

“Culinary Medicine – Teaching Skills for a Healthy Life!”

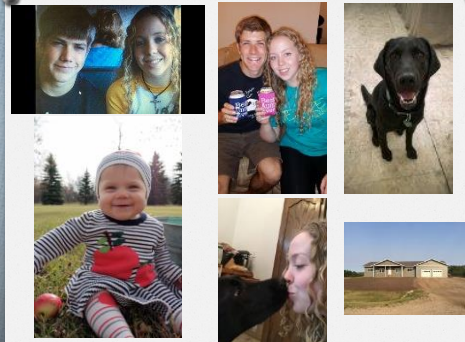
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Learning Objectives

- o Discuss the “anatomy” of an effective cooking class and grocery store tour
- o Demonstrate methods to address different learning styles
- o Share take away and call to action ideas

Who Am I?

- o Kayla Cole, RD, LRD
- o I am an outpatient dietitian with Trinity Health in Minot, ND
- o I cover many outpatient services such as but not limited to:
 - o Diabetes Center and other outpatients
 - o Cancer Care Center
 - o KALIX (group home)
 - o Home Health/Hospice
- o AND I conduct grocery store tours and cooking classes!



What are you currently doing for community nutrition activities?

How did I get started?

- o I wanted to, so I asked.
- o “You’ll never get what you want if you don’t ask for it.” – My mom (super smart lady)
- o Wanted a way to get sound nutrition information to the public even though insurance coverage is not always the best.
- o Grocery store tours – talked with grocery store, got started with basic topics, and then started asking what people wanted to learn.

How did I get started?

- o Grocery store tours are free. Usually have a default store to use.
- o Cooking classes – got a grant to buy a kitchen cart/supplies and started classes and started asking people what they wanted to learn.
- o Cooking classes - \$10 to cover cost of groceries. Any profit can be used to buy additional needed supplies or provide free classes.

Our kitchen cart!



Sample cooking demo!



Sample tour/class schedule

Where I advertise

- o Marketing department helps with this:
 - o Flyers (previous slide) – hang up, have in office, health fairs, etc.
 - o Newspaper – few weeks before
 - o Facebook
 - o Trinity Health website ----->
 - o Phone hold music for Trinity Health
 - o Live Noon Show on TV usually in January
 - o This year bringing a participant with me



Pictures of tours/classes



“Anatomy” of an effective grocery store tour

- o 7-10 people per dietitian; duration ~ 1hr
 - o Highly recommend RSVP
- o Pick consistent meeting location
- o Mark off who is in attendance
- o Break into groups if needed
 - o Designated route sometimes helps
- o Have packet/bag of handouts/supplies for each participant
- o DO NOT HAVE A SCRIPT

“Anatomy” of an effective grocery store tour

- o Do introduction of who you are and what you plan to cover
 - o But encourage participants to lead conversation
- o Ask why they are there and what knowledge level they have
 - o This can help you split into groups if needed
- o Discuss handouts/supplies provided
- o Start diving into the aisles/departments!
 - o Ask them, “what would you normally buy?”
 - o Then discuss how it relates to your topic

“Anatomy” of an effective cooking class

- o Number of participants depends on your space; my max is about 20-25; usual 10-15
- o Duration ~ 1hr
- o Highly recommend RSVP
- o Also highly recommend just having samples
- o DO NOT COOK A FULL MEAL FOR THEM
- o Recommend 1-3 recipes per class
- o Do some prep before for time; preheat oven
 - o Have people help as needed; wash hands!

“Anatomy” of an effective cooking class

- o I usually have a handout or two along with the recipes for the participants
- o Have plates/bowls, cups, utensils needed for participants set out
- o Have equipment you need set out
- o I sometimes use a tub per recipe with what I need to keep it organized
- o Have a dirty dishes tub and a garbage

“Anatomy” of an effective cooking class

- o DO NOT HAVE A SCRIPT
- o DO have ideas of what you could discuss during different parts of the recipe
- o Leave time for people to ask questions and don't always fill the silence
- o Tell the participants what you are doing when you are doing it
- o Try to continue to link how the recipes you are doing relate to your topic

“Anatomy” of an effective cooking class

- o Leave time to casually enjoy the samples
 - o Sometimes sample as food is ready
- o Leave time for discussion and questions
- o At the end of both the tours and classes, I TRY to give them an evaluation to fill out (so I know how to continually make them better) and also discuss the next upcoming activities
- o Clean up! (and of course eat any extras!)

Different learning styles

- o Provide different kinds of handouts but with the same info; explain why
- o Some people might want a lot of narrative, others might want easy pictures
- o Don't assume they know what you know!
- o Sometimes participants learn better from other participants
 - o Have them help answer

Take away and call to action ideas

- o What should they do now
 - o Make sure to have the participants leaving having some small ideas on how they could make a healthy change in their life
- o What should you do now
 - o Look into what is already happening in your community
 - o Decide if/how you want to/could be involved to bring more community nutrition education to more people

Recipe Videos



Recipe Videos

Write Your Name Activity

Questions?