



## 2026 PROGRAM SCHEDULE

### February 4-6, 2026

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

#### Tuesday, February 3

- 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 (1<sup>st</sup> 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.***  
**Presenters:** Chef Paul DelleRose, CHE, '94 (CIA)  
Chef Oscar Bendeck (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 (1<sup>st</sup> 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 (1<sup>st</sup> 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.***  
**Presenters:** Chef Paul DelleRose, CHE, '94 (CIA)  
Chef Oscar Bendeck (CIA)

*Please note that pre-conference events do not include lunch. The Oxbow Market is in close walking distance and will be open to offer a variety of lunch options.*

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

## **Tuesday, February 3**

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

*Atrium (1<sup>st</sup> floor)*

*For any attendees arriving to Napa early, please feel free to stop by the campus on Tuesday, February 3rd between 12:30 and 3 p.m. to check-in and get your conference name badge.*

*Registration will also be available starting at 8:00 a.m. on Wednesday, February 4<sup>th</sup>.*

## **Wednesday, February 4**

*Note the early start time for breakfast and registration this day.*

### **7:45 AM Registration for the Conference Opens**

*Atrium (1<sup>st</sup> floor)*

### **Welcome Napa Valley Breakfast**

*Mezzanine (2<sup>nd</sup> floor)*

### **8:30 AM Welcome and Opening Remarks**

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

Presenters: **Kristen Rasmussen, MS, RDN** (Assistant Director - Health & Sustainability Programs, CIA; Adjunct Lecturer and Study Abroad Program Director, UC Berkeley)  
**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)

### **8:45 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 society and train health professionals to advise patients to “eat, cook, move and think more healthfully”? 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 Registered Dietitian Nutritionist Kathy McManus will provide an overview of the updates to the recently published Dietary Guidelines for Americans. Together, they will set the stage for the conference.*

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

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

**10:15 AM      Short Stretch Break & App Tutorial**

**10:45 AM      Plenary Session II**

*Presentations and Culinary Demonstration*

**Critical Topics in Nutritional Epidemiology, 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: **Jocelyn Dubin, MS, RDN** (Lead Public Health Nutritionist, Santa Clara County Public Health Department)

Presenters: **Frank Hu, MD, PhD** (Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health)  
**Nicole Farmer, MD** (Physician 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      Plant-Forward Box Lunch & Group Fitness Walks**

**& 12:45 PM** *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, 1<sup>st</sup> 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, 1<sup>st</sup> floor)

**Mindfulness Session Activities**

*Ecolab Theater (1<sup>st</sup> floor)*

A short virtual mindfulness activity including a guided breathing exercise and space for self-led meditation will be available two times during lunch at approximately 12:20 and 12:45pm.

**Author Book Signing**

*Atrium (1<sup>st</sup> 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

### **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 2026 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**      **The “Dessert Flip” Dessert Tasting**  
Mezzanine (2<sup>nd</sup> floor)

**1:30 PM**      **Plenary Session III**  
*Presentations, Culinary Demonstrations, and Discussion*  
**A Global Approach: Healthy Eating Patterns Exist Worldwide**  
*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 to provide a global approach for clinicians to offer more culturally conscious and inclusive dietary guidance spanning Asian, African Diaspora, and Latin 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** (Nutrition Specialist, Durham County Government)  
                     **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)

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

**3:15 PM**        **EXPERIENTIAL BREAKOUTS AND WORKSHOPS, DAY #1**

*Each day of the conference, there is a block of time for breakout opportunities. These sessions will give everyone a chance to have their choice of one experiential breakout session OR workshop. Experiential breakout session options include a curated tasting or a hands-on kitchen session alongside a CIA chef-instructor and workshops focus on practical strategies for clinicians to translate their knowledge into action.*

