



February 7, 2024

Welcome to the 20th 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.

Few continuing education conferences gain momentum after two decades, but that describes the continued enthusiasm for Healthy Kitchens, Healthy Lives. It will be a joy to celebrate this milestone with you in February!

We share with you the desire to learn more about cultivating healthy eating and lifestyle habits. How can we shop for 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, it being our 20th edition. The program continues to reflect the rapidly growing understanding of food as medicine, as well as issues relating to sustainability, food insecurity, health equity, and the broad range of cultural and structural challenges to patient success. And then, there is the joy, fun and deliciousness of foods prepared with health-promoting intentions. 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 2025 for the 21st Healthy Kitchens, Healthy Lives conference, save the dates: February 5-7, 2025 at the CIA at Copia in Napa, CA. Registration for the 2025 conference will open later this Spring at www.healthykitchens.org. Please register early to secure your seat- as this conference routinely sells out many months in advance- 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,

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