



Cook Well, Eat Well, Live Well

A culinary medicine program co-founded by Basil's Harvest, OSF Saint Francis Medical Center, and 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.**

Emphasizing practical skills and evidence-based knowledge, this program aims to enhance the residents' ability to promote healthy eating and lifestyle choices. A special focus includes sustainable agriculture and environmental nutrition.

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.

"Basil's Harvest is discovering and translating knowledge to advance the narrative of regenerative agriculture and the human health nexus through research and boots-on-the-ground educational experiences and outreach. With a focus on food, medicine, agriculture, and ecosystem health, they are helping us eat and treat our way to a healthier society."



Emily Heaton, PhD

Professor of Crop Sciences & Director of I-Regen, University of Illinois

Contact us today to learn more!