### **EXPERIENTIAL BREAKOUTS - CURATED TASTING: DAY #1**

*Experiential Breakout A is held in the Grove Private Dining Room (1st floor)*

#### **A-1 Defining Deliciousness in a World of Plant-Forward Cooking**

*Deliciousness can be described as the quality of being very appealing to the senses. The perception is that this is easier to achieve with meat than with plants, and that salt and/or sugar is a necessary ingredient to enhance flavor. However, there are a myriad of techniques to help boost flavor and develop deliciousness of plant-forward menus without reliance on salt or added sugar to help support patients in sustaining healthful dietary habits to reduce hypertension, heart disease, and more. This CIA-chef led, interactive and lively session explores the components of deliciousness and identifies ways that you can help design recipes and support patients in maximizing flavor in the plant-forward kitchen.*

Chef Instructor: David Kamen '88 (Director, CIA Consulting)

### **EXPERIENTIAL BREAKOUTS - KITCHEN SESSIONS: DAY #1**

*Experiential Breakouts B, C, and D are held in the Hestan Kitchen (2<sup>nd</sup> floor)*

#### **Inside the Healthy Kitchen: Techniques and Skills for Healthier Lives**

*These hands-on kitchen 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.*

#### **B-1 Great Grains for Any Meal**

*Celebrate whole grains in this hands-on kitchen session that includes a variety of recipes implementing versatile techniques from cooking pilaf-style quinoa to popping amaranth. Participants will prepare dishes such as farro salad with roasted squash, feta, and mint, spiced quinoa cakes with cilantro yogurt, and seasonal fonio salad. This session offers practical, flavorful ways to elevate whole grains on any plate. Most recipes in this session are vegetarian, some are vegan, and this session is not gluten-free.*

Chef Instructor: Ryan Luttrell, MS, '99 (Lecturing Instructor, CIA)

#### **C-1 Shake it Up: Salad Versatility**

*This hands-on kitchen session explores how to craft vibrant, satisfying salads that go far beyond a bowl of greens. Participants will learn the foundations of building a great salad – from the importance of texture to the role of acid, fat, and salt in balancing each bite. Guided tastings of oils and vinegars will sharpen palates, while recipes will highlight key techniques like creative vinaigrette bases – think beans, ferments, and vegetable purees – and roasting vegetables for enhanced flavor and*

*texture. Participants will build beautifully composed salads that showcase global inspiration, seasonal produce, and the power of culinary technique to transform even the humblest vegetable into something craveable and nourishing. Most recipes in this session are vegetarian and could easily be made vegan.*

Chef Instructor: **Skyler Hanka, MS, NBC-HWC** (Consulting Chef, CIA)

#### **D-1 Rethink Protein, Elevate Plants**

*Explore plant-forward cooking in this hands-on kitchen session where animal protein plays a supporting role. With techniques such as using roasted mushrooms and lentils for blended bases and stir-frying for fast, delicious plant-forward plates, participants will build bold, satisfying dishes such as Korean-style bulgogi beef and mushroom tacos, tofu-almond patties with roasted tomato salsa, and ginger-scallion shrimp with snap peas. Discover how to stretch animal protein, boost flavor, and rethink the center of the plate. Many recipes in this session include meat in small quantities.*

Chef Instructor: **Chef Paul DelleRose, CHE, '94** (Consulting Chef, CIA)

#### **WORKSHOPS: DAY #1**

*Various campus locations*

##### **Workshop I**

*Chuck Williams Culinary Arts Museum & Conference Center (2<sup>nd</sup> 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.*

Moderator: **Kristen Rasmussen, MS, RDN** (Assistant Director - Health & Sustainability Programs, CIA; Adjunct Lecturer and Study Abroad Program Director, UC Berkeley)

Presenters: **Adante Hart, MPH, RDN** (Nutrition Specialist, Durham County Government)  
**Crystal Wahpepah** (Chef/Owner, Wahpepah's Kitchen; Kickapoo Nation)

##### **Workshop II**

*Ecolab Theater (1<sup>st</sup> 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

Co-Presenter: 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** (Vice President of Lifestyle Medicine, Suvida Healthcare)

