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.**

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.**

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 6

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 7

8:15 AM  Registration for the Conference Opens
   Atrium (1st floor)

   Welcome Napa Valley Breakfast
   Mezzanine (2nd floor)

9 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 and Chef; Healthy Kitchens, Healthy Lives Program Coordinator, CIA)
               Rupa Bhattacharya (Executive Director of Strategic Initiatives and Industry Leadership, CIA)
               David Eisenberg, MD (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Executive Director, The Teaching Kitchen Collaborative)

9:15 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; Executive Director, The Teaching Kitchen Collaborative)
               Linda Shiue, MD (Director of Culinary Medicine, Kaiser Permanente)

10:30 AM  Short Stretch Break
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; Executive Director, 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; Associate Director, Adult Clinical Nutrition, UChicago Medicine)

12:15 PM  **Plant-Forward Box Lunch & Group Fitness Walks**

During 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.

**Walk Leader:** Kathy McManus MS, RDN, LDN (Director, Department of Nutrition, Brigham and Women’s Hospital)

**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.

- Walter Willett, MD, DrPH, author of *Eat, Drink, and Be Healthy*
- Linda Shiue, MD, author of *Spicebox Kitchen: Eat Well and Be Healthy with Globally Inspired, Vegetable-Forward Recipes*

**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 provide a global approach for clinicians to provide more culturally conscious and inclusive dietary guidance spanning Latin American, Asian, African Diaspora, and Mediterranean eating traditions.
Moderator:  Rupa Bhattacharya (Executive Director, Strategic Initiatives & Industry Leadership, CIA)
Presenters:  Lourdes Castro, MS, RDN (Director, NYU Food Lab; Faculty, NYU Department of Nutrition & Food Studies; Food and Nutrition Consultant)
Sherene Chou, MS, RDN (Dietitian and Chef; Co-Founder, Food+Planet)
Adante Hart, MPH, RDN (Culinary Dietitian and Foodways Expert; Outreach Dietitian, Oldways)

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.
A-1  The World Vegetable Kitchen
Participants in this hands-on kitchen session take inspiration from world cuisines to make vegetables appealing and delicious – from Sweet Potato Spanish Tortilla to Ghanaian Red Bean Stew. By implementing versatile techniques such as blending, sautéing, and roasting, and using global flavors, spices, and whole grains, 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 protein and flavor, such as falafel with tahini sauce, white bean Caesar salad, and saffron-scented fennel and fish stew. These plant-forward recipes come to life deliciously 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 Polly Lappetito, CHE (CIA)

C-1  The Protein Flip, Pasta, and Other Plant-Forward Plates
Participants in this hands-on kitchen session learn how to prepare several different plant-forward dishes inspired by the cuisines of Morocco, Korea, Italy, and India. Dishes include a hearty pumpkin chickpea tagine, Dr. Linda Shiue’s kimchi jjigae (tofu kimchi stew), freshly made pasta, mozzarella, and lentil “meatballs”, chicken and cauliflower tikka with chapati, and more. Many versatile cooking techniques including stewing, sautéing, and roasting will be demonstrated and utilized in addition to basic knife skills so participants can gain confidence in the kitchen as they prepare a plethora of plant-forward delights!
Chef Instructor: Chef Paul DelleRose, CHE, ’94 (CIA)

WORKSHOPS: BLOCK #1
Various campus locations

Workshop I
Chuck Williams Culinary Arts Museum & Conference Center (2nd floor)
Exploring Global Cuisines Series (1 of 3): Les sons from the Mediterranean and Asia
Traditional diets 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 and Chef; Healthy Kitchens, Healthy Lives Program Coordinator, 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 II
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: David Eisenberg, MD (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Executive Director, The Teaching Kitchen Collaborative)
Presenters: Jaclyn Albin, MD, CCMS, DipABLM (Director of Culinary Medicine; Associate Professor of Internal Medicine and Pediatrics, UT Southwestern Medical Center)
Milette Siler, MBA-HC, RDN, LD, CCMS (Oncology Teaching Kitchen Dietitian, Culinary Medicine Lead Instructor, Moncrief Cancer Institute and University of Texas Southwestern Medical Center)

