

# Cook Well, Eat Well, Live Well

A culinary medicine program co-founded by Basil's Harvest, Carle Health, OSF Saint Francis Medical Center, and University of Illinois College of Medicine, Peoria.



## ✦ Blending the Art of Cooking with the Science of Nutrition ✦

The Culinary Medicine program for Family Practice Residency is designed to **educate medical residents on the integration of culinary arts and nutrition science into patient care.** Built on a foundation supported by **Food is Health**, this program emphasizes practical skills and evidence-based knowledge while enhancing the residents' ability to promote healthy eating and lifestyle choices. A special focus includes sustainable agriculture and environmental nutrition.

### **i** What is Food is Health?

Food is Health is an approach to nutrition that is rooted in traditional knowledge and evidence-based practice, **prioritizing food as a key component in providing healthcare to people.**

### Cook Well brings to light four key takeaways:

- 1 Integrated Learning:** Modules aligned with medical teaching topics enhance the integration of nutrition and culinary education within the medical curriculum.
- 2 Disease Prevention Through Nutrition:** Experiential learning sessions demonstrate the critical role of nutrition in disease prevention, equipping participants with practical skills to promote health through diet.
- 3 Essential Kitchen Skills:** Basic kitchen skills are taught to enhance the ability of healthcare professionals to share healthy meal tips with patients.
- 4 Planetary and Human Health Connection:** The program explores the relationship between sustainable eating practices and overall health, emphasizing the importance of environmental sustainability in dietary choices.



**"the chefs and instructors made everything so engaging and hands-on."**

-Student feedback from the Cook Well, Eat Well, Live Well Program

**Contact us today to learn more!**

[basilsharvest.org](http://basilsharvest.org)

