

Culinary Nutrition in Your Practice Guide

There are many considerations when implementing a teaching kitchen in your practice- but keep in mind they all look a little different! Clients will benefit from your efforts to deliver nutrition education in an interactive manner regardless of how 'polished' and 'perfect' it is. Try not to get caught up in having it 'just right'; consider some basic elements and once you have those in place get started! You can conduct process improvement as you go and naturally will get better and better at delivering culinary nutrition education.

Assess Your Target Population

What do they need to learn? How do they need to change? What is their environment like? Access to food? Culture? Background?

Don't Reinvent the Wheel

There are already resources out there you can pull from. Use what others have created and is made available for public use for free and use your clinical judgment to tailor the conversation, interaction, etc. to what your clients need. There are also tons of fabulous food blogs by dietitians you can source recipes from- just make sure what you use is available publicly and that you are giving credit where it is due and not selling or stealing anyone's intellectual property.

Virtual or In-person

Decide which format you're going to offer, so you know what resources you need to collect and account for. This depends on what your population needs and what you are able to offer.

Virtual

Can you video chat from your own home kitchen? Do you have a video conferencing platform? Do you need a tripod? Additional lighting? Good internet connection? What can you send your clients ahead of time to make the preparation easier?

In-Person

How many people can you fit in the room? Do you have enough equipment for everyone? Where is the grocery budget coming from? Do your clients need any accommodations for sitting, hearing, speaking, etc.?

Plan the Class Content

Select a nutrition education topic that is relevant to your clients and 1-2 recipes that illustrate these topics. Also have some discussion questions prepared ahead of time but allow for organic conversation as well.

Familiarize yourself with the recipes and culinary techniques as needed to feel confident. Remember, you don't have to be a perfect chef, as long as you can cook safely and effectively, your clients will value you for the expertise you provide and the engagement of the interactive learning opportunity.

Basic Equipment Needed

Here is a list of basic equipment needed to set up a "pop up" teaching kitchen. Everything (except the folding table) fits in a large plastic storage tote for easy transportation. You can make a lot of dishes without a heating element or appliance.

1. Folding table
2. Spatula
3. Mixing spoon
4. Peeler
5. Can opener

6. Measuring cups
7. Measuring spoons
8. Cutting board x 2
9. Chef's knife
10. 2 mixing bowls
11. Sampling utensils and dishes
12. Napkins/paper towels
13. Gloves
14. Hand sanitizer (if not available in classroom)
15. Sanitizing wipes or spray
16. Bus bin (as needed)
17. Trash bags (as needed)

Additional Items for Hot Dishes:

18. Plug in single burner (optional)
19. Extension cord (if bringing burner)
20. Skillet (10-12") with lid
21. Pot

Education/Practice Resources

Seek out educational activities to beef up your culinary skills such as a short cooking class at a local community college culinary program, Youtube videos, 1:1 mentorship with me, or continuing education opportunities through the Teaching Kitchen Collaborative or Academy of Nutrition and Dietetics Practice Group for Food and Culinary Professionals.

- <https://tasteandthrive.com/for-clinicians/>
- <https://www.eatrightstore.org/academy/fnce-2023-sessions/culinary-medicine>
- <https://teachingkitchens.org/resources-events/>
- <https://www.eatrightstore.org/dpg-and-mig-products/fcp>

Recipes/Content Resources

You don't have to have all the resources yourself! Use what's already been created. Many institutions have free available resources for you to use for handouts and recipes.

- <https://tasteandthrive.com/home/blog/>
- <https://cookingmatters.org/>

- <https://www.nutrition.va.gov/Recipes.asp>
- <https://rd2rd.com/downloads/gentle-nutrition-handouts-for-eating-disorder-recovery/>
- <https://therealfooddietitians.com/>

Want More Support?

Email me at tasteandthrive.com with any inquiries!

I offer specific services for clinicians:

- Strategy sessions for incorporating culinary nutrition into your practice
- 1:1 mentoring/coaching for clinicians implementing culinary nutrition
- Culinary instruction for competence and confidence of dietitian facilitators
- A hybrid course with self-paced modules and LIVE learning sessions for culinary skills and how to facilitate a cooking element in your practice-coming soon in 2024!
- A done-for-you culinary nutrition curriculum that is highly flexible and adaptable to the most common diet-related chronic diseases (diabetes, heart disease, weight management) and general health and wellness for the adult population.

Please scan the QR code to take a brief survey, if you're interested in more resources for culinary nutrition education:



TASTE & THRIVE
A Teaching Kitchen