### **Workshop III**

*Napa Valley Vintners Theater (1<sup>st</sup> floor)*

#### **Roundtable on Nutrition, Health Disparities, Food Insecurity, and Food-is-Medicine**

*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, food insecurity, and food-is-medicine. 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: **Jocelyn Dubin, MS, RDN** (Lead Public Health Nutritionist, Santa Clara County Public Health Department)

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

**5 PM**            **Opening Wine, Networking & Exhibitor Passport Reception**  
*Atrium (1<sup>st</sup> floor)*

**Featuring our Generous Exhibitors**

**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](http://www.healthykitchens.org)*

### **Thursday, February 5**

**7:30 AM**        **Napa Valley Breakfast Buffet**  
*Mezzanine (2<sup>nd</sup> floor)*

**8 AM**            **Plenary Session IV**  
*Presentation*  
**How to Talk to Your Patients About Sustainability: Insights from EAT-Lancet 2.0**  
*This session will equip healthcare professionals with practical strategies to discuss sustainable diets and lifestyles with their patients, grounded in the latest scientific consensus*

*from EAT-Lancet 2.0. We will explore how sustainability intersects with nutrition and health, translate the framework into patient-centered conversations, and share approaches for guiding behavior change that benefits both individual well-being and planetary health.*

Introduction: **Abby Fammartino, MSFS, MBA** (Director - Health & Sustainability Programs & Research, CIA)

Presenters: **Kerstin Plehwe** (President, Physicians Association for Nutrition)  
**Robert Graham, MD, MPH** (Chef/MD; Co-Founder, FRESH Medicine)

**8:40 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)

Presenters: **Robert E. Jones, '20** (Vice President - Strategic Partnerships, Industry Leadership, and Impact, CIA)

**9 AM Time to Move to Hands-On Kitchen Sessions and Workshop**

**9:15 AM EXPERIENTIAL BREAKOUTS AND WORKSHOPS, DAY #2**

*Each day of the conference, there is a block of time for breakout opportunities. These sessions will give everyone a chance to have their choice of one experiential breakout session OR workshop. Experiential breakout session options include a curated tasting or a hands-on kitchen session alongside a CIA chef-instructor and workshops focus on practical strategies for clinicians to translate their knowledge into action.*

**EXPERIENTIAL BREAKOUTS - CURATED TASTING: DAY #1**

*Experiential Breakout A is held in the Grove Private Dining Room (1st floor)*

**A-2 Defining Deliciousness in a World of Plant-Forward Cooking**

*Deliciousness can be described as the quality of being very appealing to the senses. The perception is that this is easier to achieve with meat than with plants, and that salt and/or sugar is a necessary ingredient to enhance flavor. However, there are a myriad of techniques to help boost flavor and develop deliciousness of plant-forward menus without reliance on salt or added sugar to help support patients in sustaining healthful dietary habits to reduce hypertension, heart disease, and more. This CIA-chef led, interactive and lively session explores the components of deliciousness and identifies ways that you can help design recipes and support patients in maximizing flavor in the plant-forward kitchen.*

Chef Instructor: **David Kamen '88** (Director, CIA Consulting)

**EXPERIENTIAL BREAKOUTS - KITCHEN SESSIONS: DAY #1**

*Experiential Breakouts B, C, and D are held in the Hestan Kitchen (2<sup>nd</sup> floor)*

**Inside the Healthy Kitchen: Techniques and Skills for Healthier Lives**

*These hands-on kitchen 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.*

**B-2 Great Grains for Any Meal**

*Celebrate whole grains in this hands-on kitchen session that includes a variety of recipes implementing versatile techniques from cooking pilaf-style quinoa to popping amaranth. Participants will prepare dishes such as farro salad with roasted squash, feta, and mint, spiced quinoa cakes with cilantro yogurt, and seasonal fonoio salad. This session offers practical, flavorful ways to elevate whole grains on any plate. Most recipes in this session are vegetarian, some are vegan, and this session is not gluten-free.*

Chef Instructor: **Ryan Luttrell, MS, ‘99** (Lecturing Instructor, CIA)

