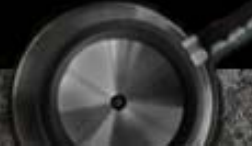




**HEALTHY KITCHENS,
HEALTHY LIVES**



February 7, 2023

Welcome to the 19th presentation of **Healthy Kitchens, Healthy Lives**[®], a continuing medical education conference co-presented by The Culinary Institute of America (CIA) and Harvard T.H. Chan School of Public Health – Department of Nutrition.

We share with you the desire to learn more about cultivating healthy eating and lifestyle habits. How can we shop and prepare delicious, nutritious meals while being mindful of time, convenience, and costs? What are the lifestyle choices, behaviors and practices that enhance the health of our communities and the planet? How can we effectively share this information with those we serve, as well as our own families and loved ones?

We're particularly excited for this year's conference, as the program reflects the rapidly growing understanding of food as medicine, as well as address sustainability, food insecurity, health equity, and the broad range of potential cultural and structural challenges to patient success. The newly updated conference learning objectives reflect this enhanced approach.

What awaits you is a veritable feast of scientific, clinical, and culinary delights. We are confident you will learn a great deal at this conference, including how to prepare some of the most flavorful, healthful foods imaginable. Enjoy it all and then please share what you have learned with others!

Thank again for joining us. If you or your colleagues would like to join us in 2024 for the 20th Healthy Kitchens, Healthy Lives conference, save the dates: **February 7-9, 2024** at the CIA at Copia in Napa, CA. Registration for the 2024 conference will open later this Spring at www.healthykitchens.org. Please register early to secure your seat and please share this information with colleagues you believe may want to register!

Finally, we invite you to learn more about the Teaching Kitchen Collaborative, another outgrowth of the long-running CIA and Harvard Chan School collaboration at www.teachingkitchens.org.

We hope you enjoy the conference and look forward to meeting you.

Sincerely,

David Eisenberg, MD
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Adjunct Associate Professor of Nutrition,
Harvard T.H. Chan School of Public Health;
Executive Director
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