

FAQ's

Who is Living Plate?

Living Plate is a 501 (c)(3) organization dedicated to inspiring wellness through nutrition education that incorporates food experience. We are committed to providing healthcare professionals with programming and tools that include culinary instruction, both observational and experiential. Programs and tools are easily delivered through digital interface as well for those providing tele-health services.

What types of programming do you offer?

We offer comprehensive nutrition education programming from 8-week programs to single presentations. Each presentation kit comes with a facilitator's guide that gives the healthcare provider everything they need to deliver an engaging program including: Facilitator's Guide with checklists, lesson plan, slide deck with notes, cook and no-cook recipes, cooking demonstration step-by-step guide, handouts, activities, and evaluations. Programs are intended to be delivered by a registered dietitian - if you do not partner with a dietitian in your practice, we can connect you to one in your area.

Can I brand the programs to use as my own?

Yes! In fact, we do this for you. You provide us with your marketing assets and we will brand all materials for your practice.

What tools do you offer?

All of the tools we provide are aimed at supporting you in engaging your community and expanding your patient base while helping you generate revenue for your practice. Some of these tools include a revenue-generating digital meal planning program, recipe videos, marketing materials, 1,000+ recipes by nutrition prescription, smart grocery lists, and handouts. All branded for your practice.

Why has Living Plate become non-profit?

Our focus has been on building a successful practice where dietitians provide nutrition care while tackling common barriers to behavior change, such as lack of cooking skill and lack of experience with food. We have accomplished this and are passionate about sharing the programming and tools we have developed that allow us to engage our community and fuel our practice. Becoming a non-profit allows us to forward our mission through healthcare providers and through original research. Our profits are donated to organizations that share our mission for improving nutrition through experience with food.

Testimonial from community partner

Living Plate is a unique organization which combines the art and the science of food and nutrition and awakens excitement about choosing, preparing, and eating healthy food. This group of Registered Dietitian Nutritionists and Chefs has designed programs which include nutrition education as well as a cooking demonstration. We have collaborated with them to present topics such as Gut Health: Feeding the Microbiome, Phytonutrients, Feeding Young Children, Mindful Eating, and Transitioning to a Plant-based Diet to the general public. Each lesson was designed to include attainable objectives, comprehensive science-based content, and a corresponding powerpoint. We have had an enthusiastic response to every program with 50 to 90 participants! As a public health nutritionist in a local health department I could easily take these lessons and present them to multiple senior centers and community groups without having to develop my own program. I enthusiastically recommend the food and nutrition programs designed by Living Plate.

Cheryl C. Komline, MS, RDN
Bernards Township Health Department
Basking Ridge, NJ

Testimonials from program attendees

"Thank you for these recipes. I am making the cauliflower rice salad and pumpkin curry tonight. I've been to several nutritionists, but you were by far the most informative and helpful. The 75% rule has already helped me develop better eating habits." Susan W.

"I really enjoyed the program and you will be happy to know I already made the kale salad and cauliflower soup! I added some parsnips to the soup and it came out great! I like parsnips- they add a nice taste. Also, it was nice to have the big salad because a few times this week I was rushing and had not time to prepare food, so I was glad it was handy and available! Eva O.