ADDITIONAL RESOURCES COMPILED BY OUR VOLUNTEER TEAM

News Articles

Food insecurity in the US by the numbers (NPR, 2020)
Outlines the aggravating effects of COVID-19 on food insecurity in the US, focussing particularly on children, racial inequalities, and food deserts.

‘The sun shines for everyone:’ National City’s micro-business scene growing (San Diego Union Tribune, 2021)
Shows how the business scene of National City is changing, especially as a result of increasing numbers of micro-businesses opened up by young inhabitants from diverse backgrounds.

New government project promotes Indigenous food, agriculture (The Register Citizen, 2021)
Introduces government measures to acknowledge and incorporate Indigenous perspectives on food and agriculture into farming and ranching techniques.

The Art of Cooking for Health: Culinary Medicine (American Society for Nutrition, 2018)
Provides an introduction to Culinary Medicine focused on the immediate effects on day-to-day food choices.
**Scientific Publications**

*Provides an overview of the field of Culinary Medicine and the current state of research.*

*Provides in-depth analysis of the effects of sub-optimal diet on the global burden of non-communicable diseases.*

**Other**

Audio: *3 ways to honor (and pass on) traditions through food* (NPR, 2020)
*Underlines the need to recognize the cultural importance of food beyond its nutritional value.*

Video: *What to Eat: The Emerging Field of Culinary Medicine* (Harvard Medical School, 2019)

Video Series: *Adventurous Eating with Olivewood Gardens: A Healthy Cooking Video Series*.

Educational Program: *Cooking for Salud*

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**THE KITCHENISTAS**

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