

FROM OUR KITCHEN

Hello Home Cookers!

In the CHEF Coaching program, a common challenge we hear is how to get our children involved in family meal planning, prep and cooking. The answer is to just start doing it. Having taught many teen cooking classes, I can attest to the engagement of kids once they are given a task in the kitchen. They are motivated, feel a sense of accomplishment and their confidence, creativity and active learning skills are “fed”.

The pandemic has spotlighted the importance and many benefits of eating and cooking together as a family, especially for children. A preliminary research study conducted by the Family Dinner Project reports that family dinners increased for more than 50% of American families.

Parents are spending more time planning, prepping and cooking meals with their children than pre-pandemic and they will reap the health benefits. [Studies](#) in the journal of pediatrics have shown that children who eat regular family dinners consume more fruits, vegetables, vitamins and micronutrients, as well as fewer fried foods and soft drinks. And young adults who ate regular family meals as teens are less likely to be obese and more likely to eat healthily once they live on their own.

Wondering how to get started enjoying these benefits for your family? You can find helpful resources for family dining [here](#), kid friendly recipes and culinary tips [here](#), and check out our kid friendly recipe in this edition.

Learn more about how home cooking can improve health and nutrition for yourself, your family and your patients by taking the CHEF Coaching program. Scroll down for links to our upcoming cohorts.

The CHEF Coaching team wishes you and your family a healthy, happy and

nutritious holiday season!

Laura Klein, MBA, Culinary Coach, Chef
Newsletter Editor

PROGRAMS

Clinicians CHEF Coaching is a 2-part evidence based program focused on culinary coaching - an innovative telemedicine approach to improve nutrition through culinary training, combined with health coaching principles.

Complete our 2-part program and earn a "Certificate of Completion in Culinary Coaching" from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School.

Part 1 - CHEF Coaching the Basics – (skill-based culinary coaching classes)

- **ONLINE** - self-paced, online, recorded modules through Harvard Medical School. Set your own schedule, Click [here](#) to register.
- **LIVE STREAMING** – June 9, 2022 as part of the Institute of Lifestyle Medicine conferences. Click [here](#) for more information

Part 2 - CHEF Coaching Beyond the Basics (small group practice sessions in culinary telemedicine)

- **LIVE STREAMING** through Harvard Medical School beginning January, 2022. Spots Sell Out, click [here](#) to secure your preferred time slot.
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Prerequisite for enrollment – must have completed or be currently enrolled in CHEF Coaching the Basics.

Programs sell out early, **FOR DETAILS AND REGISTRATION ON ALL PROGRAMS** [Click here](#)

NEWS

NEW – Check out this Podcast from PATH [here](#). Hear CHEF Coaching founding director, Dr. Rani Polak share his journey from medical school to culinary school and back to medical school to bridge the gap between the healthcare system and the culinary world. Also hear Rani's tips for kitchen organization, batch cooking and many culinary tools.



EVENTS

Information Session on the CHEF Coaching Program

Get an in depth review of the training program, delivery options and all your questions answered. [Click here](#) for 2022 schedules and registration.

Research Insights from CHEF Coaching

Join Dr. Rani Polak for a live presentation on patient outcomes and applications for clinical practice. [Click here](#) for 2022 registration.

CALLING CHEF COACHING GRADUATES

Share Your Feedback

To better prepare the CHEF Coaching program to address your needs we compiled a short 5 minute [survey](#). Please help us by sharing your biggest take away from the program and what training areas you need to assist you in disseminating culinary medicine.

Presentation Opportunity

Opportunity to present at the Institute of Lifestyle Medicine – Tools for Promoting Healthy Change Conference, CHEF Coaching - The Basics course on June 9, 2022.

Have you implemented Culinary Coaching in your practice or healthcare facility? We want to hear from you!

