



Culinary Nutrition: Healthy Eating Starts in the Kitchen

February 26, 2016

Gods Love We Deliver

166 Avenue of the Americas, 5th Floor

New York, NY, 10013

9:00 AM –12:00 PM

Goal

Learn how culinary skills can be used to help connect nutrition recommendations to real-life healthy eating at home. Culinary skills can be a vehicle through which nutrition is taught.

Objectives

After this session, participants will be able to:

- Understand how to give an effective food demonstration and how to use food demonstrations as a vehicle to teach nutrition.
- Demonstrate how culinary skills can be used to connect abstract nutrition recommendations into real-life healthy eating.
- Learn how to be involved in both the nutrition and the culinary world.

Agenda

- 9:00 – 9:15** **Brett Klein, MSc, RD, CDN**, Chair, NYCNEN Steering & Envisioning Committee
Rachel Berger, MS, RD, CDN, and **Carrie Motschwiller, MEd, RD**
NYCNEN February Meeting Co-Chairs
Welcome and Introduction
- 9:15 – 10:00** **Jackie Topol, MS, RD, CSO, CDN**
Senior Dietitian, New York-Presbyterian Hospital and Culinary Nutritionist
Bringing the Culinary World to Clinical Dietetics: Oncology Food Demonstration
- 10:00-10:15** **Break**
- 10:15-11:00** **Jennifer Stack, MS, RD, CDE**
Associate Professor, The Culinary Institute of America
Bringing Nutrition into the Culinary World: Diabetes Food Demonstration
- 11:00-11:30** **Q & A**
- 11:30 – 12:00** **Closure, Announcements and Networking**

NYCNEN thanks the Program in Nutrition at Teachers College Columbia University for their ongoing support.

This meeting is also being co-sponsored by God's Love We Deliver.

NYCNEN thanks GLWD for their support and offering space for this meeting.

Jackie Topol, MS, RD, CSO, CDN, is a Registered Dietitian and culinary nutritionist based in New York City. Jackie holds a Masters degree in Clinical Nutrition from New York University and has over 8 years of experience in culinary arts. Jackie is a Senior Clinical Dietitian at NewYork-Presbyterian Hospital/Weill Cornell where she specializes in oncology. In 2014 she launched a new program specifically designed for oncology patients called "*The Nourishing Kitchen*" where she teaches patients and their family members nutritious, easy-to-make recipes through cooking demonstrations.

In her free time, you'll find Jackie in the kitchen with her students at the Jewish Community Center in Manhattan where she has been an instructor since 2007. Jackie is passionate about sharing her knowledge of nutrition through her therapeutic cooking classes that feature foods that prevent diseases and promote good health. She is a firm believer in the concept of "food as medicine" and strives to use a show-and-tell method to educate people on nutrition.

Jennifer Stack, MS, RD, CDE, is a Registered Dietitian Nutritionist, Certified Diabetes Educator and professionally trained chef. She is a guiding voice for foodies with diabetes and pre-diabetes and the author of *The Diabetes-Friendly Kitchen 125 Recipes for Creating Healthy Meals* (HMH 2012). Jennifer has over twenty years of experience in nutrition education and in the development and implementation of culinary nutrition and wellness programs in community, health care and educational settings.

Jennifer completed her Master of Science degree in nutrition from New York University, and practiced as a registered dietitian in New York City for fifteen years, providing nutrition counseling for diabetes, eating disorders, obesity and heart disease. She has worked as part of diabetes treatment teams and was the nutritionist for NYU Medical Center's Cardiac Wellness Program and Compulsive Eating Management Program.

Jennifer graduated with honors in the culinary arts from The Culinary Institute of America in 2003 and was the recipient of The Young Professional's Medal of Merit of the Academie Brillat-Savarin. As a recognized authority on food and nutrition, her easy to follow nutritional advice, cooking tips and recipes have been featured on *The Dr. Oz Show*, *CNN Morning News*, *ABC's "Good Morning America"*, *The Food Network* and she has been a guest on many radio shows including *WAMC Vox Pop "Food Friday"*, *SiriusXM's Doctor Radio "The Samantha Heller Show"* and the syndicated "*Rudy Maxa's World*". In addition, she has contributed articles and recipes to *Diabetic Living*, *Plate* and *Cooking Light* magazines and has been quoted for articles by *The New York Times* and *The Washington Post*.

Jennifer is currently an Associate Professor at The Culinary Institute of America where she helped coordinate and execute a teaching kitchen and self-care curriculum and pilot study for CIA employees with colleagues from the Harvard School of Public Health and the Samueli Institute. She is a member of the Academy of Nutrition and Dietetics' Diabetes Care and Education practice group, the Food and Culinary Professionals practice group and is also a member of the American Association of Diabetes Educators.