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 → Translator → Culinary Competencies
A Modular Approach

- PROTEIN
- FAT
- GRAINS
- DAIRY
- FRUIT
- VEGETABLES
- BEVERAGES
- SWEETS
- SODIUM
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

<table>
<thead>
<tr>
<th>The Countertop</th>
<th>The Fridge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grab and go snacks</td>
<td>Declutter</td>
</tr>
<tr>
<td>Fresh herbs</td>
<td>Place healthful items at eye level</td>
</tr>
<tr>
<td>Kettle with tea bags</td>
<td>Ready to eat options</td>
</tr>
<tr>
<td>Blender</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Pantry</th>
<th>The Freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flavor boosters – spices</td>
<td>Out of season produce</td>
</tr>
<tr>
<td>Nuts and seeds</td>
<td>Batch cooking- grab a bag of cooked grains</td>
</tr>
<tr>
<td>Canned protein options</td>
<td>Make a smoothie</td>
</tr>
<tr>
<td>Treats- hard to reach</td>
<td>Dark chocolate 70%</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Step</th>
<th>Ingredient Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start with room temperature grains</td>
<td>Rice, couscous, farro, quinoa, millet, barley etc...</td>
</tr>
<tr>
<td>Add vegetables</td>
<td>Salad greens, fresh herbs</td>
</tr>
<tr>
<td>Add protein</td>
<td>Egg, chicken, cheese, meat, fish</td>
</tr>
<tr>
<td>Dressing</td>
<td>Olive or vegetable oil</td>
</tr>
</tbody>
</table>
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)

(Eisenberg et al., 2017; Eisenberg & Imamura, BEnvD, 2020)(Leighton et al., 2009) (Carey et al., 2011)
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

<table>
<thead>
<tr>
<th>Chefs create cravable, tasty food</th>
<th>In the breakroom flavored ‘spa’ waters are front and center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cafeteria set up like a restaurant</td>
<td>Snacks moved away from coffee machine</td>
</tr>
<tr>
<td>Open set up – watch food being prepared</td>
<td>Keep treats behind frosted glass</td>
</tr>
<tr>
<td>Vegetables are first on the buffet line</td>
<td>Plate sizes 8”-10” vs 12”</td>
</tr>
<tr>
<td>Portion sizes of treats are limited</td>
<td>Free cooking classes</td>
</tr>
</tbody>
</table>
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 balls 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

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

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.