2026
Teaching Kitchen Research
Conference

Program Schedule

Wednesday, September 23, 2026

8:15 AM	**Registration & Exhibitor Viewing**
9:00 AM	**Opening Remarks** **Speakers:** • Katie Welch, Executive Director, Teaching Kitchen Collaborative • Jen Massa, ScD, Director of Research, Teaching Kitchen Collaborative; Research Scientist, Harvard T.H. Chan School of Public Health • Frank B. Hu, MD, PhD, MPH, Chair of Department of Nutrition, Fredrick J. Stare Professor of Nutrition and Epidemiology, Harvard T.H. Chan School of Public Health
9:15 AM	**Plenary Session 1** **Advancing the Field: Research, Policy, and Partnerships for Scaling Teaching Kitchens** This opening keynote panel brings together leaders across clinical care, research, policy, and community implementation to explore the current landscape and future direction of the field. Panelists will discuss emerging opportunities, barriers to scale, cross-sector collaboration, and the evolving role of teaching kitchens within the broader Food is Medicine movement. **Moderator/Speaker:** Jaclyn Albin, MD, CCMS, DipABLM, Associate Professor, Director of Culinary Medicine, University of Texas Southwestern **Speakers:** • Katie Garfield, JD, Director, Whole Person Care, Harvard Law School Center for Health Law and Policy Innovation • Kurt Hager, PhD, Assistant Professor, UMass Chan Medical School • Benaye Wadkins Chambers, CEO, Crossroads Community Services • Julia Wolfson, PhD, MPP, Associate Professor, Johns Hopkins Bloomberg School of Public Health
10:45 AM	**Networking Break and Exhibitor Viewing**
11:15 AM	**Plenary Session 2** **Systems Integration, Cross-Sector Partnerships & Implementation Science in Teaching Kitchen Research** This session highlights real-world models integrating teaching kitchens across healthcare systems, community organizations, and multisector collaborations. Presenters will

	explore implementation strategies, sustainability, community engagement, and systems-level approaches advancing teaching kitchen interventions across diverse populations and care settings. **Moderator:** Wendy Slusser, MD, MS, Associate Vice Provost, Clinical Professor, University of California, Los Angeles **Abstracts & Speakers:** 1. OA1.1 A Pilot Teaching Kitchens Intervention Protocol to Improve the Dietary Quality of Congregate Meals for Older Adults a. Andres Ardisson Korat, ScD, Scientist II, Jean Mayer USDA Human Nutrition Research on Aging at Tufts University 2. OA1.2 Longitudinal Impact of Cross-Sector TK Collaboration for Chronic Disease Management a. Lynn Fredericks, Founder and CEO, FamilyCook Productions 3. OA1.3 Culinary Medicine at Scale: Identification of Common Facilitators Driving Expansion of Teaching Kitchen Programs to 100+ Facilities a. Melanya Kushla, MS, RD, LDN, CHES, Culinary Medicine Implementation and Strategy Consultant, Taste & Thrive 4. OA1.4 Cross-sector Culinary Medicine Collaboration in the Canadian Context a. Julia MacLaren, MSc, RD, Research Trainee Health Services Research, Community Health Sciences, University of Calgary 5. OA1.5 Evolution of a Pediatric Teaching Kitchen Shared Medical Appointment: From Pilot Program to Sustainable Clinical Service a. Ashley VanCise, RDN, LD, Teaching Kitchen Coordinator, Children's Healthcare of Atlanta 6. OA1.6 Leveraging Culinary Medicine and Teaching Kitchens to Increase Patient Participation in Nutrition Incentive Programs: Lessons from Double Up Oklahoma (DUO) for Health a. Marianna Wetherill, PhD, MPH, RDN, Professor, Hudson College of Public Health & School of Community Medicine, University of Oklahoma-Tulsa
12:45 PM	**Lunch, Poster Session (1 of 2), Exhibitor Viewing**
2:15 PM	**Breakout Sessions, Round 1** **Theme: Research Methods & Implementation Science** **1A Multisite Teaching Kitchen Research & Implementation Science** *Level: Intermediate* *Guiding Question: How do we implement and evaluate teaching kitchens across organizations, health systems, and populations?* As teaching kitchen programs expand across healthcare systems and community settings, opportunities for multisite research and large-scale implementation are growing. This session will highlight lessons learned from collaborative studies and implementation science initiatives, including strategies for scaling programs while maintaining scientific rigor and real-world relevance. **Moderator/Speaker:** Jennifer Massa, ScD, Director of Research, Teaching Kitchen

