



**HERO FORUM**<sup>2023</sup>  
**Doing Well by Doing Good:**  
How Responsible Organizations are  
Addressing Societal Challenges

### **Seed to Table Education for Sustainable and Equitable Food Choices**

Emily McBride, CPT, CHC, AdventHealth; Erica Clemons, CPT, CHC, AdventHealth

CREATION Life is AdventHealth's whole person philosophy that helps fulfill a plan to live happy and healthy lives. The eight principles of CREATION Life (Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition) can affect the way care is delivered to patients; colleague interactions; and connections with families and friends. Edible Education Experience is one of the many programs offered to team members that supports them in reaching whole person health. The Edible Education Experience aligns with four out of the eight principles of CREATION Life -- Choice, Environment, Interpersonal Relationships, and Nutrition. Edible Education Experience aims to promote food literacy, sustainability, and healthy living by providing hands-on learning experiences related to food and agriculture. This 4-week program includes virtual and in-person sessions with experts and professionals, including gardeners, chefs, and registered dietitians, to provide their expertise and knowledge with participants while creating meaningful dialogue around these topics. Their flagship program is the Emeril Lagasse Foundation Kitchen House & Culinary Garden, which features a teaching kitchen and an organic garden. Edible Education Experience collaborates with local farmers, chefs, and food entrepreneurs to support a thriving local food economy and promote sustainable agriculture. Overall, Edible Education Experience is committed to empowering people with the knowledge and skills to make healthier, more sustainable food choices and create a more equitable food system.

#### **Learning Objectives**

After completing this session, participants will be able to:

1. Name the benefits of a program like Edible Education Experience such as improved cooking skills, increased knowledge of nutrition, and increased environmental awareness.
2. Describe the impact of these types of programs through specific examples of success.
3. Identify strategies for implementing an education program, including best practices for program design, and potential challenges to anticipate.

**1 CEU (ADV)**

[View Slides](#)

[Take Session Survey](#)