**C-2 Shake it Up: Salad Versatility**

*This hands-on kitchen session explores how to craft vibrant, satisfying salads that go far beyond a bowl of greens. Participants will learn the foundations of building a great salad – from the importance of texture to the role of acid, fat, and salt in balancing each bite. Guided tastings of oils and vinegars will sharpen palates, while recipes will highlight key techniques like creative vinaigrette bases – think beans, ferments, and vegetable purees – and roasting vegetables for enhanced flavor and texture. Participants will build beautifully composed salads that showcase global inspiration, seasonal produce, and the power of culinary technique to transform even the humblest vegetable into something craveable and nourishing. Most recipes in this session are vegetarian and could easily be made vegan.*

Chef Instructor: **Skyler Hanka, MS, NBC-HWC** (Consulting Chef, CIA)

**D-2 Rethink Protein, Elevate Plants**

*Explore plant-forward cooking in this hands-on kitchen session where animal protein plays a supporting role. With techniques such as using roasted mushrooms and lentils for blended bases and stir-frying for fast, delicious plant-forward plates, participants will build bold, satisfying dishes such as Korean-style bulgogi beef and mushroom tacos, tofu-almond patties with roasted tomato salsa, and ginger-scallion shrimp with snap peas. Discover how to stretch animal protein, boost flavor, and rethink the center of the plate. Many recipes in this session include meat in small quantities.*

Chef Instructor: **Chef Paul DelleRose, CHE, ‘94** (Consulting Chef, CIA)

**WORKSHOPS: DAY #2**

*Various campus locations*

#### **Workshop IV**

*Chuck Williams Culinary Arts Museum & Conference Center (2<sup>nd</sup> floor)*

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

*This workshop will explore the ingredients, flavors, and culinary traditions of Mexico, recognizing its extraordinary regional diversity and the worldwide historic influences that have shaped its cuisine. We will focus on key messages and practical methods to support healthy eating for Mexican and Mexican-heritage populations in the U.S. by demystifying common stereotypes and highlighting the richness of traditional foodways. The session will also examine the health-promoting aspects of Mexican eating patterns – such as the foundational roles of maize/corn, legumes, fruits, vegetables, fresh and dried chiles, spices, and herbs – along with demonstrations of simple, nourishing recipes that can be easily replicated at home or in teaching kitchen settings.*

Moderator: **Kristen Rasmussen, MS, RDN** (Assistant Director - Health & Sustainability Programs, CIA; Adjunct Lecturer and Study Abroad Program Director, UC Berkeley)

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)

#### **Workshop V**

*Ecolab Theater (1<sup>st</sup> floor)*

##### **Finding Peace in the Kitchen – Raising and Nurturing Adventurous Eaters Across the Lifespan**

*This workshop begins with a discussion of the powerful role food plays in our lives from first bite. Participants will explore how foundational food habits and preferences form early, yet continue to evolve across the lifespan, and how picky eating – whether in children, adults, or the elderly – can be normalized and addressed with compassion. We will look at the “improvisational dance” of supporting picky eaters, focusing on ways to expand the palate, reduce mealtime stress, and create a nourishing environment that encourages curiosity and joy. Drawing on a food and health equity lens, attendees will learn practical strategies for helping families gather, cook, and eat together, while also gaining tools for integrating culinary medicine into clinical practice to support adventurous eating across all ages.*

Moderator: **Jennifer Massa, ScD** (Research Scientist, Harvard T.H. Chan School of Public Health)

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 (1<sup>st</sup> floor)*

##### **Planetary Health into Practice: Bringing EAT-Lancet 2.0 to Life**

*This interactive workshop takes a deeper dive into how healthcare practitioners can bring the principles of EAT-Lancet 2.0 into everyday patient care. Through live recipe demonstrations adapted according to principles of the EAT-Lancet Planetary Health Diet, role-play exercises, and practical communication tools, participants will gain confidence in addressing nutrition, sustainability, and behavior change with their patients. The session will also highlight the work of the Physician's Association for Nutrition and explore approaches for gauging patients' readiness to embrace sustainable changes. Attendees will leave with hands-on strategies to guide conversations that are culturally sensitive, evidence-based, and motivating.*

