives of your patients, students, colleagues, and families.

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenter: **Terri Stone, MD, FACP, DipABLM** (MedStar Institute for Innovation)

2:15 PM Plenary Session IX

Presentation

Envisioning Ways to Combine New Anti-Obesity Medications with Diet and Lifestyle Education to Prevent and Manage Chronic Disease

There is great potential in combining GLP-1 medications with lifestyle interventions, such as a teaching kitchen, to enhance obesity and diabetes management. By leveraging the pharmacological benefits of GLP-1 drugs for weight loss and glycemic control, alongside practical cooking skill development, this approach can empower individuals to adopt and sustain healthier eating habits. As a research direction, we can explore the synergistic effects of this combined strategy, with the potential to significantly improve long-term weight management, metabolic health, and chronic disease prevention in individuals with obesity and metabolic disorders.

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenter: **Frank Hu, MD, PhD** (Professor of Nutrition and Epidemiology and Chair, Harvard T.H. Chan School of Public Health)

2:45 PM Stretch and Networking Break

3:15 PM Plenary Session X

Presentations and Panel Discussion

How Food is Medicine is Being Implemented and Studied Nationally; Teaching Kitchen Collaborative Members Breaking Barriers

Food is medicine initiatives and teaching kitchens across the country are empowering individuals and communities to overcome barriers to healthy eating. Attendees will learn about current and future federal programs in support of these efforts from nutrition leaders from the National Institutes of Health and hear from several trailblazers who are using

teaching kitchens to educate and improve the health of diverse populations. The session aims to inspire healthcare professionals, policymakers, and educators to collaborate in advancing this transformative approach to health and wellness.

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenters: **Andrew Bremer, MD, PhD, MAS** (Director, Office of Nutrition Research, National Institutes of Health)
Nick Jury, PhD (Director of Legislative Affairs and Policy, Office of Nutrition Research, National Institutes of Health)
Shaista Malik, MD, PhD, MPH (Founding Executive Director, UC Irvine's Susan Samueli Integrative Health Institute)
Farshad Fani Marvasti, MD, MPH (Associate Professor and Clinical Scholar, University of Arizona College of Medicine)

4:30 PM Social Networking & Wine Reception

Atrium (1st floor)

Please join us to celebrate the 20th edition of Healthy Kitchens, Healthy Lives at the Thursday evening wine and networking reception featuring several Napa Valley vintners and their phenomenal wines.

5:30 PM Program Concludes for the Day

Enjoy dinner on your own in the Napa Valley. Find links to popular restaurants at www.healthykitchens.org

FRIDAY, FEBRUARY 7

7:30 AM Napa Valley Breakfast Buffet

Mezzanine (2nd floor)

8 AM Plenary Session XI

Presentation

Nutrition Controversies: Context is Key

The daunting array of choices in the supermarket and consistent nutrition information overload in the current era can be paralyzing (e.g., "If I eat less meat to save the planet, can I get enough protein from plants?", "Should I switch to soy/oat/almond/coconut/hemp/... milk?"). With an engaging blend of humor and evidence-based science, professor of medicine and "nutrition clarity champion" Dr. Christopher Gardner offers several strategies developed over his 30 years of research at Stanford to resolve these and other controversies. Rather than get distracted by the noise, Dr. Gardner will make clear what nutrition experts do agree on to help you and your patients feel confident about your food choices.

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenter: **Christopher Gardner, PhD** (Rehnborg Farquhar Professor of Medicine, Stanford University; Director of Stanford Prevention Research Center's Nutrition Studies Group)

9 AM Break/Time to Walk Back to Kitchen Sessions and Workshops

9:15 AM KITCHEN SESSIONS AND WORKSHOPS, BLOCK #3

KITCHEN SESSIONS: BLOCK #3

Hestan Kitchen (2nd floor)

These hands-on sessions are intended to introduce attendees to the "technique-driven, recipe-inspired" skills necessary to prepare (and then customize at home

A-3 The Delectable Vegetable Kitchen

Participants in this hands-on kitchen session implement a variety of versatile techniques such as grilling, sautéing, and roasting, and use diverse flavors and spices to make vegetables appealing and delicious. Through creative approaches inspired by traditional foods – from Sweet Potato Spanish Tortilla to Cauliflower Pistachio Bolognese – nourishing vegetables are transformed into craveable, approachable delights.