Collaborative; Research Scientist, Harvard T.H. Chan School of Public Health
Speakers:

- David Eisenberg, MD, Director of Culinary Nutrition; Adjunct Associate Professor, Harvard T.H. Chan School of Public Health
- Wendy Slusser, MS, MS, Associate Vice Provost, Clinical Professor, University of California, Los Angeles
- Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA, Regional Campus Dean and John P. McGovern Professor, UTHealth Houston School of Public Health
- Auden McClure, MD, MPH, Associate Professor of Pediatrics and Medicine, Dartmouth Health
- Karen Lindsay, PhD, RDN, Assistant Professor, University of California, Irvine
- Natalia Heredia, PhD, MPH, Assistant Professor, UTHealth Houston School of Public Health
- Tannaz Moin, MD, MBA, MSHS, Associate Professor of Medicine, University of California, Los Angeles

1B Teaching Kitchen Integration in Food Is Medicine Delivery Systems
Level: Beginner/Intermediate
Guiding Question: How are teaching kitchens being embedded into real-world Food Is Medicine programs and care models?

Food Is Medicine programs are creating new opportunities to integrate teaching kitchens and culinary medicine into care delivery models. This session will showcase emerging approaches that combine nutrition education with food prescriptions, medically tailored interventions, nutrition incentives, and other FIM strategies to improve health outcomes and patient engagement.

Moderator: Jaclyn Albin, MD, CCMS, DipABLM, Associate Professor, Director of Culinary Medicine, University of Texas Southwestern
Panelist: Kurt Hager, PhD (Assistant Professor, UMass Chan Medical School)

Abstracts & Speakers:

- OA1B.1 From Menu to Vitality: how food prescriptions transform cardiometabolic health and social connectivity
  - Ashley Dunworth, MS, RDN, CDCES, Nutrition Program Manager, Presbyterian Community Health
  - Sharz Weeks, MPH, Community Health Epidemiologist, Presbyterian Community Health
- OA1B.2 Culinary Medicine in the Community: A Pilot Trial with Cancer Survivors
  - Rashida Jones, PharmD, PhD, CPH, Applied Postdoctoral Fellow, Moffitt Cancer Center

1C Formative Research, Qualitative Methods & Community Engagement in Teaching Kitchen Research
Level: Beginner
Guiding Question: How do we understand the needs, experiences, and preferences of the people we serve?

	Understanding participant experiences, preferences, and barriers is essential for designing effective and equitable teaching kitchen interventions. This session will explore how qualitative research and community-engaged research methods can inform program development, adaptation, implementation, and evaluation across diverse populations. **Moderator/Speaker:** Catherine McManus, PhD, RDN, LD, Assistant Professor, Department of Nutrition, School of Medicine, Case Western Reserve University **Abstracts & Speakers:** ● OA1C.1 Understanding Readiness, Barriers, and Preferences for Teaching Kitchen Interventions Among Low/Moderate-Income Latino Adults: A Qualitative Study ○ Lorena Pacheco, PhD, Research Scientist, Harvard T.H. Chan School of Public Health ● OA1C.2 Exploring Perspectives to Guide the Development of a Teaching Kitchen and Mindful Exercise Intervention: A Qualitative Study among Adults with Hypertension ○ Sarah Park, ND, Postdoctoral Research Fellow, Brigham and Women's Hospital / Harvard Medical School **1D Advanced Research Methods & Measurement Workshop** Location: Copley (capacity: 40 theater) *Level: Advanced* *Guiding Question: How do we advance the rigor of our research and measure outcomes more effectively?* As the field advances, researchers are incorporating increasingly sophisticated methods to evaluate teaching kitchen outcomes and mechanisms of change. This interactive workshop will examine emerging measurement tools, biomarker assessments, digital health technologies, and innovative study designs that can strengthen future teaching kitchen and culinary medicine research. **Speakers:** ● Nicole Farmer, MD, Tenure-track investigator, NIH ● Ryan Kane, MD, MPH, Assistant Professor, Tufts University Food is Medicine Institute ● Miranda Moore, PhD, Associate Professor, Emory University School of Medicine
3:45 PM	**Transition**
4:00 PM	**Breakout Session, Round 2** **Theme: Program Delivery Models Across the Lifespan** **2A Youth, Family & Pediatric Teaching Kitchen Models** Early-life interventions can shape lifelong relationships with food, cooking, and health. This session will explore teaching kitchen programs designed for children, youth, and families, highlighting approaches that promote healthy eating behaviors, caregiver engagement, food literacy, and confidence in the kitchen across diverse settings.

