



NYCNEN Global Kitchen: Engaging Different Cultures

Culinary Workshop

Friday, April 28, 2017 9:00-12:00

Engaging Different Cultures Through the Context of Food

Objectives

After this session, participants will be learn:

- How to use food as a way to connect to people from different cultures
- The importance of cultural context when working with clients
- The importance of learning foodways from home cooks
- Name at least three factors that influence food preferences
- Name at least two ways to improve their knowledge of traditional foods of different cultures

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| 8:30 – 9:00 | Registration and Networking |
| 9:00 – 9:10 | Welcome Lisa Zullig, MS, RDN, CSG, CDN Chair of NYCNEN |
| 9:15 – 10:00 | Sandra Arevalo, MPH, RDN, CDN, CLC, CDE <i>Food Practices of the World</i> |
| 10:00-10:15 | Jhack Sepulveda Nutrition Educator <i>How to Create Healthier Versions of Typical Latino Dishes</i> |
| 10:20-10:50 | Sonya Kharas Program Manager, League of Kitchens <i>The Importance of Cultural Context and Learning from Home Cooks</i> |
| 10:50 - 11:40 | Rachana Rimal Chef Instructor, League of Kitchens <i>Demonstration & Tasting: Sauteed Greens in Mustard Oil</i> |
| 11:45-12:00 | Evaluations & Certificates Distributed, Meeting Adjourned. |

NYCNEN thanks God's Love We Deliver for co-sponsoring today's event, and the Program in Nutrition at Teachers College Columbia University for their ongoing support.

Presenter Bios

Sandra Arevalo, MPH, RDN, CDN, CDE, CLC

Sandra currently works independently as a nutrition and diabetes educator consultant, as well as Director of Nutrition Services and Community Outreach at South Bronx Health Center, a program of Montefiore and The Children's Health Fund. Her work in nutrition education, lactation and development of obesity and diabetes prevention programs that are culturally relevant for the underserved has been presented at national conferences, published in peer reviewed journals and featured in national and international TV. She is the author of *Microwave Chef*, a book inspired by people living in shelters in NYC. She received the Nutrition Education Program of The Year Award from the Academy of Nutrition in 2012, an Award of Excellence from the Hispanic Medical Association in 2013, was nominated for the Montefiore President's Award in 2014 and for Preceptor of the Year by the Academy of Nutrition and Dietetics in 2015. She has served as chair of the NYC Nutrition Education Network, Co-Chair of the Cultural Group of the Greater New York Dietetic Association and Chair of LAHIDAN, the group of the Academy of Nutrition committed to improving the nutrition of Latinos in the US.

Jhack Sepulveda

Jhack Sepulveda is a Community Nutritionist with 15 years of diversified experience in nutrition and public health with proven ability to develop, manage food and nutrition programs and initiatives while motivating, and leading personnel to achieve organizational objectives. Since 2005, Jhack has supported research groups, academic institutions, non-profit organizations, and businesses in the private sector to develop and implement nutritional assessment tools as well as plan community-based initiatives that promote healthier lifestyles. From 2007 to 2010 he was the Lead Nutritionist for the Hispanic Community Health Study/Study of Latinos -New York City field center at Albert Einstein College of Medicine. HCHS was an NIH funded research program which recruited an epidemiological cohort study of 16,000 Latino adults in four US Field Centers. As a national committee member of the American Diabetes Association - Latino Initiatives, and as the founder of Eat Good Consultants Incorporated, Jhack continues to be active in the community by serving as a consultant for food and nutrition programs in the New York City tri-state area markets. Jhack received a B.A degree in Dietetics from Queens College and is currently enrolled in a M.S program in Nutrition and Exercise Sciences. In 2011 he successfully completed an accredited Dietetic Internship by the Academy of Nutrition and Dietetics.

Sonya Kharas

Sonya Kharas is the Program Manager for the League of Kitchens--a unique cooking school in NYC where immigrants teach intimate cooking workshops in their homes, and participants encounter a new culture, cuisine, and neighborhood with every experience. Sonya brings to the League of Kitchens her personal experience as the daughter of a Parsi immigrant and a Jewish New Yorker, a love of cooking for friends and family, and a commitment to celebrating diversity and inclusivity in New York City. Prior to joining the League of Kitchens, Sonya managed the farm-to-food pantry program at Just Food and worked more broadly to make sure that good, healthy, culturally appropriate food is affordable and accessible to all. She received her MA in Food Studies from New York University and has a BA in Art History from Wesleyan University.

Rachana Rimal

Rachana was born in Kathmandu, the capital of Nepal, a country that shares borders (and culinary traditions) with China and India. Rachana's grandfather worked as an administrator for the king, and her husband, whom she married when she was sixteen years old and he was seventeen, had a grandfather who also worked for the king as a physician. Rachana's father studied agriculture and oversaw the farming of a family owned property many miles from the capital. He would frequently send fresh food from the farm, which her mother and sisters-in-law would cook for her, her six siblings, and thirty to forty-five members of their extended family. From a young age, Rachana loved to cook and spent many hours watching her mother in the kitchen. She especially enjoyed learning the recipes that her mother had learned from her own parents that had been passed down over many generations. Rachana came to the US in 2006. She is now happy to live in Flushing with her husband and two of her grown children. She loves to share her food and her Nepalese heritage through the League of Kitchens as well as through private catering.