Chef Instructor: **Chef Barbara Alexander, CEC, CHE (CIA)**

B-3 Plant-Forward, Flavor Forward Cooking Strategies

Participants in this hands-on kitchen session learn how to create a diverse array of plant-forward dishes that are packed with flavor, such as falafel with tahini sauce, spicy pozole with jackfruit, and saffron-scented fennel and fish stew. These delicious recipes come to life by incorporating animal-based protein as a flavor enhancer rather than the main ingredient and using techniques ranging from blending and baking to stewing and salad-making.

Chef Instructor: **Chef Dominic Orsini, '95 (CIA)**

C-3 The Protein Flip with World Flavors

Participants in this hands-on kitchen session learn how to prepare plant-forward recipes inspired by the cuisines of Morocco, Korea, the Oglala Lakota Tribe of North America, and India. Dishes such as bulgogi-style lettuce wraps and hearty cauliflower tikka may include animal-based protein, but only as a sidekick. Many versatile cooking techniques including stewing, sautéing, and roasting will be utilized so participants can gain confidence in the kitchen as they prepare a variety of delicious plant-forward recipes.

Chef Instructor: **Chef Thomas Wong, CEC, CHE '86 (CIA)**

WORKSHOPS: BLOCK #3

Various campus locations

Workshop VII

Chuck Williams Culinary Arts Museum & Conference Center (2nd floor)

Celebrating Global Cuisines Series (3 of 3): Lessons from the Mediterranean and Asia

Traditional foodways vary widely both within and between cultures, but what are their commonalities? This workshop begins with a broad-strokes overview of the traditional and contemporary Asian and Mediterranean dietary patterns, including the latest scientific evidence on the many health benefits associated with both eating styles. Participants will then enjoy culinary demonstrations and interactive discussions around Asian and Mediterranean ingredients, flavors, and dishes.

Moderator: **Kristen Rasmussen, MS, RDN** (Culinary Nutrition Educator/Founder, Rooted Food; Healthy Kitchens, Healthy Lives Program Manager, CIA)
Presenters: **Kathy McManus, MS, RDN, LDN** (Director, Department of Nutrition, Brigham and Women's Hospital)
Linda Shiue, MD (Director of Culinary Medicine, Kaiser Permanente)
Sherene Chou, MS, RDN (Dietitian and Chef; Co-Founder, Food+Planet)

Workshop VIII

Ecolab Theater (1st floor)

Existing Resources and Anticipated Opportunities to Expand Food is Medicine Through the Development and Evaluation of Teaching Kitchen Programs

Teaching kitchens can range from low budget, pop-up stations to well funded built-in facilities. This interactive workshop will delve deeper into practicalities of how to start a teaching kitchen given variations with respect to budgets and populations of interest. Attendees will hear success stories, challenges, and gain practical insights into how to navigate the complexities of designing, funding, sustaining, and critically evaluating these innovative programs.

Moderators: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)
Katie Welch (Executive Director, The Teaching Kitchen Collaborative)
Presenters: **Farshad Fani Marvasti, MD, MPH** (Associate Professor and Clinical Scholar, University of Arizona College of Medicine)
Shaista Malik, MD, PhD, MPH (Founding Executive Director, UC Irvine's Susan Samueli Integrative Health Institute)
Andrew Bremer, MD, PhD, MAS (Director, Office of Nutrition Research, National Institutes of Health)
Rachel Fisher, RDN (Senior Advisor, President's Council on Sports, Fitness & Nutrition, US Department of Health and Human Services)
Nick Jury, PhD (Director of Legislative Affairs and Policy, Office of Nutrition Research, National Institutes of Health)
Erin McDonald, PhD (Senior Advisor, President's Council on Sports, Fitness & Nutrition, US Department of Health and Human Services)

Workshop IX

Napa Valley Vintners Theater (1st floor)

Lifestyle Medicine & Mindfulness Interactive Workshop: Tools for Reducing Stress and Fostering Resilience and Well-Being

Participants in this session will have an opportunity to go deeper into the knowledge, skills, and tools relating to lifestyle medicine and mindfulness. Take some time to reflect on your

“whole health” through a step-by-step self-care assessment and to practice simple exercises that can be integrated into daily routines for you and your patients. Participants will also engage in experiential learning and discuss strategies for moving more in their daily routines, using mindfulness techniques to reduce stress and burnout, and ways to improve sleep and overall well-being.