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

Presenters: **Kerstin Plehwe** (President, Physicians Association for Nutrition)  
**Robert Graham, MD, MPH** (Chef/MD; Co-Founder, FRESH Medicine)  
**Chef Thomas Wong, CEC, CHE '86** (CIA)

**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 present a "menu of options" for how clinicians can integrate health coaching strategies and lessons from behavior change research into their clinical practice to help patients start and sustain healthy eating and other lifestyle behaviors. Through three short 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** (Assistant Director - Health & Sustainability Programs, CIA; Adjunct Lecturer and Study Abroad Program Director, UC Berkeley)

Presenters/

Panelists: **Kathy McManus, MS, RDN, LDN** (Director, Department of Nutrition, Brigham and Women's Hospital)  
**John "Wesley" McWhorter, DrPH, MS, RDN, LD, CSCS** (Vice President of Lifestyle Medicine, Suvida Healthcare)  
**Ed McDonald, MD** (Assistant Professor of Medicine and Associate Director, Adult Clinical Nutrition, UChicago Medicine)

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

**& 12:45 PM**      *Atrium (1<sup>st</sup> 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.*

**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.*

**Mindfulness Session Activities**

*Ecolab Theater (1<sup>st</sup> floor)*

A short virtual mindfulness activity including a guided breathing exercise and space for self-led meditation will be available two times during lunch at approximately 12:20 and 12:45pm.

**Author Book Signing**

*Atrium (1<sup>st</sup> 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*

**1 PM            The “Three Pleasures” Dessert Tasting**  
*Mezzanine (2<sup>nd</sup> floor)*

**1:15 PM        Plenary Session VII - Plenary Session X Lifestyle Series**

**1:15 PM        Plenary Session VII**

*Presentation and Discussion*

**Mindfulness as a Strategy for Leading Longer, Healthier Lives**

*Learning to live mindfully is one key to optimizing health and longevity while reducing the negative impact of chronic stress. This session will provide an experiential introduction to both informal and formal mindfulness practices, review the neuroscience and benefits of mindfulness, and incorporate simple strategies to apply mindfulness to your daily routines and to the lives of your patients, students, colleagues, and families.*

Moderator:    **Jennifer Massa, ScD** (Research Scientist, Harvard T.H. Chan School of Public Health)

Presenter:     **Sian Cotton, PhD** (Founding Director & Turner Farm Foundation Endowed Chair, Osher Center for Integrative Health at the University of Cincinnati)

**1:45 PM        Plenary Session VIII**

*Presentation*

**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 stress reduction, weight management, and improving health outcomes, 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** (Chief Medical Officer, Ardmore Institute of Health; Associate Professor (Affiliated), Stanford University School of Medicine)

**2:15 PM**

### **Plenary Session IX**

*Presentation*

#### **Setting up for Success: Combining New Anti-Obesity Medications with Lifestyle Strategies for Sustainable Weight Loss and Long-Term Health**

*Anti-obesity medications such as GLP-1 receptor agonists are powerful tools, particularly when combined with lifestyle interventions. By pairing the pharmacological benefits of “GLP-1s” for weight loss and glycemic control with consistent physical activity and practical cooking skills, this approach can empower individuals to adopt and sustain healthier lifestyle patterns. Exploring the synergistic impact of this combined approach may reveal new pathways for supporting long-term weight management, better metabolic health, and chronic disease prevention in individuals with obesity.*

Moderator: **Jen Stack** (Associate Professor, CIA)

Presenters: **Cindy H Chen, PharmD** (Clinical Dept Director of Chronic Conditions Management, Population Care and Clinical Pharmacy Services, Permanente Medicine)  
**Jonathan Bonnet, MD, MPH** (Chief Medical Officer, Ardmore Institute of Health; Associate Professor (Affiliated), Stanford University School of Medicine)

