

Introducing the Cultural Plate Lab

A **New Initiative** of the **Culture & Community Subgroup** of the **Ohio Academy of Nutrition and Dietetics**.

Learn. Cook. Share. Inspire.

A Hands-On Culinary Learning Experience for Registered Dietitians and DTRs

As nutrition professionals, we understand the science of healthy eating, but many of us have had limited opportunities to develop culinary skills that bring nutrition recommendations to life.

The Cultural Plate Lab was created to *build culinary confidence*, foster cultural awareness, and provide practical food-based teaching strategies that support chronic disease prevention and management.

Join us for our inaugural hands-on cooking demonstration and discover how culinary skills can enhance patient education, community programming, and nutrition counseling.

What You'll Gain:

- Foundational culinary techniques and cooking confidence
- Creative, evidence-based recipes and meal ideas
- Exposure to diverse cultural foods and flavors
- Practical tools for teaching patients and clients
- Opportunities to learn from and network with fellow RDs and DTRs

Whether you're new to cooking or already comfortable in the kitchen, you'll leave with valuable skills, resources, and inspiration to strengthen your practice.

THURSDAY
SEPT
10
2026

LIVE
STREAMED
INTERACTIVE
EVENT

**REGISTRATION
REQUIRED**

