

Jeanne Petrucci

Nutrition Educator & Culinary Instructor

Monday, January 6th

“Building a Healthy Kitchen”
4:00pm – Tree Dining Room

Join us for an informational cooking demonstration featuring *Roasted Squash and Kale Salad with a Tangy Ginger Almond Dressing* following a presentation on “Building a Healthy Kitchen”, with our guest Nutrition Educator and Culinary Instructor, Jeanne Petrucci. This inspiring workshop offers direction in understanding a diet rich in whole, plant-based foods. In this class, you will learn how to properly read food labels, create a home environment supportive of healthy eating habits, and discuss ways to create healthy, time saving meals at home.



As the founder of Living Plate®, Jeanne provides comprehensive nutritional education and culinary instruction using a variety of educational strategies and environmental supports that encourage self-sustaining, healthy eating behaviors.

Living Plate® educational programs enable individuals to bring life-giving, delicious foods into their kitchens.

Jeanne's passion for nutritional education stems from her time as a private cooking instructor over the past 15 years. Although her culinary experience is grounded in cuisines ranging from Thai to Mediterranean, Jeanne's focus as a nutrition educator is guided by the scientifically-evidenced belief that a diet rich in whole, plant-based foods is optimal. She is currently a second year M.S. Nutrition Education Candidate and Registered Dietitian Candidate at Teachers College of Columbia University.