Moderator: Lynn Fredericks, Founder and CEO, FamilyCook Productions
Abstracts & Speakers:

- OA2A.1 Bridging Clinical Nutrition and Daily Practice: How Culinary Ability Transforms Eating Behaviors, Emotions and Family Health
    - Maíra Estanislau S Almeida, Phd, RDN, Professor and Nutricionist, Centro Universitario (Brazil)
- OA2A.2 Using Storytelling to Support Plant-Forward Habits in Child-Caregiver Pairs
    - Julia Burns, MS, DO, Pediatric Resident, St. Luke's University Health Network
- OA2A.3 Cyclone Kitchen Camp: Cooking Up Confidence Among Youth Grades 4-7
    - Sarah Francis, PhD, RD, Morrill Professor, Iowa State University
- OA2A.4 Tasting with Tots: Dyadic Cooking Intervention in FQHC Teaching Kitchen to Reduce Feeding Concerns in Infants and Toddlers
    - Caitlin Hernandez, PhD, Psychologist, Denver Health

2B Teaching Kitchens in Health Professions Education

Teaching kitchens are increasingly being used as experiential learning environments to build nutrition, culinary, counseling, and lifestyle medicine competencies among healthcare professionals. This session will highlight educational models spanning undergraduate, graduate, and continuing professional education, with lessons on curriculum design, learner outcomes, and opportunities to prepare a workforce equipped to address nutrition-related chronic disease.

Moderator: Adi Haramati, PhD, Professor, Georgetown University; Board Member, Teaching Kitchen Collaborative
Abstracts & Speakers:

- OA2B.1 Impact of Teaching Kitchens as Translational Learning Spaces for Culinary Medicine Education: Improving Confidence, Skills, Health Behaviors, and Advocacy
    - Theresa Dvorak, MS, RDN, CSSD, Associate Professor, Director of Culinary Medicine, University of Utah
- OA2B.2 Clinically Oriented Osteopathic Kitchen Skills (COOKS): A Culinary Medicine CME Series
    - Grace Marie Jones, PhD, Associate Professor, Touro University California - College of Osteopathic Medicine
- OA2B.3 Pre-clerkship Culinary Medicine Elective: An Integrated Student-Led Initiative
    - Lauren Wong, MD, Internal Medicine Resident, University of Alberta; Western University

2C Campus Teaching Kitchens: Student Wellness, Performance & Planetary Health

Colleges and universities are emerging as important environments for advancing food literacy, health promotion, athletic performance, and sustainable food systems. This session will showcase innovative campus-based teaching kitchen models that address student wellness, food insecurity, nutrition education, and planetary health while engaging learners as future leaders and changemakers.

Moderator: Abby Fammartino, Director of Health and Sustainability Programs and Research, Culinary Institute of America
Abstract & Speakers:

- OA2C.1 Cook for Change: Kitchen-Based Learning + Reflection as Transformative Sustainability
    - Nathalie Curabba, MS, CNS, LDN, Sustainability Manager, American University of Sharjah, UAE
- OA2C.2 Efficacy of combining sport-specific digital media messaging with applied performance nutrition education in a University Teaching Kitchen
    - Mary Catherine Schallert, MS, RDN, LDN, CNSC, Clinical Associate Professor, The University of Memphis
- OA2C.3 From Pantry to Plate: A Student-Led Cooking Demonstration to Support Food-Insecure College Students
    - Jennifer Watson, PhD, RDN, Assistant Professor, Food & Beverage, Metropolitan State University (MSU) Denver
- OA2C.4 Fuel & Fit: A Food-as-Medicine Intervention to Improve Food Literacy and Health Behaviors Among HBCU Student
    - Karen Webb, PhD, RN, Assistant Professor, North Carolina Central University

2D Teaching Kitchen Models for Healthy Aging, Senior Living & Community Care

As populations age and chronic disease burdens increase, teaching kitchens offer promising strategies to support nutrition, social connection, and person-centered care among older adults. This session will examine diverse models spanning senior living communities, healthcare systems, congregate meal programs, and community-based initiatives designed to improve health and well-being across the aging continuum.