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: Rupa Bhattacharya (Executive Director, Strategic Initiatives & Industry Leadership, CIA)
Presenters: Traci Dutton (Sommelier; Sommelier; Manager of Public Wine & Beverage Studies, CIA)
Miguel A. Martínez-González, MD (Adjunct Professor, Department of 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 8

7:30 AM
Napa Valley Breakfast Buffet
Mezzanine (2nd floor)

8 AM
Plenary Session IV

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; Executive Director, The Teaching Kitchen Collaborative)

Presenter: Lilian Cheung, ScD, RD (Lecturer, Director of Health Promotion & Communication, and Director of Mindfulness Research & Practice, Department of Nutrition, Harvard T.H. Chan School of Public Health)

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 World Vegetable Kitchen

Participants in this hands-on kitchen session take inspiration from world cuisines to make vegetables appealing and delicious – from Sweet Potato Spanish Tortilla to Ghanaian Red Bean Stew. By implementing versatile techniques such as blending, sautéing, and roasting, and using global flavors, spices, and whole grains, 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 protein and flavor, such as falafel with
tahini sauce, white bean Caesar salad, and saffron-scented fennel and fish stew. These plant-forward recipes come to life deliciously 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 Polly Lappetito, CHE (CIA)

C-2 The Protein Flip, Pasta, and Other Plant-Forward Plates
Participants in this hands-on kitchen session learn how to prepare several different plant-forward dishes inspired by the cuisines of Morocco, Korea, Italy, and India. Dishes include a hearty pumpkin chickpea tagine, Dr. Linda Shiue’s kimchi jiggae (tofu kimchi stew), freshly made pasta, mozzarella, and lentil “meatballs”, chicken and cauliflower tikka with chapati, and more. Many versatile cooking techniques including stewing, sautéing, and roasting will be demonstrated and utilized in addition to basic knife skills so participants can gain confidence in the kitchen as they prepare a plethora of plant-forward delights!

Chef Instructor: Chef Paul DelleRose, CHE, ’94 (CIA)

WORKSHOPS: BLOCK #2
Various campus locations

Workshop IV
Chuck Williams Culinary Arts Museum & Conference Center (2nd floor)
Exploring Global Cuisines Series (2 of 3): Lessons from Latin America
This workshop will explore the ingredients and flavors in Latin American cuisine, with origins ranging from the Caribbean and Mexico to Central and South America, focusing on key messages and methods to support healthy eating for the Latinx population in the US. It will also include a look at the health promoting aspects of traditional diets including ingredients such as legumes, fruits, vegetables, spices and herbs, as well as demonstrations of easy, healthful recipes.

Moderator: Rupa Bhattacharya (Executive Director, Strategic Initiatives & Industry Leadership, CIA)

Presenters: Robert E. Graham, MD, MPH (Chef/MD, Co-Founder; FRESH Medicine)
Lourdes Castro, MS, RDN (Director, NYU Food Lab; Faculty, NYU Department of Nutrition & Food Studies; Food and Nutrition Consultant)

Workshop V
Ecolab Theater (1st floor)
Flexibility is Key: Practical Approaches to Teaching Culinary Medicine Classes
Curious about how to deliver a successful and dynamic cooking class? This workshop will touch on techniques for both live and virtual classes as well as demonstrate how creativity and technique-based pivots will help you to pull off classes and demos that help inspire your
patients. Whether you already have some experience or are a complete novice, this workshop will provide practical approaches for every level of teaching across the food-as-medicine spectrum.

**Moderator:** Kristen Rasmussen, MS, RDN (Culinary Nutrition Educator and Chef; Healthy Kitchens, Healthy Lives Program Coordinator, CIA)

**Presenter:** John “Wesley” McWhorter, DrPH, MS, RDN, LD, CSCS (Director of Lifestyle Medicine, Suvida Healthcare)

**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; Executive Director, The Teaching Kitchen Collaborative)

**Presenters:** Nicole Farmer, MD (Staff Scientist, National Institutes of Health, Clinical Center)
Ed McDonald, MD (Assistant Professor of Medicine; 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 V**

**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 and Chef; Healthy Kitchens, Healthy Lives Program Coordinator, 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)
Panelists:  
Robert E. Graham, MD, MPH (Chef/MD, Co-Founder; FRESH Medicine)  
Ed McDonald, MD (Assistant Professor of Medicine; Associate Director, Adult Clinical Nutrition, UChicago Medicine)

12:15 PM  Tasting Lunch, Exhibition, & Group Fitness Walks  
& 12:45PM  Atrium (1st floor)

Exploring 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.

