

Spotlight



Can delicious food really make you healthier?

Chef Jacques Pépin, pictured here in our new Teaching Kitchen, says *YES!*

NEARLY 2,500 YEARS AGO, HIPPOCRATES — famously known as the father of medicine — proclaimed, “Let food be thy medicine and medicine be thy food.” Modern medicine is finally catching up with him!

Thanks to amazing donors like you, YNHH is at the leading edge of the culinary medicine movement.

What is culinary medicine?

It’s a very simple idea, according to Nate Wood, MD, Chef and Director of Culinary Medicine at Yale New

Haven Health Teaching Kitchen. “**The way you cook and eat impacts your health.**”

Nate explains the science behind culinary medicine in a bit more detail: “More than half the calories most Americans consume come from ultra-processed foods — foods high in fat, sugar, starch, and salt that increase the risk of conditions like diabetes, overweight and obesity, heart disease and strokes. The good news is, **folks can manage — even prevent — these conditions when they learn to cook with healthy ingredients.**”

(more)



Jacques at the Teaching Kitchen, after showing us how to cook a beautiful, healthy meal of salmon gravlax and tartare, scallopini of chicken with mushrooms and zucchini, and grapefruit *supremes*. Here he is with (left to right) Rollie Wesen, Nate Wood, Claudine Pépin, Max Goldstein, and Joseph Mendes, Executive Director of the Digestive Health Program.

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The Irving and Alice Brown Teaching Kitchen, an idea long in the making, was created to teach nutrition, cooking, and wellness skills. Thanks to a gift from Carole Brown (see her story on p. 3), it opened last year — a gleaming facility with a television studio-style demonstration kitchen and rows of prep areas and cooktops for students to try their own hands as they learn.

Max Goldstein, Teaching Kitchen Chef and Registered Dietitian, teaches classes for patients who are referred by their health care providers. And Nate takes the lead in teaching classes for physicians and other health professionals who want to become more knowledgeable about nutrition and cooking so they can better advise their patients.

Students learn and practice cooking techniques, discuss nutrition and lifestyle basics, and then cook budget-friendly, nutritious — and most importantly — delicious recipes. Each class concludes with a convivial shared meal, where the students all show off their work.

The most amazing part? Thanks to generous donors like you, every class is free!

Preventing, instead of treating, disease

Physicians and other care providers are excited about the Teaching Kitchen because they see how difficult it is for many patients to afford the kind of help they may urgently need from a registered dietitian or nutrition specialist.

“The work registered dietitians usually do, long counseling sessions, is very impactful in managing and treating disease,” says Max. “But often these are not covered by insurance. At the Teaching Kitchen, we offer classes for free, accessible to anyone who eats!”

Although teaching culinary medicine may be new in the health care setting, it is an idea that many — including the world-famous chef, TV personality, and cookbook author Jacques Pépin — have long taken for granted.

Celebrity chef at the Teaching Kitchen stove

Jacques, his son-in-law, Rollie Wesen, CEO of the Jacques Pépin Foundation, and his daughter, Claudine Pépin, President of the Jacques Pépin Foundation, recently spent a day at the Teaching Kitchen filming a cooking demo of a few of Jacques’ favorite recipes. “I don’t stress healthy food,” Jacques says. “People don’t think that will taste good. Food should be good and just happen to be healthy.”

“Jacques has been teaching for decades that cooking at home with your loved ones using whole, healthy, fresh foods will improve your life,” adds Rollie.

That’s what Max and Nate believe too. “After all, we don’t eat nutrients,” says Max. “We eat food. And food is not just for your body, but for your mind, your heart, and your soul.” ♥

Carole Brown provides a new way to get healthy in honor of her parents

The Irving and Alice Brown Teaching Kitchen

AT AN AGE WHEN MOST PEOPLE LOOK TO THE PAST to see their biggest achievements, 89-year-old Carole Brown is still making an enormous impact on her community — including all Yale New Haven Health patients and care providers.

Thanks to Carole’s extraordinary gift, we now boast one of just a few dozen state-of-the-art Teaching Kitchens in the country. Any YNHHS patient can attend free classes in nutrition and cooking designed to prevent or manage a host of diseases (see the cover story for more details).

Carole inherited her habit of generosity from her parents, Irving and Alice Brown.

“Supporting my community — especially hospitals — is a continuation of what my parents did,” Carole says. “It meant a lot to them to be able to do this. When it’s around you and part of you as you’re growing up, it’s a natural course to follow.”

