



CHEF Coaching Newsletter

June 2020

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From Our Kitchen

Hello Home Cookers!

How is your home cooking going?

In a recent food news [survey](#), 54% of respondents said they cook more than before the pandemic, 75% said they have become more confident in the kitchen and 51% said they will continue to cook after the crisis ends.

People are experiencing so many benefits from home cooking from the pandemic, and some for the first time.

These include:

- bonding time with families**
- stress relief**
- a creative outlet for those who enjoy cooking**
- confidence builder for those testing their skills**
- a sense of adventure for those branching out**
- joy and satisfaction from nourishing and making people happy**
- feeling good about spending and wasting less**

But most importantly, people have better control over ingredients which leads to healthier choices (less sugar and processed foods), steadier weight and better overall health.

Home Cooking really is the prescription for better health. Sending this message to your patients and clients especially now is so important.

We're here to support you and to help you support your patients in developing and maintaining the home cooking habit. Check out our [resource page](#) for easy recipes, instructional tutorials and links to resources you can use and share with your patients to encourage home cooking and reap the health benefits.

For those interested in pursuing a certificate in Culinary Coaching, we are excited to announce that our foundational course, CHEF Coaching the Basics, is now available as a prerecorded online, self-paced course through Harvard Medical School so you can study at your convenience. See [CHEF Coaching News](#) for details.

Stay safe and cook healthy,

Laura Klein, MBA, Chef, Culinary Coach

Newsletter Editor, Program Faculty, Marketing Coordinator, Clinicians
CHEF Coaching Program

CHEF Coaching Programs

Clinicians CHEF Coaching

LIVE ONLINE – new cohorts beginning June and September, 2020.

LIVE ONSITE – December 10, 2020 as part of the Institute of Lifestyle Medicine Conference.

[Click here](#) for detailed information and schedules.

Completed only CHEF Coaching the Basics?

Take the next step toward your certificate in Culinary Coaching and enroll in CHEF Coaching Beyond the Basics. Small group practice sessions in culinary telemedicine:

- Cook online with a chef in your own kitchen.
- Improve your competencies to prescribe nutrition through reflections with a program faculty member.
- Learn how to use remote culinary resources for improved health for yourself and your patients.

LIVE ONLINE through Harvard Medical School – several options starting July 2020. CME credit available. [Click here](#) for schedules.

LEARN MORE - Attend a LIVE presentation followed by Q & A on CHEF Coaching Beyond the Basics on June 9th at 1PM ET. [Click here](#) for Free registration



Complete both CHEF Coaching the Basics and CHEF Coaching Beyond the Basics and receive a “**Certificate of Completion in Culinary Coaching**” from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School.

Upcoming FREE CHEF Coaching Events

Free Webinar on Culinary Telemedicine

Culinary Telemedicine is the wave of the future. Learn the science behind the movement of this emerging field and its impact on restoring and maintaining health. Get to know culinary coaching, a unique combination of culinary training and health and wellness coaching, which can lead to positive behavior change and improved nutrition. Learn about the Clinicians CHEF Coaching Program, the

leader in culinary telemedicine.

JOIN US - Rani Polak, MD, MBA, Chef and CHEF Coaching Program Director, for this live presentation followed by Q & A on June 24th at 12PM ET. [Click here](#) to register.

Attend a Virtual Round Table on Culinary Medicine

This evidenced based field explores the link between food and health and couldn't be more timely given our current health crisis. This is an opportunity to get answers to your questions whether you are already practicing culinary medicine, thinking of practicing or just curious and want to learn more.

YOU'RE INVITED - Join the CHEF Coaching faculty for a live group round table discussion Tuesday, July 14th at 1pm ET on the topic of Culinary Medicine. Click [here](#) for complimentary registration. Space is limited.



CHEF Coaching News

CHEF Coaching the Basics Enduring Material - Now Available!

We are pleased to announce that CHEF Coaching the Basics is now offered as a self-paced online program through Harvard Medical School. Choose to study on your own your time and schedule, [Click here](#) for details.

CHEF Coaching Groundbreaking Research Study Update

The recruitment phase is complete for the first study of it's kind that evaluates the impact of culinary medicine in a multi-center, randomized control trial. We are now in the process of collecting data. Look for results within a year that will analyze how remote home cooking programs can help improve nutrition, weight and other health outcomes of adults who are overweight or obese.

CHEF Coaching in the News

The Korean Broadcasting System interviewed Edward Phillips, MD and Rani Polak, MD and CHEF Coaching Program Director, on the significance of lifestyle medicine and the benefits of home cooking to overall health and wellbeing. Watch [here](#).

Calling CHEF Coaching Graduates

Presentation Opportunity

Opportunity to present at the Institute of Lifestyle Medicine - Lifestyle Medicine in Day to Day Practice Conference, December 10, 2020

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

[Click here](#) for more information and application. Application deadline is June 30, 2020.

