

Teaching Kitchen course on increasing fresh, local, and healthy food in a farm-to-institution model. 5hrs

Teaching Kitchen training was at Lenox Hill Neighborhood House, Manhattan, NYC, in May 8, 2024. The training was provided by Teaching Kitchen Executive Chef Evelyn Garcia & Teaching Kitchen Chef Brianne Ross.

The Teaching Kitchen is an award-winning program that offers in-person cooking training for free in English/Spanish languages. The teaching kitchen is the only program of its kind and has trained over 500 nonprofit staff from 200+ program sites serving more than 17 million meals annually to serve more healthy and local food through a focus on scratch cooking, plant-based recipes, fresh fruits, vegetables and whole grains without raising the cost.

This course provided us from farm to institution cooking training:

- How to design menus
- Order food
- Cook and serve meals through older adult centers & homeless shelters
- Schools, soup kitchens, and more.

This training was one day training which also included hands-on training. The total of 10 RDNs, food service managers, and student RD-interns divided into 5 groups by two people. Then, we had to cook desired recipes with already set up & purchased ingredients. Aziza and I had to make a Humus & Black Bean dip.

I made “Humus”, and the recipe was:

https://static1.squarespace.com/static/55520913e4b0e71274cff7ce/t/5e384513fc490b221da52ef6/1580746004291/Cookbook_Hummus.pdf

I have received a certificate by the end.