



Promoting Health Through Food in Today's Changing Workplace

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With Chef Russell Michel*

OUTLINE

- Culinary Medicine
- Review of Workplace Wellness
- The Food Environment at Work
 - Setting up for success
 - Cooking strategies
- Cooking Classes and the Research
 - A focus on the Mediterranean diet
 - Google
- Summary
- Chef Russell demonstration

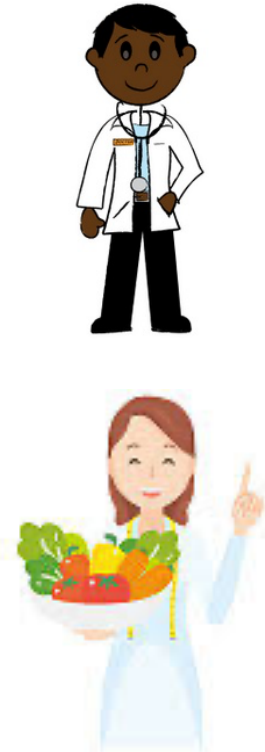
*Culinary Medicine: A Modular
Approach to Culinary Literacy:
Part 3: The KITCHENS*

Three years. 40 international nutrition experts.

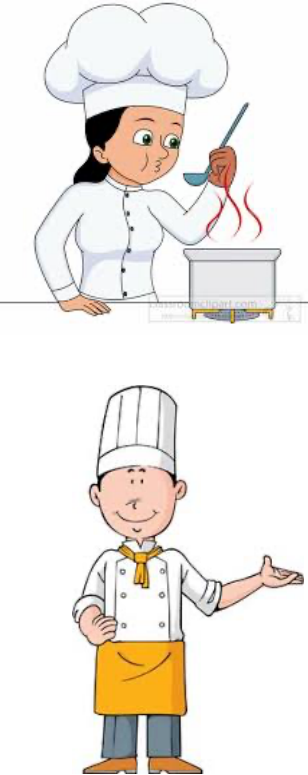
A dozen chefs. Over 2200 references

The Process

Clinical Requirements



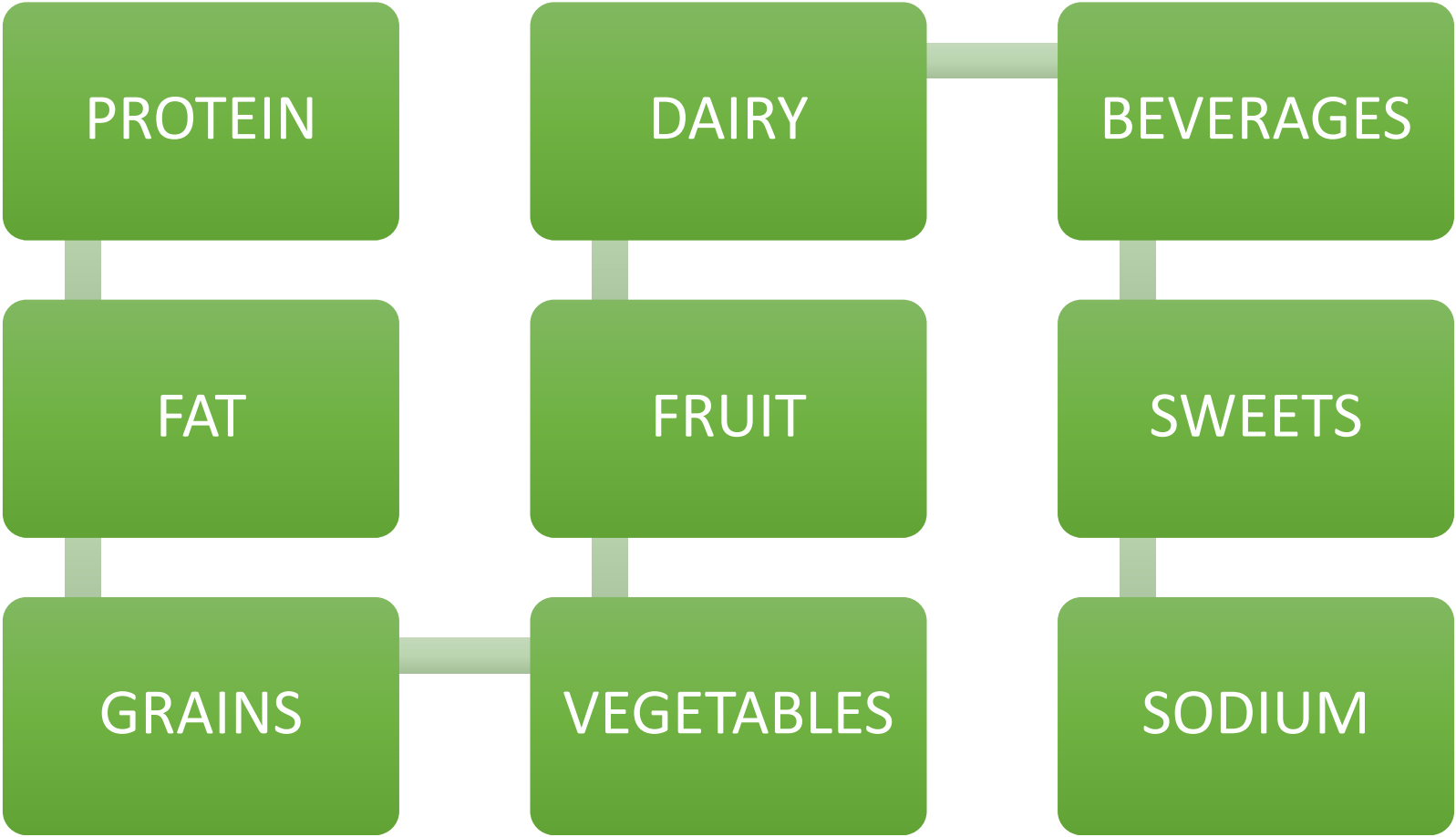
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Culinary Competencies



A Modular Approach





Review of Worksite Wellness Programs

- AHA: Worksite Wellness Programs for Cardiovascular Disease Prevention
 - ...include nutrition education and promotion, and weight management
 - Education focused on skill development
- Common attributes of a successful wellness program
 - It ALWAYS starts from the top – the CEO sets the stage
 - It becomes a CULTURE and wellness is built into the mission, policies and programs
 - Meets the UNMET NEEDS of the employees
 - Creation of a COMPREHENSIVE program and not disjointed events “There is so much wellness information out there. How you deliver it is essential.”
 - COMMUNICATION that is varied, appealing and personalized
 - Build an ENVIRONMENT that makes the healthful choice the easy choice