- Lourdes Castro, MS, RDN, author of Simply Mexican and Cuba Cooks  
- Lilian Cheung, ScD, RD, author of Savor: Mindful Eating, Mindful Life  
- John “Wesley” McWhorter, DrPH, MS, RDN, LD, CSCS, author of How Good Food Works from Seed to Plate

12:15 PM  Group Fitness Walk  
& 12:45PM  Meet at the front doors of Copia at either 12:15 pm (last name, M-Z) or 12:45 pm (last name, A-L) for a 20-minute walk around the Oxbow District, weather permitting.  
Walk Leader: Edward M. Phillips, MD (Assistant Professor, Harvard Medical School; Founder and Director, Institute of Lifestyle Medicine at Spaulding Rehabilitation Hospital; Whole Health Medical Director, VA Boston Healthcare System)

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

1:15 PM  Plenary Session VI  
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; Executive Director, The Teaching Kitchen Collaborative)  
Presenter: Edward M. Phillips, MD (Assistant Professor, Harvard Medical School; Founder and Director, Institute of Lifestyle Medicine at Spaulding Rehabilitation Hospital; Whole Health Medical Director, VA Boston Healthcare System)

2 PM  Plenary Session VII
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 and Chef; Healthy Kitchens, Healthy Lives Program Coordinator, CIA)
Presenter: Miguel A. Martínez-González, MD (Adjunct Professor, Department of Nutrition, Harvard T.H. Chan School of Public Health)

2:45 PM Stretch and Networking Break

3:15 PM Plenary Session VIII
Presentations and Panel Discussion
Beyond the Kitchen: Exploring New Pathways to Food as Medicine
Integrating on-site food related interventions within healthcare settings have enormous potential to support healthy eating, address food insecurity, and advance health equity. In addition to teaching kitchen programs, this session will provide an overview of the current and emerging landscape of food as medicine interventions, ranging from medically tailored meals to produce prescriptions to food pharmacies so that you can identify opportunities to start and/or build upon existing programming within your own community.

Moderator: David Eisenberg, MD (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Executive Director, The Teaching Kitchen Collaborative)
Presenters: Caree Cotwright, PhD, RDN, LD (Director of Nutrition Security and Health Equity, Food and Nutrition Service at the United States Department of Agriculture)
Rita Nguyen, MD (Founder and Medical Director, Food as Medicine Collaborative)
Gina Moreno-John, MD, MPH (Medical Director, Food Pharmacy of the General Medicine Clinic, UCSF Health)
Kofi Essel, MD, MPH, FAAP (Food as Medicine Director, Elevance Health)

4:30 PM 20th Edition Celebration Wine and Networking 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 9

7:30 AM  
Napa Valley Breakfast Buffet  
Mezzanine (2nd floor)

8 AM  
Plenary Session IX  
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; Executive Director, 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 World Vegetable Kitchen**  
Participants in this hands-on kitchen session take inspiration from world cuisines to make vegetables appealing and delicious – from Sweet Potato Spanish Tortilla to Ghanaian Red Bean Stew. By implementing versatile techniques such as blending, sautéing, and roasting, and using global flavors, spices, and whole grains, 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 protein and flavor, such as falafel with tahini sauce, white bean Caesar salad, and saffron-scented fennel and fish stew. These plant-forward recipes come to life deliciously 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 Polly Lappetito, CHE** (CIA)

**C-3 The Protein Flip, Pasta, and Other Plant-Forward Plates**
Participants in this hands-on kitchen session learn how to prepare several different plant-forward dishes inspired by the cuisines of Morocco, Korea, Italy, and India. Dishes include a hearty pumpkin chickpea tagine, Dr. Linda Shiue’s kimchi jjigae (tofu kimchi stew), freshly made pasta, mozzarella, and lentil “meatballs”, chicken and cauliflower tikka with chapati, and more. Many versatile cooking techniques including stewing, sautéing, and roasting will be demonstrated and utilized in addition to basic knife skills so participants can gain confidence in the kitchen as they prepare a plethora of plant-forward delights!

