



## Center for Regional Food and Farming

### **REGIONAL COOKING FOR HEALTH** **SESSION DESCRIPTIONS**

#### **I. FOOD SOVEREIGNTY IS PUBLIC HEALTH**

**Speaker:** Megan Larmer, Director of Regional Food at Glynwood

**Time:** 9:30 - 9:50

Access to nutritious, affordable food is paramount to creating healthy, thriving communities and improving population health. Despite its importance, systemic inequalities result in disparate opportunities and outcomes for accessing nutritious food. The current pandemic has brought the inequities of our food system to the forefront of national attention; however, this is a longstanding crisis that demands innovative public health solutions. Megan Larmer will speak on how she, Glynwood, and regional partners are working together to build a better, more equitable food system in the Hudson Valley. Participants will learn about the concept of food sovereignty, its importance in building a more equitable food system, and how it differs from food security.

**After attending the session, participants should be able to:**

- Understand what food sovereignty is and how it relates to the idea of food security, accessibility, and affordability.
- Describe how food sovereignty can be improved and its benefits for addressing systemic barriers in the food system.

#### **II. Q & A**

**Speaker(s):** Mark Bittman, Award-winning journalist and author, and Dr. Sezelle Gereau, Otolaryngologist and Integrative Medicine Practitioner

**Time:** 9:50 - 10:20

The rising popularity of intermittent fasting, plant-based eating, the Paleo diet, and similar trends have made questions such as what to eat, how to eat, and how to cook more complicated than ever before. Navigating this complex foodscape can be daunting and often confusing - leaving people unsure of how to cook and eat in a way that both tastes good and is good for you. Mark Bittman and Dr. Sezelle Gereau bring their combined expertise to provide clear, no-nonsense answers to your questions and cooking, food, and health. Attendees are invited to submit their questions before the event.



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### III. REGENERATIVE AGRICULTURE

**Speaker(s):** Nicole Scott, Livestock Manager, and Jarret Nelson, Vegetable Production Manager

**Time:** 10:10 - 10:30

There is a common disconnect between us, how our food is grown, and how our food choices can help or hinder our own health and the health of the environment. Nicole Scott and Jarret Nelson will provide a 101 regenerative agriculture and highlight its importance in fostering healthy soil for generations, promoting biodiversity, and producing tasty and nutritious and foods.

**After attending the session, participants should be able to:**

- Describe how regenerative agriculture practices benefit both human and environmental health.
- Understand the unique benefits of regenerative agriculture, including soil quality improvements, land conservation, and nutrient density in foods.

### IV. CONVERSATIONS ON COOKING

**Time:** 10:35 - 11:20

This session provides an opportunity for smaller, more in-depth conversations with our speakers and other attendees. This is a chance to reflect on the morning's topics and dive deeper into how regional food connects with health and healthcare.

### V. CULINARY WORKSHOP

**Speaker:** Dr. Robert Graham, Chef & Physician

**Time:** 11:30 - 1:00

All participants are invited to cook along at home as Dr. Graham teaches cooking techniques and recipes using regionally sourced, seasonal ingredients. Recipes, shopping lists, and a map of where to shop for local and regional ingredients will be provided to all participants prior to the workshop.

**Learning Objectives:**

- Understand the therapeutic value of cooking and the role it plays in fostering health.
- Learn fundamental cooking techniques that you can incorporate into your home cooking.