The Food Environment at work



Setting Up For Success: The 4 Zones

The Countertop

Grab and go snacks

Fresh herbs

Kettle with tea bags

Blender



The Fridge

Declutter

Place healthful items at eye level

Ready to eat options



The Pantry

Flavor boosters – spices

Nuts and seeds

Canned protein options

Treats- hard to reach



The Freezer

Out of season produce

Batch cooking- grab a bag of cooked grains

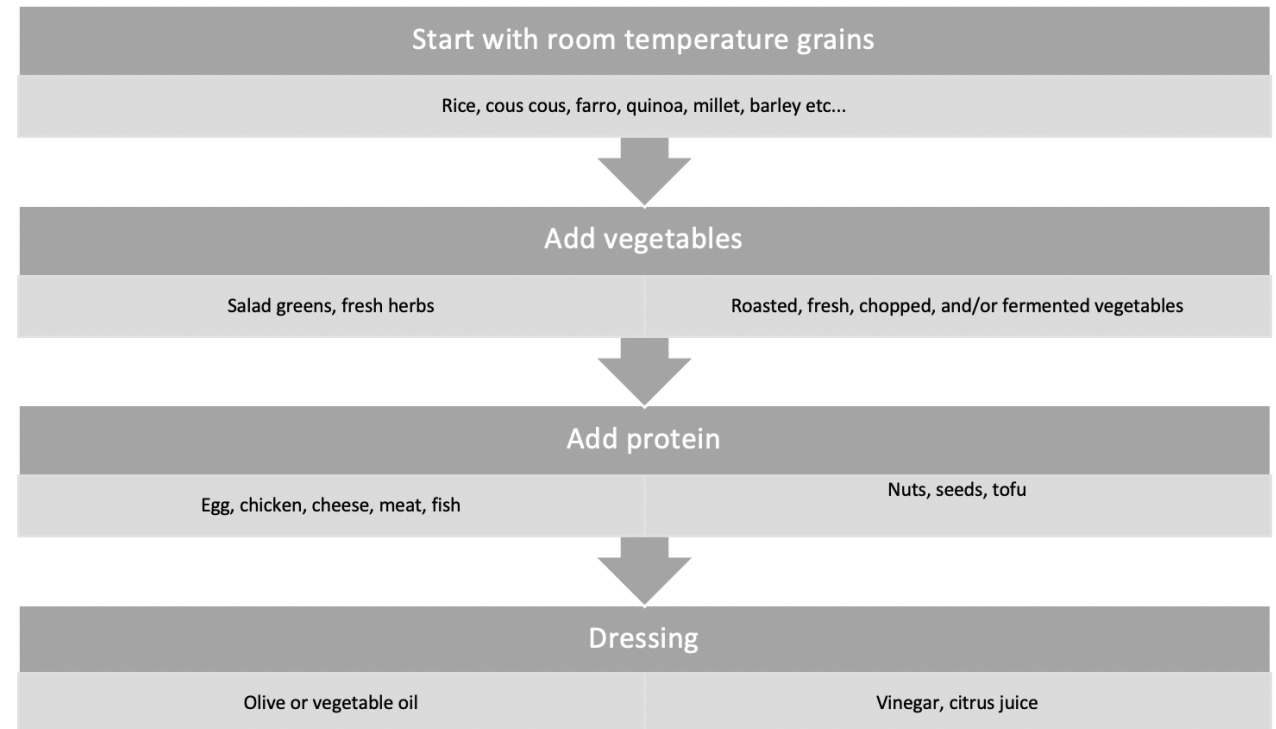
Make a smoothie

Dark chocolate 70%



Cooking Strategies

- Batch cooking
- Weekend prep
- Cook once, eat for days
- Easy lunch options
 - Leftovers
 - Build a grain bowl
 - If you do eat out – eat half



Cooking Classes



Benefits of Cooking Classes in the Workplace

- Retention of employees
- Team building
- Change health behaviors
- Improve diet quality
- Improved anthropometrics : BMI, weight, and waist circumference
- Improved biomarkers: decrease blood pressure, cholesterol, c-reactive protein
- Clinical outcomes: decrease in prevalence of metabolic syndrome (metals factory, Med Diet at workplace canteen)

A Focus on the Mediterranean Diet

- It's a diet, not a Diet
- Allows for choice, taste and personal preferences
- #1 in *US News and World Report* for Best Diet Overall, Best Diabetes Diet and Best Heart-Healthy Diet, Best Plant-Based Diet, and Easiest to Follow
- The diet:
 - Focus on fruits, vegetables, nuts, seeds, legumes and whole grains
 - Fish at least 2 x week
 - Moderate amount of poultry, eggs, cheese and yogurt
 - Allows for an abundant intake of fat
 - Limit sweets and meats
 - Wine in moderation



Google: The Leader in Healthful Food in the Workplace

Chefs create cravable, tasty food

Cafeteria set up like a restaurant

Open set up – watch food being prepared



In the breakroom flavored 'spa' waters are front and center

Snacks moved away from coffee machine

Keep treats behind frosted glass



Vegetables are first on the buffet line

Portion sizes of treats are limited



Plate sizes 8"-10" vs 12"