**2:45 PM**

### **Stretch and Networking Break**

**3:15 PM**

### **Plenary Session X**

*Presentation*

#### **Health or Hype: Diet Trends and Emerging Evidence on Alcohol Intake**

*Trendy diets and shifting views on alcohol consumption often dominate headlines, influencing how patients approach nutrition and health. This session will explore the science behind several popular fad diets, highlighting both their risks and potential benefits, as well as review emerging evidence on alcohol consumption and its potential role in modern healthy lifestyles. The presenter will also touch on how traditional eating practices can offer useful perspective, while providing health professionals with recommendations to guide patients toward balanced, evidence-based choices and address misconceptions fueled by culture and media.*

Moderator: **Jennifer Massa, ScD** (Research Scientist, Harvard T.H. Chan School of Public Health)

Presenter: **Kristen Rasmussen, MS, RDN** (Assistant Director - Health & Sustainability Programs, CIA; Adjunct Lecturer and Study Abroad Program Director, UC Berkeley)  
**Gregory Marcus, MD, MAS** (Associate Chief of Cardiology for Research, University of California, San Francisco)

**4:15 PM**

**Plenary Session XI**

*Presentations and Panel Discussion*

**Teaching Kitchens as a Core Element of Food as Medicine: Evidence, Policy, and Future Directions**

*This session will examine the role of teaching kitchens as a cornerstone of Food as Medicine initiatives, highlighting their potential to transform healthcare, research, and community practice. Presenters will discuss their recently published paper on teaching kitchens as a Food as Medicine strategy, which synthesizes evidence and proposes a framework for advancing the field. In addition, Dr. Andrew Bremer, Director of the NIH Office of Nutrition Research, will share insights on national nutrition research priorities and the role of teaching kitchens in shaping policy and implementation. A moderated discussion and audience Q&A will emphasize opportunities for collaboration across research, clinical care, and education to promote health equity and chronic disease prevention.*

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: **Lexi Cole, MS, MPH, RDN, CCMS** (Manager for Partnerships and Events, Food is Medicine Institute, Friedman School of Nutrition Science & Policy, Tufts)  
**Jennifer Massa, ScD** (Research Scientist, Harvard T.H. Chan School of Public Health)  
**Andrew Bremer, MD, PhD, MAS** (Director, Office of Nutrition Research, National Institutes of Health)

**4:45 PM**

**Social Networking & Wine Reception**

*Atrium (1<sup>st</sup> floor)*

*Please join us at the Thursday evening wine and networking reception featuring several Napa Valley vintners and their phenomenal wines.*

**5:45 PM**

**Program Concludes for the Day**

*Enjoy dinner on your own in the Napa Valley. Find links to popular restaurants at [www.healthykitchens.org](http://www.healthykitchens.org)*

**FRIDAY, FEBRUARY 6**

**7:30 AM**

**Napa Valley Breakfast Buffet**

*Mezzanine (2<sup>nd</sup> floor)*

**8 AM**

**Plenary Session XII**

*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**

**EXPERIENTIAL BREAKOUTS AND WORKSHOPS, DAY #3**

*Each day of the conference, there is a block of time for breakout opportunities. These sessions will give everyone a chance to have their choice of one experiential breakout session OR workshop. Experiential breakout session options include a curated tasting or a hands-on kitchen session alongside a CIA chef-instructor and workshops focus on practical strategies for clinicians to translate their knowledge into action.*

**EXPERIENTIAL BREAKOUTS - CURATED TASTING: DAY #1**

*Experiential Breakout A is held in the Grove Private Dining Room (1st floor)*

**A-3 Defining Deliciousness in a World of Plant-Forward Cooking**

*Deliciousness can be described as the quality of being very appealing to the senses. The perception is that this is easier to achieve with meat than with plants, and that salt and/or sugar is a necessary ingredient to enhance flavor. However, there are a myriad of techniques to help boost flavor and develop deliciousness of plant-forward menus without reliance on salt or added sugar to help support patients in sustaining healthful dietary habits to reduce hypertension, heart disease, and more. This CIA-chef led, interactive and lively session explores the components of deliciousness and identifies ways that you can help design recipes and support patients in maximizing flavor in the plant-forward kitchen.*