Click here for more information and an [application](#)
Deadline December 15, 2021



ALUMNI SPOTLIGHT

Sherri Haden, BA, MS, PhD

Dr. Hayden is a Clinical Neuropsychologist and Clinical Assistant Professor at the University of British Columbia. Since 1993, Dr. Hayden has worked in the Clinic for Alzheimer's Disease & Related Disorders. Dr. Hayden is AFMCP certified through the Institute of Functional Medicine (IFM), she is a member of the American College of Lifestyle Medicine (ACLM) and has completed Yoga Teacher Training.

www.synaptic.travels.com

<https://www.facebook.com/synaptic.travels.wellness/>

www.neurohealthclinic.ca

What skills or training have you gained from the program and how have they impacted your practice?

The CHEF Coaching program has significantly impacted both my personal life and clinical practice. In my own life, the program vastly improved my confidence in my home cooking. My husband has always been the primary chef in our home, so I never pursued (and perhaps avoided) any meal preparation. The CHEF Coaching program introduced basic culinary skills in such a positive and supportive environment, that I was inspired to apply these newly found skills to my family life.

In my clinical work, I now have discussions of the CHEF Coaching concepts when discussing preventative brain health both in my hospital-based practice (with patients being investigated for neurodegenerative disease) and in my private practice (primarily acquired brain injury patients).

Further, I have recently partnered with a colleague to offer brain health workshops and retreats (SynapticTravels) in which nutrition and CHEF Coaching principles are embedded within our programs focused on women's brain health.

How have you integrated the training into your practice?

My integration of the CHEF Coaching principles has been through education with patients such as suggestions for including healthy nutritional choices through home cooking. I often reference my own experience with cooking avoidance until recently as an example that change is possible, regardless of age. For many of my patients, the response has been exceedingly positive. Often when the discussion of difficult diagnoses is involved, this review of simple techniques for integrating healthy cooking into daily life seems to provide some degree of self-determination in the face of diagnoses over which there is limited or no cure/resolution.

What personal changes have you made as a result of the program?

The greatest impact of the CHEF coaching program has been on my own personal health. Through the support of the leader and students within this program, I found myself with a new interest and improved confidence in nutrition and culinary skills. The understanding of healthy culinary skills has impacted food choices for myself and my family as well!

Although my husband remains our primary chef, I am now in the kitchen once a week, usually baking or preparing simple recipes (I particularly love baking pretzels or breads). For me, this has served to increase my understanding of nutrition as I explore ingredients and culinary techniques. I believe this understanding has improved my food choices which in turn, has positively impacted my health. This has had the added bonus of shedding my COVID weight gain (about 8-10lbs) and has contributed to improved energy. I have even introduced a simple soft pretzel recipe to a couple of friends.... with whom I baked virtually and in-person. In both cases, the experience was a wonderful bonding experience.

RECIPE

Sweet Potato Toast

By Lizzie Luchsinger, CHEF, Culinary Coach, CHEF Coaching Faculty

Ingredients

Serves 2 / Serving size: 2 slices

1 sweet potato, washed
2 tablespoons nut butter
2 bananas
4 teaspoons chopped nuts
1 teaspoon honey

Directions

Cut the sweet potatoes; slice through the length of the sweet potato, cutting 4, ¼” slices.

Toast the slices in your toaster until cooked through. Slices will be fork tender and lightly browned.

Spread ½ tablespoon of nut butter onto each slice of sweet potato. Add ½ banana and 1 teaspoon chopped nuts to each slice. Drizzle each slice with honey (~¼ teaspoon).

Adaptations

Go basic:

- Cook the sweet potato slices in the oven. Bake in a single layer, on a wire rack, for 15-20 minutes at 350°F.
- Substitute different fruits (like blueberries) for the bananas.
- Add a dash of cinnamon or other spices to give it a greater depth of flavor.

Challenge your skills:

- Substitute seeds (like chia, flax or hemp) for the nuts.
- Think of different combinations for breakfast, lunch or dinner. For example, transform this to a lunch or dinner dish using beans,

avocado, cilantro and scallions (instead of nut butter, bananas, nuts and honey).

Cultural adaptation:

- Substitute the nut butter for tahini and top with fresh pomegranate seeds and pistachios.



HARVARD MEDICAL SCHOOL
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