Carole saw the kitchen in action at the recent cooking demonstration by Chef Jacques Pépin. He prepared a delicious, healthy meal of salmon, cucumber salad, and grapefruit *supremes*.

The demo was filmed and can be viewed **here**:

Learn to make a complete meal that is healthy AND Jacques-level delicious!

Chef Jacques Pépin’s teaching video, filmed with Nate Wood, Chef & MD and Max Goldstein, Chef & Dietitian at the Teaching Kitchen, will be available on the hospital’s YouTube channel later this fall:

www.youtube.com/ynhh



Carole Brown, pictured here with Chef Jacques Pépin in the Irving and Alice Brown Teaching Kitchen, named in honor of her parents.

“I was thrilled with the experience,” says Carole. It was absolutely delightful. It gave me that feeling of ‘Hey, this culinary medicine approach really makes sense!’”

The Irving and Alice Brown Teaching Kitchen is fully outfitted with a state-of-the-art demonstration kitchen, and cooktops and food preparation space for 12 students. Since it opened in August 2023, the Teaching Kitchen has hosted nearly 330 patient participants and more than 230 medical professionals.

Carole, it couldn’t have happened without you — thank you for changing so many lives for the better! ♥

Join Carole Brown,
our amazing donor

**Give the gift of
better health**

with your donation to the YNHHS Teaching Kitchen. You can help patients manage — and prevent — serious disease by learning to cook healthy, delicious meals. Your gift will help keep these classes free to all who need them!

Give now!

givetoynhh.org/kitchen

“I would take these classes even if there was a fee!”

Thank you, donors, for making these classes free to all YNHHS patients!

LEAH STANCIL (PHOTO AT RIGHT) IS **CLEARLY NOT A NOVICE** in the kitchen. She’s been cooking for her family for more than 50 years. Yet the ways she shops, cooks, and eats have all been transformed thanks to what she learned in her classes at the YNHHS Teaching Kitchen.

Leah hadn’t heard of the Teaching Kitchen when her dietitian asked if she’d like to take some free cooking classes. She had been seeing a dietitian to help her manage her diabetes and BRACA2 status. (BRACA2 is a gene mutation that increases the risk of cancer.)

Leah thought, “Why not?” She guessed it would be a talk and video, or maybe a cooking demonstration.

“It was completely different from what I expected,” Leah says. “I walked into a kitchen that was right out of the Jetsons, with cooking stations for each student. The chef/dietitian and teacher, Max Goldstein, was incredibly well versed and knowledgeable. It was unbelievable!”

Leah and her husband, Rich, (Max encourages students to bring their partners) attended a series of four classes focused on nutrition, cooking techniques, affordable ingredients, and making healthy meals taste delicious.



Leah and Rich are cooking and eating healthier — and loving it! — thanks to free classes at the Teaching Kitchen.

Information, practice, fun — and dinner!

At each class, Max shows a short video, reviews some basics, and sets the goals and recipes for the class.

“Even if it sounded familiar, it was a great review,” says Leah. “And there was lots that was new to me — how much iron do I need? What kinds of fats? Which grains are healthiest?”

After the video, everyone is assigned to a cooking station, and the students get to work. Max mingles through the class, supervising and making suggestions. Students present

their completed dishes, and then line up with plates to share dinner. Soon, says Leah, “Everyone is chatting away. It feels more like a book group than a class!”

Leah and Rich have made significant changes to their diet based on what they learned. “I’ve changed the oils I buy. I’ve expanded our breakfast menu. I’ve made tacos for the first time ever,” she says. “The most important thing? I am now better equipped to address my needs as a diabetic and someone with the BRACA2 gene.”

Leah and Rich have become true believers in the Teaching Kitchen’s fundamental concept — culinary medicine. “How incredibly overdue to make the connection between better health and what you eat,” says Leah. “I can’t believe there’s a patient in any department that wouldn’t benefit!” ♥

“I am now better equipped to address my needs as a diabetic and someone with the BRACA2 gene.”

Special Thank-You Gift for YOU

from the Teaching Kitchen

Please enjoy the enclosed recipes, created by chefs Nate and Max for the Teaching Kitchen, as our thank-you to you, our amazing donors!



You can be sure these recipes are easy to make, delicious, and healthy. Great for the body, mind, heart, and soul!