Chef Instructor: **David Kamen ‘88** (Director, CIA Consulting)

**EXPERIENTIAL BREAKOUTS - KITCHEN SESSIONS: DAY #3**

*Experiential Breakouts B, C, and D are held in the Hestan Kitchen (2<sup>nd</sup> floor)*

**Inside the Healthy Kitchen: Techniques and Skills for Healthier Lives**

*These hands-on kitchen 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.*

**B-3 Great Grains for Any Meal**

*Celebrate whole grains in this hands-on kitchen session that includes a variety of recipes implementing versatile techniques from cooking pilaf-style quinoa to popping amaranth. Participants will prepare dishes such as farro salad with roasted squash, feta, and mint, spiced quinoa cakes with cilantro yogurt, and seasonal fono salad. This session offers practical, flavorful ways to elevate whole grains on any plate. Most recipes in this session are vegetarian, some are vegan, and this session is not gluten-free.*

Chef Instructor: **Ryan Luttrell, MS, '99** (Lecturing Instructor, CIA)

**C-3 Shake it Up: Salad Versatility**

*This hands-on kitchen session explores how to craft vibrant, satisfying salads that go far beyond a bowl of greens. Participants will learn the foundations of building a great salad – from the importance of texture to the role of acid, fat, and salt in balancing each bite. Guided tastings of oils and vinegars will sharpen palates, while recipes will highlight key techniques like creative vinaigrette bases – think beans, ferments, and vegetable purees – and roasting vegetables for enhanced flavor and texture. Participants will build beautifully composed salads that showcase global inspiration, seasonal produce, and the power of culinary technique to transform even the humblest vegetable into something craveable and nourishing. Most recipes in this session are vegetarian and could easily be made vegan.*

Chef Instructor: **Skyler Hanka, MS, NBC-HWC** (Consulting Chef, CIA)

**D-3 Rethink Protein, Elevate Plants**

*Explore plant-forward cooking in this hands-on kitchen session where animal protein plays a supporting role. With techniques such as using roasted mushrooms and lentils for blended bases and stir-frying for fast, delicious plant-forward plates, participants will build bold, satisfying dishes such as Korean-style bulgogi beef and mushroom tacos, tofu-almond patties with roasted tomato salsa, and ginger-scallion shrimp with snap peas. Discover how to stretch animal protein, boost flavor, and rethink the center of the plate. Many recipes in this session include meat in small quantities.*

Chef Instructor: **Paul DelleRose, CHE, '94** (Consulting Chef, CIA)

**WORKSHOPS: DAY #3**

*Various campus locations*

**Workshop VII**

*Chuck Williams Culinary Arts Museum & Conference Center (2<sup>nd</sup> 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** (Assistant Director - Health & Sustainability Programs, CIA; Adjunct Lecturer and Study Abroad Program Director, UC Berkeley)

**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 (1<sup>st</sup> floor)*

#### **The State of the Science on Teaching Kitchens: Insights from the Nutrients Special Series and Future Directions**

*This session will showcase key insights from the Nutrients Special Series on Teaching Kitchens, the most comprehensive body of literature to date on this rapidly evolving field. Presenters will synthesize the current state of the science, highlight emerging research priorities, and discuss practical implementation models, including a newly piloted culinary medicine service line integrating physician–dietitian consultations. The discussion will emphasize how this collective evidence base can inform best practices for clinicians engaging patients through teaching kitchen models, while also aligning with national health and nutrition priorities set forth by HHS and NIH. A moderated dialogue will invite participants to reflect on how such models – anchored in both research and practice – can advance the scientific evidence, shape health policy, and amplify the impact of Food as Medicine initiatives through teaching kitchens.*

**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:** **Katie Welch** (Executive Director, The Teaching Kitchen Collaborative)  
**Jaclyn Albin, MD, CCMS, DipABLM** (Director of Culinary Medicine and Associate Professor of Internal Medicine and Pediatrics, UT Southwestern Medical Center)  
**Lexi Cole, MS, MPH, RDN, CCMS** (Manager for Partnerships and Events, Food is Medicine Institute, Friedman School of Nutrition Science & Policy, Tufts)  
**Jennifer Massa, ScD** (Research Scientist, Harvard T.H. Chan School of Public Health)  
**Andrew Bremer, MD, PhD, MAS** (Director, Office of Nutrition Research, National Institutes of Health)

