



# SUSTAINABLE SOLUTIONS TEACHING KITCHENS

Confidence Starts in the Kitchen

*Building skills for health and well being*



SUSTAINABLE SOLUTIONS  
TEACHING KITCHENS

## OVERVIEW

Despite advances in clinical care, preventable chronic disease continues to drive healthcare utilization and costs. A key gap is that nutrition guidance often fails to translate into daily behavior change, largely because many patients lack basic cooking and food preparation skills. Teaching Kitchens bridge this gap by transforming nutrition science into practical, real-world skills that support long-term health.

## BENEFITS

- Builds practical daily habits through real-world cooking skills
- Increases patient confidence, self-efficacy, and adherence to nutrition guidance
- Extends prevention beyond clinical encounters
- Supports care teams by addressing behavioral drivers of chronic disease
- Reduces long-term healthcare utilization associated with diet-related conditions

*"The Teaching Kitchen transformed nutrition guidance into practical skills—I now feel confident, energized, and proud of the meals I prepare."  
—from a SSTK Participant*

☎ 650-474-1368

✉ [helenwirth@sustainablesolutionsconsult.com](mailto:helenwirth@sustainablesolutionsconsult.com)

📍 [www.sustainablesolutionsconsult.com](http://www.sustainablesolutionsconsult.com)

## SOLUTION

A clinical-adjacent learning environment designed for healthcare settings that translates nutrition science into practical, scalable skills patients can apply in everyday life—extending care beyond the clinic and supporting sustained behavior change.

01

### Culinary Fundamentals

This model is a practical, scalable learning environment for healthcare that focuses on applying nutrition science to real-world skills.

02

### Nutrition and Food Literacy

The curriculum combines practical culinary education with nutrition science, behavior change strategies, and sustainable food concepts.

03

### Programming Models

Programs can be tailored for inpatient, outpatient, and community settings, offering 1, 3, or 6-session modules through live demonstration, hands-on instruction or virtual settings