

CAUSES/Washington Parks & People Healthy Cooking Course Concludes

The first "Healthy Cooking with Chef T" graduated six participants. The classes were offered in partnership with the Washington Parks & People's Riverside Healthy Living Center and hosted at their Northeast DC, location. In addition to cooking demonstrations, the course covered sanitation, knife skills, food safety and healthy menu planning under the tutelage of Tyrome "Chef T" Henson.

Participants agreed that the six-week long program was a success and that they intended to replicate the recipes they've learned at home. They also shared additional positive comments about their experience:

- *"I love the class. I love how to make different things and learning about MyPlate and food techniques. Chef T is very precise!"*
- *"I enjoyed the knife tutorial; and learning how to handle a knife."*
- *"It was great meeting other participants from different Wards, and getting to know them better."*



The Center for Nutrition, Diet and Health (CNDH), a landgrant center within the University of the District of Columbia's College of Agriculture, Urban Sustainability and Environmental Sciences, offers research-based academic and community outreach programs that improve the quality of life and economic opportunity of people and communities in the District of Columbia. Under the leadership of Dr. Lillie Monroe-Lord, CNDH focuses its efforts on assisting District residents to acquire and improve knowledge, skills and behaviors associated with health and well-being throughout the life cycle and with utmost cultural sensitivity. CNDH combines education and outreach to educate D.C. residents on the benefits of a healthy lifestyle. Using these methods, CNDH helps to improve consumer awareness and health sustaining behaviors among District residents through education projects related to food, nutrition and health.



Programs such as these could not be accomplished without the help of our partners, such as Washington Parks & People, who collaborates with CAUSES on a number of initiatives. Site of the historic nightclub where Marvin Gaye first performed professionally, the newly restored Riverside Healthy Living Center is owned and operated by Washington Parks & People as a hub of park-based community revitalization, health, and peace. For the past 14 years, Parks & People has led the



community partnership to transform Marvin Gaye Park as a model for the entire city, using the park to advance public and environmental health, urban forestry and agriculture, youth development, fitness, arts and culture, and job training. For more information, please visit www.washingtonparks.net.

See additional photos from the final class on our [Facebook page](#).