



CHEF Coaching Quarterly Newsletter Winter 2019

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From Rani's Kitchen

Hello Home Cookers!

The holiday season is approaching, and as we continue to strive and grow, I am pleased to share the new CHEF Coaching developments for 2020!

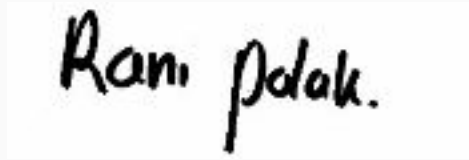
First, we applied a new terminology to help in better understanding the two educational modules of Clinicians CHEF Coaching. CHEF Coaching the Basics is the module that includes the skills-based classes that focus on culinary coaching technique and tools; and CHEF Coaching Beyond the Basics is the module that consists of small group practice sessions that allow you to put your knowledge to work and practice in real time. Completed only CHEF Coaching the Basics? You may continue onto CHEF Coaching Beyond the Basics within 3 years and earn a “Certificate of Completion in Culinary Coaching” from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital , Harvard Medical School.

Second, coming in 2020 we are pleased to introduce two additional delivery options, both through Harvard Medical School! An enduring material version of CHEF Coaching the Basics, that will allow you to complete the module at your pace; and CHEF Coaching Beyond the Basics that will allow you to complete both modules with CME credits from Harvard Medical School.

We look forward to engaging with you in the coming year in whatever programming format works best for you. I invite you to join our Facebook community and be part of the CHEF Coaching family. The CHEF Coaching team joins me in wishing you all the best for a happy, delicious, and healthy holiday season!

Best,

Rani

A handwritten signature in black ink that reads "Rani Polak." The signature is written in a cursive, slightly slanted style.

Dr. Rani Polak
CHEF Coaching Program Director

CHEF Coaching Programs

Clinicians CHEF Coaching: 2020 Spring Cohort

Don't miss out on Culinary Coaching and Telemedicine Training!

Learn how to:

- Overcome Barriers to Home Cooking
- Empower Patients with Culinary Goals
- Improve your Culinary Skills and Personal Health

Graduates earn a "Certificate of Completion in Culinary Coaching" from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School.

Spring Cohort begins on June 11, 2020, with CHEF Coaching the Basics as part of the Institute of Lifestyle Medicine conference through Harvard Medical School, and continues live online with CHEF Coaching Beyond the Basics. CME credits are available!

For more information and registration visit our website at: <http://bit.ly/CHEFCoachInfo>

Have Questions?
Contact us at (617) 651-2433
Email: chefcoaching@instituteoflifestylemedicine.org

Want More Information?
Join us for a LIVE information session followed by Q & A with program founder and director, Dr. Ran Polak

Wednesday, March 25, 2020 at 12:00pm ET
To Register: <http://bit.ly/ChefCoachQA>

CHEF Coaching Research

Are you interested in cooking more at home and improving your nutrition?

You may be eligible to participate in a research study conducted by the CHEF Coaching Program at Spaulding Rehabilitation Hospital to evaluate how a remote home cooking program can help improve nutrition, weight and other health outcomes of adults who are overweight or obese.

For more details and to see if you are eligible [Click Here](#).

Calling CHEF Coaching Graduates

Opportunity to present at the Institute of Lifestyle Medicine - Tools for Healthy Change Conference in June 2020. [Click Here](#) for application. Deadline Friday, November 20, 2020.

CHEF Coaching Community Spotlight

Dr. Barbara Livingston, Counselor, DMin, LMHC

Barbara is a licensed Mental Health Counselor, Culinary Coach, and Clergy Consultant working with clients to create positive and lasting change for the past 30 years. Barbara has recently expanded her psychotherapy practice to include a lifetime passion in nutrition, cooking, and health coaching for her patients.

What skills or training that you gained from the program have been the most impactful for you?

The content addressing assessment of eating/cooking habits, motivational interviewing, and healthy cooking strategies was helpful in integrating culinary "best practices" directly into client sessions.

How have you integrated culinary coaching tools into your practice?

With each new patient, part of the intake process is assessing existing culinary concerns and addressing goals for making change. I have intentionally created a micro-kitchen workspace on a counter in my office, stocked with a food processor, toaster oven, instant pot, and kitchen tools. Patients are introduced to the idea that this is a place where they can get practical help in learning how to cook with confidence. They are introduced to new ingredients and given coaching on skills to make things easier - like bulk cooking/freezing - in order to succeed in making lasting change in dietary habits.

What results have you seen with your patients/clients since incorporating culinary coaching?

The clients who utilize the opportunity to make change through healthy cooking are pleased with the increased cooking skills and confidence they gain. Some patients have never cooked and don't know where to start, as was the case with a young father-to-be. He wanted to know how to "eat healthier" so that he could set a good example at home. Teaching him to make a one-pot dinner demonstrated that it was easy, he could do it, and it tasted good! He left the office beaming carrying dinner to share with his spouse. Giving clients an "Ah-Ha" moment that revolves around healthy cooking took my psychotherapy practice to a level I never imagined.



CHEF Coaching Recipe

Curried Harvest Soup

Laura Klein, Culinary Coach and CHEF Coaching Program Faculty.

This is an easy and delicious soup that's perfect for the change in seasons. What I love about one-pot soups is that you can cook while not in the kitchen. Once your stock is simmering, turn on your timer and go about your day. When it's ready you can tend to it but otherwise it doesn't require your attention.

This soup is both sweet from the fruit (apples, pears and squash) and savory from the onions and spices. Yes, butternut squash is technically a fruit; it's low in calories but high in many nutrients including vitamin A, vitamin C, magnesium and potassium.

Feel free to experiment with different varieties of apples and pears or use a combination for a different flavor profile. Sautéing the fruit adds richness to the soup and once pureed it has a velvet-like texture. You can also adjust the spices you add at the end of the recipe to your liking. This soup is a great comfort food and also makes a lovely starter to your holiday meal.

Serves 4

Ingredients:

2 Granny Smith apples – peeled and chopped
2 pears, peeled and chopped
1 large onion, chopped
1 tsp. curry powder
2 tbsp. olive oil
1 ½ lbs. butternut squash – cut into cubes
4 cups water
½ tsp. kosher salt
2 tbsp. cooking sherry
½ tsp. cinnamon
¼ tsp. ground ginger
1/8 tsp. nutmeg
1/8 tsp. ground cloves

Directions:

1. In a large soup pot, heat the oil over med heat. Add onion, apples and pears. Sauté until onion is translucent, about 10 mins. Add curry powder and cook until aromatic.
2. Add squash, water and salt. Bring to boil, and then reduce heat and simmer, covered, about 20 mins until ingredients are fork tender. Let cool 10 mins.
3. Puree using either a blender or immersion blender.
4. Add sherry and spices and stir to combine.
5. Serve with a sprinkling of spices on top.



Do you have any questions or thoughts you would like to share? Please contact us at: chefcoaching@instituteoflifestylemedicine.org





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