

CULINARY MEDICINE

think like a chef
cook like a dietitian
eat like a local farmer

SCHEDULE AT A GLANCE

Friday, September 22

- 2 pm** **Registration**
- 3-4 pm** **Welcome Session and Introductions**
Room GL 211
- 4-4:10 pm** **Break**
- 4:10-6 pm** **Keynote Lecture:** "Culinary Medicine Approaches That Enhance Dietary Patterns and Health Outcomes." -David M. Eisenberg, MD
Room GL 211
- 6 pm** **Networking Reception**
Located in Lobdell's, please explore catwalk, resource tables, and food throughout kitchens.

Saturday, September 23

- 7-9 am** **Continental Breakfast**
Located in Lobdell's
- 8-9:30 am** **Tour at Sara Hardy Farmers Market**
Transportation out front at 7:50 am
- 9:45-11:45 am** **Session A:** "Exploring Food Access and Food Environments as an Adjunct Assessment Feature"
Located in Lobdell's
- 11:45 am-12:30 pm** **Break and Light Lunch**
Located in Lobdell's
- 12:30 -2:30 pm** **Session B:** "Using a Local Food Approach for Prevention and Chronic Disease Management"
Locations pre-assigned
- 2:30-2:45 pm** **Break**
- 2:45-3:45 pm** **Session C:** "Culinary Nutrition Research Briefing"
Located in Lobdell's
- 3:45-4 pm** **Break**
- 4-7 pm** **Session D:** "Medical Nutrition in the Kitchen," followed by dinner discussion in Lobdell's
*Weight Management, Room 252, Bakery Kitchen
Cardiovascular, Room 254, Introductory Kitchen
Diabetes, Room 257, Garde Manger*

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Sunday, September 24

7-9 am	Continental Breakfast <i>Located in Lobdell's</i>
8-9 am	Keynote Lecture: "Diet and the Gut Microbiome" -Jean Kerver, PhD, MSc, RD <i>Located in Lobdell's</i>
9-9:15 am	Break
9:15-11:15 am	Concurrent Breakout Sessions Session A: "Eat Better for Less: An introduction to Cooking Matters for Adults" <i>Room 257, Garde manger</i> Session B: Core4 Weight Management Program, "Appetite Awareness Training" <i>Room 211</i> Session C: "Overhead in the Diabetes Educator's Office" <i>Start in Room 251, finish in 254</i>
11:15-11:30 am	Break
11:30-12:45 pm	Lunch and Session D: "Think Like a Chef, Cook Like a Dietitian, Eat Like a Local Farmer" <i>Located in Lobdell's</i>
12:45-1 pm	Break
1-4 pm	Food System Field Trips On the Farm: Northwest Lower MI Farm Tour or Oryana Natural Food Cooperative Grocery Tour <i>Transportation out front at 12:45 pm</i>