Moderator: **Abby Fammartino, MSFS, MBA** (Director of Health and Sustainability Programs and Research, CIA)

Presenters: **Terri Stone, MD, FACP, DipABLM** (MedStar Institute for Innovation)

Frank Hu, MD, PhD (Professor of Nutrition and Epidemiology and Chair, Harvard T.H. Chan School of Public Health)

Jonathan Bonnet, MD, MPH (Clinical Associate Professor, Stanford University School of Medicine, Weight Management Center, Palo Alto VA)

11 AM Break/Time to Walk Back to Plenary Sessions

11:15 AM Plenary Session XII

Presentation and Culinary Demonstration

Food, Fiber, Fermentation: Nurturing a Healthy Gut Microbiome

The trillions of microbes that inhabit each human’s gut profoundly influence health. What does the latest science tell us, what is certain, and what is hype? How can we nurture this community of communal microbes to improve our health and longevity? This presentation will discuss new research defining a healthy microbiome and how diet can shape our important community of microbes. Then, Chef-MD Linda Shiue will demonstrate some recipes using fiber-rich and fermented foods and demonstrate that these can be delicious, easy, affordable, and fun to make and enjoy.

Moderator: **Kristen Rasmussen, MS, RDN** (Culinary Nutrition Educator/Founder, Rooted Food; Healthy Kitchens, Healthy Lives Program Manager, CIA)

Presenters: **Sean Spencer, MD, PhD** (Clinical Scholar, Medicine – Gastroenterology & Hepatology, Stanford University/Stanford Digestive Health Clinic)

Linda Shiue, MD (Director of Culinary Medicine, Kaiser Permanente)

12:15 PM Tasting Lunch, Exhibition, & Group Fitness Walks

& 12:45 PM *Atrium (1st floor)*

Celebrating a World of Healthy Flavors

The tasting lunch and exhibition is a walk-around event featuring globally inspired, plant-forward dishes prepared by CIA chefs. Attendees with last names from M-Z can enjoy lunch at 12:15 pm, and last names A-L, enjoy lunch at 12:45 pm.

12:15 PM Group Fitness Walk

& 12:45 PM *Meet at the front doors of Copia at either 12:15 pm (last names, A-L) or 12:45 pm (last names, M-Z) for a 20-minute walk around the Oxbow District, weather permitting.*

1 PM **“Small Indulgence” Dessert Tasting**
Mezzanine (2nd floor)

1:15 PM **Plenary Session XIII: Closing Keynote**
Presentation
TBD

Moderator: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Presenter: **TBD**

2:15 PM **Closing Remarks**

Presenters: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Founder and Senior Advisor, The Teaching Kitchen Collaborative)

Kristen Rasmussen, MS, RDN (Culinary Nutrition Educator/Founder, Rooted Food; Healthy Kitchens, Healthy Lives Program Manager, CIA)

2:30 PM **Conference Concludes**

SATURDAY, FEBRUARY 8

10 AM-1 PM Plant-Forward Mediterranean Cuisine

\$275, pre-registration required; Hestan Kitchen (2nd floor)

From the spice markets of North Africa to the fishing villages of coastal Spain, the cuisines of the Mediterranean celebrate the bounty of the region's rich landscape. In this hands-on introduction to plant-forward Mediterranean cooking, you'll explore the plant-rich flavors and recipes inspired by the abundant orchards, markets, and waters of Provence, Southern Italy, Spain, Greece, Turkey, and North Africa. Learn the tools to incorporate this healthful and sustainable culinary tradition, showcasing veggies, legumes, whole grains, and plant-based proteins, into your kitchen at home (some animal proteins will be included).

*Plan to arrive at the Copia Atrium (1st floor) at the CIA by 9:45 a.m. to complete the onsite registration process. After the hands-on production, enjoy a lunch tasting of the dishes created, along with wine. **Space is limited; register early to secure your spot.***

To learn more and register for optional post-conference activities, please click [this link](#).