

# Hennepin Healthcare Redleaf Center for Family Healing The Kitchen Table



## There are few things more central to the health and well-being of families than food.

Food is nutrition. Food is community. Preparing and sharing food can be an act of nurturing and love. But for many families, particularly parents with young children, food can become a source of stress, and bad habits around nutrition can have long-term health consequences.

The Kitchen Table at the Redleaf Center for Family Healing will help families tap into the power of food. It will provide a gathering place for pregnant mothers, fathers, and families to cook, share meals, and understand how food can bring them together.



The United States has seen a dramatic increase in nutrition-related illnesses over recent decades. Obesity, diabetes, heart disease and many types of cancer have direct links to the nutrition we put in our bodies.

The reality is that many people were never taught how to cook. Many health professionals haven't been trained on how nutrition can play a role in prevention of disease. Many families don't have access to healthy food and rarely take time to prepare and share meals together.

The Kitchen Table will help reverse these trends through multi-generational programming, bringing families together within the Redleaf Center to cook, share meals, and develop new approaches to nutrition and food.

## Elements of The Kitchen Table

- **Family Resiliency** - Provide a gathering space for children and families to create bonding experiences centered around food.
- **Food Therapies and Practices** - Promote health and healing by incorporating culturally relevant food choices that nourish the body, mind and spirit.
- **Healthy Cooking and Living Classes** – Teach preparation techniques and cooking skills to help families create meals that are low cost, nutritious and culturally relevant.
- **Partnerships and Alliances** - Work with community-based food justice programs to support the health and well-being of pregnant and postpartum women, fathers, partners, children and families, increasing access to healthy food.
- **Valuable Research** - Give students, residents, physicians and other providers the opportunity to work with families and conduct evidence-based research to further our understanding of the link between food and health.

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