



ELMIRA COLLEGE

OFFICE OF COMMUNICATIONS AND MARKETING

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Contact:

Jennifer L. Swain

Director of Communications and
Marketing (607) 735-1894 – Office
jswain@elmira.edu

Community meal marks culmination of Healthy Kitchens Project

Elmira, New York – Students and community members recently came together at the Transformation Center, located at 314 W. Church Street, for a Healthy Kitchens Project culminating event, the preparation and serving of a community dinner.

The meal, planned by EC nursing students Courtney Tibbetts '18, Valerie Zamor '19, and Courtney Ward '19, was prepared by students and families from the community and served to over 50 people. Students and community members also had a chance to discuss the meal planning, food purchasing, recipe substitutions, meal preparation, and food storage to aid in healthy



Elmira College students and community members recently came together to prepare and serve a community dinner as part of the Healthy Kitchens Project. EC students Courtney Tibbetts '19 (left) and Valerie Zamor '19 (right) chop vegetables while other students and community members work on additional food preparation.

lifestyle choices. Sponsored by Arnot Health, the academic-community partnership project was led by Dr. Beth Dollinger of Arnot Health and EC faculty members, Drs. Denise Talenti and Susan Gustafson.

Healthy Kitchens Project is an interdisciplinary cooking course, developed by Tulane University, which teaches important nutrition concepts in a way that helps health professionals to understand the practical dialogue they can have with their patients about lifestyle change. The course also provides health providers with evidence-based information on dietary education for patients. The train-the-trainer program helps to translate the literature for use in day-to-day practice. Nine modules comprise the course with each week focusing on a different aspect of nutrition as it relates to preventative and management features of chronic disease. Following the completion of the nine modules, students partner with community members to prepare nutritious, economical meals in the community setting.

About Elmira College

Elmira College is a private, coeducational, Phi Beta Kappa college founded in 1855, located in Elmira, New York. The College has an undergraduate enrollment of approximately 1,200 full-time mostly-residential students, and is the guardian of Quarry Farms where Mark Twain summered for decades and where he wrote many of his most iconic novels and is today a research center for visiting Twain scholars. The College has been ranked as a Best College in the Northeast by *The Princeton Review* and a Top Tier regional liberal arts college by *U.S. News & World Report*, which has also ranked Elmira College as a leading college, nationally, for student internships. *The Philadelphia Inquirer* cited the Elmira College campus as 'picture postcard perfect.'