Moderator: Wesley McWhorter, DrPH, MS, RD, LD, CSCSVP, Lifestyle Medicine, Suvida Healthcare and UTHealth School of Public Health Center for Health Equity
Abstracts & Speakers:

- OA2D.1 Emergency Teaching Kitchens: A Conceptual Framework for Adaptive Culinary Medicine in Protracted Crisis
    - Boaz Israeli, Co-founder Negev FoodLab and Negev Teaching Kitchens Network, Negev Food Lab, Ben-Gurion University of the Negev
- OA2D.2 SuBienestar: Implementing a Bilingual, Teaching Kitchen-Based Lifestyle Medicine Program in a Value-Based Care System Serving Hispanic/Latino Older Adults
    - Otoniel Santiago, RDN, LD, Registered Dietitian, Suvida Healthcare
- OA2D.3 Feasibility of Plant-Based Teaching Kitchens to Improve Nutrition Knowledge and Attitudes in Rural Older Adults
    - Regina Wierzbowski, Undergraduate Student Nurse, UMass Amherst
- OA2D.4 Co-Designing Healthier Congregate Meal Menus for Older Adults: Early Findings From a Community-Engaged Program
    - Erfei Zhao, PhD, Postdoctoral scholar, Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University
- OA2D.5 Teaching Kitchen–Based Workforce Training to Advance Person Centered Nutrition in Senior Living
    - Krista Zvoch, RDN, Director of Nutrition, StoryPoint Group Senior Living

5:30 PM	**Day 1 Concludes**

Thursday, September 24, 2026

8:45 AM	**Day 2 Welcome** **Speakers:** ● Jen Massa, ScD, Director of Research, Teaching Kitchen Collaborative; Research Scientist, Harvard T.H. Chan School of Public Health ● Allison Righter, MSPH, RDN, Director of Membership & Programs, Teaching Kitchen Collaborative
9 AM	**Plenary Session 3** **Advancing Nutrition Education: Insights from the National Convening on Best Practices in Medical Nutrition Education** This plenary will provide a high-level summary of what was presented at the National Convening in April 2026. Emerging themes and 'gems' will be shared.' across medical and health professions education. **Moderator:** Adi Haramati, PhD, Professor, Georgetown University; Board Member, Teaching Kitchen Collaborative **Speakers:** ● David Eisenberg, MD, Director of Culinary Nutrition; Adjunct Associate Professor, Harvard T.H. Chan School of Public Health ● Rachel Fisher, MPH, RDN, Senior Advisor, Office of Disease Prevention and Health Promotion, US Department of Health and Human Services
9:30 AM	**Plenary Session 4** **Educational Innovation in Teaching Kitchens Across the Professional Continuum** Building on the preceding plenary, this session highlights innovative education and workforce development models spanning medical education, residency training, interprofessional practice, and dietetics education. **Moderator:** David Eisenberg, MD, Director of Culinary Nutrition; Adjunct Associate Professor, Harvard T.H. Chan School of Public Health **Panelist:** Drew Bremer, MD, PhD, MAS, Director, Office of Nutrition Research, National Institutes of Health **Presenters/Abstracts:** 1. OA4.1 Teaching Kitchens as a Model for Multi-Domain Dietetics Competency Attainment a. Kara Cucinotta, DCN, MS, RDN, LDN, CNSC, Professor, Johnson & Wales University 2. OA4.2 From Kitchen to Clinic: Teaching Kitchens Transform Interprofessional Medical Training