### **Workshop IX**

*Napa Valley Vintners Theater (1<sup>st</sup> floor)*

#### **Mind, Body, and Medicine - An Integrative Approach to Healthy Living and Self Care**

*Participants in this interactive session will go deeper into the knowledge, skills, and tools for an integrative approach to healthy living. Attendees will begin by reflecting on their “whole health” through a step-by-step lifestyle assessment that can be used with future patients. They will then practice simple strength and mindfulness exercises they can integrate into daily life and clinical care. Together, we will examine how evidence-based medications, including GLP-1 therapies, achieve the best outcomes when paired with core lifestyle strategies. Through experiential learning and brief lifestyle case studies, we will discuss practical ways to move more, use mindfulness to reduce stress and improve well-being, and align treatment plans within an integrated care model.*

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

Presenters: **Jonathan Bonnet, MD, MPH** (Chief Medical Officer, Ardmore Institute of Health; Associate Professor (Affiliated), Stanford University School of Medicine)

**Cindy H Chen, Pharm D** (Clinical Dept Director of Chronic Conditions Management, Population Care and Clinical Pharmacy Services, Permanente Medicine)

**Sian Cotton, PhD** (Founding Director & Turner Farm Foundation Endowed Chair, Osher Center for Integrative Health at the University of Cincinnati)

**11 AM Break/Time to Walk Back to Plenary Sessions**

**11:15 AM Plenary Session XIII**

*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** (Assistant Director - Health & Sustainability Programs, CIA; Adjunct Lecturer and Study Abroad Program Director, UC Berkeley)

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 (1<sup>st</sup> 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.**

**Mindfulness Session Activities**

*Ecolab Theater (1<sup>st</sup> floor)*

A short virtual mindfulness activity including a guided breathing exercise and space for self-led meditation will be available two times during lunch at approximately 12:20 and 12:45pm.

**1 PM            “Small Indulgence” Dessert Tasting**  
*Mezzanine (2<sup>nd</sup> floor)*

**1:15 PM      Plenary Session XIV: Closing Keynote**

*Presentation and Discussion*

**TBD**

*TBD Description.*

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)

Panelists:      **Andrew Bremer, MD, PhD, MAS** (Director, Office of Nutrition Research, National Institutes of Health)  
                     **Nick Jury, PhD** (Health Science Policy Analyst, Office of Nutrition Research, National Institutes of Health)  
                     **Rachel Fisher, RDN, MS, MPH** (Senior Advisor, Office of Disease Prevention and Health Promotion, US Department of Health and Human Services)  
                     **Nicole Farmer, MD** (Physician Scientist, National Institutes of Health, Clinical Center)

**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** (Assistant Director - Health & Sustainability Programs, CIA; Adjunct Lecturer and Study Abroad Program Director, UC Berkeley)

**2:30 PM**      **Conference Concludes**

***Optional Post-Conference Activities (additional registration and fees required)***

**SATURDAY, FEBRUARY 7**

**10 AM–1 PM Recipes from the Plant-Forward Asian Kitchen**

*Pre-registration required; Hestan Kitchen (2<sup>nd</sup> floor)*

*The culinary traditions of Asian cuisine are as expansive and diverse as the continent itself. Discover the bold flavors and vibrant ingredients of Asia in this exploration of plant-forward cooking that places vegetables at the heart of the plate. With a focus on healthfulness and sustainability, learn how herbs, chiles, and spices can transform fresh, simple ingredients into unforgettable dishes. From Lao-style papaya salad to creamy Thai curry and flavor-packed spring rolls, you'll explore techniques and regional specialties that showcase the depth of plant-based, fiber-rich cuisine. 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 pre and post-conference activities, please click [this link](#).*