Free cooking classes



Summary: How the workplace can support healthful eating

- CSA, fruit and vegetable discounts
- Monthly messaging – modular delivery system, plant-forward
- Recipe share
- Cooking classes – from the induction burner to a dedicated space
- The cafeteria
 - Options
 - Placement and presentation of food
 - Labelling
 - Plate size
 - Pricing
- Policy level:
 - Remove vending machines
 - Quality of food served on site
 - Breakroom food policy



Chef Russell



THANK YOU & BON APPETITE

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Omega 3 Energy Balls

Ingredients

¾ cup	Rolled Oats
¾ cup	Almond butter
1/3 cup	Honey, raw
1/3 cup	Cocoa powder
1/3 cup	Coconut, shredded
½ cup	Chocolate chips
¼ cup	Flax meal
¼ cup	Chia seeds
¼ cup	Hemp seeds
2 tsp	Vanilla extract
1 pinch	Saigon Cinnamon



Preparation

Combine all ingredients in a mixing bowl; mix well. With a 2 oz scoop or tablespoon, portion the mixture and roll into balls. Roll each energy ball on the coating mixtures listed below which creates variety. The list below are suggestions. Choose your favorite colors and flavors.

Coatings

Cocoa Powder
Shredded Coconut
Goji Berries
Ground Pistachios

Southwestern Adobo Spice Rub

Wake up your Mexican Food!!

Ingredients

- 3 oz Chili Powder
- 2 oz Paprika Powder
- 1 oz Smoked Paprika Powder
- 1 oz Chili flakes, Red
- 1 oz Coleman's Dry Mustard
- 1 oz Black Pepper, Ground
- 1 oz Oregano, Dry
- 1 oz Basil, Dry
- ½ oz Cayenne Pepper
- ½ oz Garlic Granules
- ½ oz Onion Powder
- ¼ oz Salt, sea or Himalayan



Preparation

Combine all ingredients. Mix Well. Store in a sealed container up to 6 months.

Three Bean Chili with Tempeh (Vegan)

Ingredients

2 Tbsp	Olive oil, extra-virgin
1 ½ cups	Onions, yellow, diced
2 Tbsp	Garlic, minced
1 tbsp	Oregano, dried
1 tbsp	Fennel powder
½ cup	Adobo spice (separate recipe)
1 cup	Carrots, peeled, diced
1 cup	Celery, diced
1 cup	Fennel, bulb, diced
1 cup	Celery root, peeled, diced
2 pkgs	Tempeh (fermented soy beans)
1 cup	Stock, vegetable
1 tsp	Salt, Himalayan
¼ tsp	Pepper, black



Three Bean Chili with Salmon

Preparation

1. Gather all ingredients and equipment prior to beginning the recipe.
2. In a large sauce pot, heat the oil over medium high heat.
3. Once the oil begins to smoke, add the onions sauteing for 4 minutes.
4. Add the garlic sauteing for an additional minute to bloom or become fragrant.
5. Add the oregano, fennel powder, and adobo spice cooking for 2 minutes.
6. Add the carrots, celery, diced fennel, and celery root sauteing for 5 minutes.
7. Add the tempeh allowing to cook for 3 minutes.
8. Add the stock bringing the liquid to a boil.
9. Once the liquid comes to a boil add the pre-cooked bean; return to a boil.
10. Reduce heat to medium allowing the vegetables cook until tender.
11. Add salt and pepper.
12. It is best to make the chili a day in advance to enhance the melding of flavor.
13. Cool to 70 degrees within 2 hours and 40 degrees within 6 hours.
14. Reheat to a boil prior to serving with a minimum reheat temperature of 165.

Optional

For breakfast, add eggs over-easy, avocado and super seeds.

For lunch, make a quick salad in a separate mason jar to go with your chili.

For dinner, add seared salmon and vegetable on top of the chili.