

Pre-Training Self-Study. Opens at Registration. Participants will review the National Strategy on Hunger, Nutrition and Health and review 15 identified abstracts from the Teaching Kitchen Collective’s Research Conference for a virtual poster session **(1.5 CME/CPE)**. This national strategy will serve as the playbook. It calls for a whole-of government and whole of-America approach to addressing the challenges we face. When families can’t afford healthy food options, it’s harder for children to succeed in school, and it can lead to mental and physical health challenges for the whole family. The Virtual Poster Session from the Teaching Kitchen Collective’s Research Conference will give participants cutting-edge examples of how providers and communities across the nation are using “food as medicine” and other culinary approaches to improve health.

Friday, Sept 22

Time	Session	Faculty	Description	Location	CME
5 – 5:30 pm	Welcome and Opening Remarks	Christine Nefcy MD, FAAP Great Lakes Culinary Institute: Les Eckert, MBA, CCE, CEPC, AAC Groundwork Center for Resilient Communities: Paula Martin, MS, RDN	The welcome session will provide the history and brief update on our Culinary Medicine Programs for local doctors and other health care providers in our region. Included will be an overview of what makes our region especially well-suited for this conference and our gratitude for everyone joining us.	Great Lakes Culinary Institute: Lobdell’s Restaurant	N/A
5:30 – 6:30 pm	Local Food for All	Groundwork Center: Jen Schaap, BFA; Christina Barkel, BA; Melanie Wong, MA, RDN; Amanda Brezzell, BS, MS Michigan State University Extension: Michelle Smith, RD; and Jane Rapin, RD, CDE	This session will provide important content on regional programs, like farm to school, farm to early childhood education, farm to food pantry, produce prescriptions and more. Participants will gain understanding of community-based food access and healthful food procurement programs within our robust food and farming networks.	Lobdell’s	1.0
6:35 – 7:35 pm	Keynote Presentation: Pregnancy Eating and Postpartum Development (PEAPOD)	Michigan State University: Dr. Jean Kerver, PhD, MSc, RD	Are we doing enough to help people with significant life challenges eat a healthy diet during pregnancy? This session will provide an overview of the nutrients that are most important for brain development, the shortfalls that are occurring in US diets, and some specific foods that can help increase nutrient quality of pregnancy diets.	Lobdell’s	1.0
7:35 – 8:35 pm	Wrap-up and Review Agenda for Saturday	Great Lakes Culinary Institute:		Lobdell’s	N/A

		Les Eckert, MBA, CCE, CEPC, AAC Groundwork Center for Resilient Communities: Paula Martin, MS, RDN			
8:45 – 9:00 pm	Reception and Networking				
Saturday, Sept 23					
Time	Session	Faculty		Location	
8:00 – 9:00 am	Farmer’s Market Tour Add-on Event for \$15 fee	Taste the Local Difference: Haley Bennett, MSW	This off-site excursion will give participants the opportunity to have small group tours of the market and a chance to meet local farmers, see their products up close, learn about their individual farming practices and explore the seasonal variety available for purchase.	Sara Hardy Farmers Market	1.0
9:15 – 10:15 am	Keynote Presentation: Exploring Food Access and Food Environments as an Assessment Feature	Traverse Health Clinic: Dr. Cyrus Ghaemi, DO Traverse Health Clinic: Alexa West, CHW.	Since 2017, this session has been a keystone culinary nutrition topic. Elevating food access is a key intervention to move our regional health equity goals forward. This session will highlight the importance of supporting professionals, like Community Health Workers, in the clinical process.	Lobdell’s	1.0
10:30 am – 12:30 pm	Kitchen Sessions Medical Nutrition Therapy in the Kitchen: Great Grains for a Better Gut	Great Lakes Culinary: Les Eckert, MBA, CCE, CEPC, AAC; James Morse, CEC Choose to Change Nutrition Services: April Hackert, MS, RDN, LDN, CEDRD-S Munson Healthcare: Laura McCain, RD, CNSC, CDE; Lynette Maxey, RDN, CDCES With Support from Dietitians:	All new recipes and tools for 2023. This is a 2-hour hands-on cooking session featuring farro, barely, millet and will help us explore many tasty ways to prepare and share with patients.	Great Lakes Culinary Institute: Culinary Kitchens	2.0

		Barbara Wunsch, Eileen Mikus, Erin Williams			
12:30 – 12:55 pm	Lunch Break- Participants will gather in Lobdell’s to enjoy the prepared foods from the morning kitchen session plus many more tasty surprises.				
12:55 – 1:55 pm	Culinary, Food, and Nutrition Hot Topics	Brookside Family Medicine and Table Health: Dr. Jennifer Lyon, DO Grand Traverse Band of Ottawa & Chippewa Indians, Health Service: Darylin Berryman, CHW	This one-hour session will outline 2 hot topics in food, nutrition and “pop” dieting trends related to new medications and a briefing on a new program on plant-based diets and indigenous cultural eating practices.	Lobdell’s	1.0
2:00 – 4:00 pm	Kitchen Sessions Medical Nutrition Therapy in the Kitchen: Plant and Planet Forward Meals Across the Lifecycle	Great Lakes Culinary: Les Eckert, MBA, CCE, CEPC, AAC; James Morse, CEC Choose to Change Nutrition Services: April Hackert, MS, RDN, LDN, CEDRD-S Munson Healthcare: Laura McCain, RD, CNSC, CDE; Lynette Maxey, RDN, CDCES Michigan State Extension: Jane Rapin RD and Michelle Smith With Support from Barbara Wunsch, Eileen Mikus, Erin Williams	All new! This 2- hour kitchen session will educate healthcare providers about the bounty of vegetables grown in our state and ways to utilize our local food system to support patients' access to these ingredients for optimal and sustainable diets. Culinary techniques to elevate food pantry staples will be offered along with vegan and cooking techniques for health promotion and disease management.	Culinary Kitchens	2.0
4:30 – 5:30 pm	Wrapping up, networking, more tastings from the days busy kitchen sessions with a cash bar in Lobdell’s Restaurant at the Great Lakes Culinary Institute				
Sunday, Sept 24 Add-on Event					

Time	Session	Faculty		Location	
8:30 – 10:00 am	Make Your Own Breakfast – Add-on Event for \$30 fee	<p>Great Lakes Culinary: Les Eckert, MBA, CCE, CEPC, AAC</p> <p>Choose to Change Nutrition Services: April Hackert, MS, RDN, LDN, CEDRD-S</p> <p>Munson Healthcare: Laura McCain, RD, CNSC, CDE</p> <p>Groundwork Center: Paula Martin, MS, RDN</p> <p>Chef Robert George</p>	<p>Find your place in the Esperance Community Teaching Kitchen. Greens for breakfast! This cooking session will offer participants a sneak-peek into our new Esperance Community Teaching Kitchen at the Commongrounds Cooperative. The community teaching kitchen is holding space for our regional health professionals to continue to learn, cook and improve food access across our region.</p>	Esperance Community Teaching at Common-grounds	1.5