

A TULANE UNIVERSITY
SCHOOL OF MEDICINE
INITIATIVE TO PROMOTE
CULINARY LITERACY – AND
CHANGE THE COURSE
OF CHRONIC DISEASE IN
AMERICA



The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

Sustainability

The Goldring Center for Culinary Medicine allows physicians to understand how to make lifestyle discussions part of their routine visits with patients and set a positive example by making healthy choices themselves.

To Whom It May Concern:

Tulane's STARS application includes information on many programs that fall under the broad and inclusive definition of sustainability proposed by the Association for the Advancement of Sustainability in Higher Education, which includes programs "encompassing human and ecological health, social justice, secure livelihoods, and a better world for all generations."

The Goldring Center for Culinary Medicine is a unique and innovative university program that advances human health and contributes to creating healthy communities.

The Culinary Medicine program brings a new approach to educating doctors to better advise their patients on healthy eating. With this training, Tulane Medical Students are equipped in a new way to advance healthy eating, wellness, and preventive medicine in their practice and communities. It is a first-of-its-kind program that has the potential to transform how doctors approach the connections between cooking, eating and health.

Locally, the participation of the Goldring Center for Culinary Medicine helped a local community development organization re-develop an abandoned grocery store in a blighted neighborhood into a beacon of healthy, sustainable eating. The Goldring Institute is an important tenant alongside a Whole Foods Market, a restaurant run by a youth development organization, and a community garden. Known as the Re-Fresh Project, it opened in spring 2014.

The Goldring Center for Culinary Medicine offers CME classes for practicing physicians and free community classes at this site, in addition to its courses for medical students.

With regards,

Timothy S. Harlan, M.D.
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Executive Director - Goldring Center for Culinary Medicine
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