	a. Melisa Danho, MPH, RDN, LD, Dietetic Internship Director, UTHealth Houston 3. OA4.3 Farm to Kitchen to Clinic and Beyond: An Immersive Summer Culinary Medicine Education Model a. Marissa Love, MD, Assistant Professor, University of Kansas Medical Center 4. OA4.4 Impact of Teaching Kitchen Integration on Medical Student Nutrition Knowledge and Clinical Confidence a. David Weber, PhD, Professor of Physiology and Assistant Dean of Medical Education, Whiddon College of Medicine, University of South Alabama 5. OA4.5 Training Resident Physicians in Obesity Counseling: Culinary Medicine as an Innovative Teaching Strategy a. Nate Wood, MD, MHS, Chef, DipABLM, DABOM, Director of Culinary Medicine, Yale School of Medicine
10:45 AM	**Short Break**
11 AM	**Plenary Session 5** **Advancing the Evidence Base for Teaching Kitchen Interventions** This session combines invited presentations providing context on the Teaching Kitchen Multisite Study and its culturally adapted implementation for Spanish-speaking and Latina populations, followed by two oral abstract presentations highlighting outcomes research that expand the evidence base for teaching kitchen interventions. **Moderator:** Catherine McManus, PhD, RDN, LD, Assistant Professor, Department of Nutrition, School of Medicine, Case Western Reserve University **Speakers:** 1. Jennifer Massa, ScD, Director of Research, Teaching Kitchen Collaborative; Research Scientist, Harvard T.H. Chan School of Public Health 2. Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA, Regional Campus Dean and John P. McGovern Professor, UTHealth Houston School of Public Health **Abstracts & Speakers:** 3. OA5.1 Teaching Kitchen Program Improves Glycemic Control in Japanese Patients with Type 2 Diabetes: An RCT with Exploratory Analyses a. Megu Baden, MD, PhD, Associate Professor, The University of Osaka 4. OA5.2 A Community-Engaged Cooking Intervention to Improve Cooking Behaviors and Diet Quality Among African American Adults with CVD Risk in LILA Areas a. Nicole Farmer, MD, Tenure-track investigator, NIH
12 PM	**Lunch, Poster Session (2 of 2), and Exhibitor Viewing**
1:30 PM	**Plenary Session 6** **Emerging Frontiers in Teaching Kitchen Research & Practice**

	This session highlights innovative and emerging approaches expanding the reach, relevance, and future potential of teaching kitchen interventions across sustainability, rural health, digital learning, and community-based implementation. **Moderator:** Wesley McWhorter, DrPH, MS, RD, LD, CSCSVP, VP, Lifestyle Medicine, Suvida Healthcare and UTHealth School of Public Health Center for Health Equity **Abstracts & Speakers:** ● OA6.1 Implementing a Rural Food Is Medicine Model through Culinary Education, Shopping Literacy, and Community-Based Infrastructure ○ Emily Campbell, Founder & Food Systems Consultant, Cultivate Impact, LLC ● OA6.2 Teaching Kitchen Intervention for University Students Improves Planetary Health Diet Literacy and Reduces Barriers to Sustainable Eating: A Pre-Post-Follow-Up Study ○ Nicola Rosenau, Scientific Researcher, Institute for Nutrition and Psychology at the University of Goettingen, Germany ● OA6.3 Developing AI-Driven Nutrition and Lifestyle Simulation Cases for Teaching Kitchen and Culinary Medicine Education ○ Melinda Ring, MD, FACP, ABOIM, Executive Director, Osher Center for Integrative Health at Northwestern University
2:15 PM	**Plenary Session 7** **From Science to Society: Communicating Nutrition and Teaching Kitchen Impact to the Public** Scientific evidence alone does not drive systems change. As teaching kitchens and culinary medicine continue to grow, the field must communicate its value clearly to patients, clinicians, health systems, policymakers, funders, and the public. This closing conversation will explore how messaging, storytelling, media engagement, and strategic communication can accelerate adoption, strengthen partnerships, and elevate the role of teaching kitchens within the broader Food is Medicine movement. **Moderator:** Jaclyn Albin, MD, CCMS, DipABLM, Associate Professor, Director of Culinary Medicine, University of Texas Southwestern **Speaker:** ● Nate Wood, MD, MHS, Chef, DipABLM, DABOM, Director of Culinary Medicine, Yale School of Medicine
2:45 PM	**Closing Remarks, Awards** **Speakers:** ● Jennifer Massa, ScD, Director of Research, Teaching Kitchen Collaborative; Research Scientist, Harvard T.H. Chan School of Public Health ● Jaclyn Albin, MD, CCMS, DipABLM, Associate Professor, Director of Culinary Medicine, University of Texas Southwestern
3 PM	**Conference Concludes**