Chef Instructor: Chef Paul DelleRose, CHE, ’94 (CIA)

WORKSHOPS: BLOCK #3
Various campus locations

Workshop VII
Chuck Williams Culinary Arts Museum & Conference Center (2nd floor)
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 Oldways ambassador and instructor Adante Hart in addition to Indigenous American chef Sean Sherman.

Moderator: Rupa Bhattacharya (Executive Director of Strategic Initiatives and Industry Leadership, CIA)

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

Workshop VIII
Ecolab Theater (1st floor)
Food as Medicine Interventions: Making It Work for You and Your Practice
Join the presenters from Plenary Session VIII in this facilitated discussion to dive deeper into opportunities and challenges relating to starting and/or building upon existing food and cooking-based health interventions within one’s own organization or community. Bring your burning questions and ideas to troubleshoot with this panel of practitioners with extensive experience in a diverse array of culinary medicine interventions, from teaching kitchens to food pharmacies to produce prescriptions, and more.

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

Presenters: Caree Cotwright, PhD, RDN, LD (Director of Nutrition Security and Health Equity, Food and Nutrition Service at the United States Department of Agriculture)
Rita Nguyen, MD (Founder and Medical Director, Food as Medicine Collaborative)
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 with Dr. Eddie Phillips and Dr. Lilian Cheung. 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: Kristen Rasmussen, MS, RDN (Culinary Nutrition Educator and Chef; Healthy Kitchens, Healthy Lives Program Coordinator, CIA)
Presenters: Lilian Cheung, ScD, RD (Lecturer, Director of Health Promotion & Communication, and Director of Mindfulness Research & Practice, Department of Nutrition, Harvard T.H. Chan School of Public Health)
Edward M. Phillips, MD (Assistant Professor, Harvard Medical School; Founder and Director, Institute of Lifestyle Medicine at Spaulding Rehabilitation Hospital; Whole Health Medical Director, VA Boston Healthcare System)

11 AM Break/Time to Walk Back to Plenary Sessions
11:15 AM Plenary Session X
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 and Chef; Healthy Kitchens, Healthy Lives Program Coordinator, 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**  
**Atrium (1st floor)**

**Exploring 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.

**Author Book Signing**
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.

- **Edward M. Phillips, MD**, author of *Food, We Need to Talk: The Science-Based, Humor-Laced Last Word on Eating, Diet, and Making Peace with Your Body*
- **Sean Sherman**, author of *The Sioux Chef’s Indigenous Kitchen*

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

Walk Leader: **Linda Shiue, MD** (Director of Culinary Medicine, Kaiser Permanente)

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

1:15 PM  **Plenary Session XI: Closing Keynote**  
**Presentation**  
**The (R)evolution of Indigenous Foodways**  
Oglala Lakota Chef Sean Sherman, founder of The Sioux Chef and NATIFS (North American Traditional Indigenous Food Systems), is decolonizing our food system. From growing up on Pine Ridge to an epiphany on a beach in Mexico, Chef Sean Sherman shares his journey of discovering, reviving, and reimagining Native cuisine.

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

Presenter: **Sean Sherman** (Oglala Lakota; Founder/CEO, The Sioux Chef; Co-Founder of North American Traditional Indigenous Food Systems)

2 PM  **Closing Remarks**  
Presenters: **David Eisenberg, MD** (Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Executive Director, The Teaching Kitchen Collaborative)  
**Kristen Rasmussen, MS, RDN** (Culinary Nutrition Educator and Chef; Healthy Kitchens, Healthy Lives Program Coordinator, CIA)

2:15 PM  **Conference Concludes**
SATURDAY, FEBRUARY 10

Optional Post-Conference Hands-on Cooking Workshop (additional registration and fee required)

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.