Share Your Success Stories!

We hear amazing stories of transformation from our graduates about how the CHEF Coaching program has impacted the lives of their patients as well as their own lives. If you have an inspirational story you would like to share, Contact Laura at chefcoaching@instituteoflifestylemedicine.org. We can't wait to share your story!

CHEF Coaching Graduate Spotlight

**Lizzie Luchsinger, Chef, Culinary Coach,
Educator**

Lizzie's years of experience in the culinary industry bring innovative ways for connecting people with improved health outcomes through food as medicine. Joined by an interdisciplinary team of experts (physicians, dietitians, nurses, and chefs) on the Healthy Living Campus at



Kalamazoo Valley Community College, she connects with students, community members, and organizations to explore how food influences health.

<https://www.kvcc.edu/communityculinary/>

Email: mluchsinger@kvcc.edu

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

- **Learning how to leverage technology to connect with clients beyond the classroom or the kitchen. For example, if a client has questions while grocery shopping or cooking - I can meet them where they are (virtually and metaphorically). Additionally, virtual sessions cut down on overhead - making them more cost-effective without losing value for the client. Finally, virtual meetings require less set-up, cleaning, and physical demands associated with in-person sessions.**

- How have you integrated what you have learned into your practice, both pre and post the current environment?

- **Having had experience with virtual delivery via CHEF Coaching, I have been able to keep services going and growing during this time. In addition to connecting with my clients remotely, I am also creating and delivering virtual education opportunities using methods learned in the program. I have filmed, edited, and uploaded several culinary demonstration videos, I am facilitating webinars collaborating with colleagues to broaden the topics and we have expanded our online audience.**

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

- **I'm seeing a new level of client-initiated accountability to**

achieve their defined goals. In a recent community program that incorporated culinary coaching principles, clients demonstrated a marked increase in fruit and vegetable consumption and at-home cooking. Feedback indicated that setting reasonable 3-month goals, coupled with support services, led to greater success.

- What personal changes have you made as a result of the program?
 - I am putting more thought into my at-home cooking and consumption. My career is centered on cooking for others with great care - yet I hadn't devoted that same care to cooking for myself. I now have a defined vision, action plans, and SMART goals to help me achieve my desired outcomes. Rather than turning on autopilot in my home kitchen I am engaged and intentional.
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CHEF Coaching Recipe

Fennel and Apple Slaw

By Jane Barg, NBC-HWC, Research Coordinator and Program Faculty,
Clinicians CHEF Coaching Program

Serves 8/ Serving size: 1 cup

Ingredients

3 medium fennel bulbs, cored and stalks removed, thinly sliced (3 cups)

2 semi tart apples (like Pink Lady, Fuji), cored, halved and thinly sliced

2 cups white cabbage, shredded
½ bunch fresh dill, chopped
Zest of 1 lemon
2 Tablespoons fresh lemon juice
2 Tablespoons sherry vinegar
2 Tablespoons extra virgin olive oil
¼ teaspoon kosher salt
Pinch of freshly ground pepper

Directions

- 1. In a large bowl toss together fennel, apple, cabbage, dill and lemon zest. Set aside.**
- 2. In a separate medium bowl combine lemon juice, vinegar, olive oil and whisk until emulsified (blended), then add salt and pepper.**
- 3. Spoon dressing over fennel, apple, cabbage mixture and toss. Refrigerate, covered for at least 30 minutes to allow flavors to blend.**

Adaptations

Go basic:

- Substitute sherry vinegar with any vinegar that is available to your patients (e.g., red wine vinegar, white vinegar or apple cider vinegar).**
- Replace the fennel with 3 cups of sliced cabbage.**
- Substitute the fresh dill with 1 tablespoon dried dill.**

Challenge your skills:

- Use a mandoline or v-slicer to slice fennel thinly and evenly.**
- Scoop out half a peeled avocado and fill the cavity with this salad for a beautiful and delicious appetizer.**
- Increase the crunch by adding ½ cup of sliced radishes, diced**

cucumbers or $\frac{1}{4}$ sunflower seeds.

Cultural adaptation:

- **Substitute fennel and white cabbage with napa cabbage. Replace lemon zest and juice with lime, use cilantro in place of dill and unseasoned rice vinegar instead of sherry vinegar. Sprinkle with 1 tablespoon of toasted sesame seeds for an Asian slaw.**

Home cooking talking points:

- **Use a food processor to reduce prep time. Cabbage, fennel and apples will be sliced in minutes.**
 - **A salad made with cabbage will not get soggy and can be stored in the refrigerator for 3 - 5 days.**
 - **Adding fruit to a savory dish is a great way to introduce a sweetness without added sugar.**
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Do you have any questions or thoughts you would like to share? Please contact us at: chefcoaching@instituteoflifestylemedicine.org





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