

Food, Culture, and Connection:

**Building Trust Through
Nutrition**



Jasmine Westbrooks-Figaro,
CDCES, MS, RD, LDN

Ashley Carter, MS, RD, LDN

Moderators

Panelist



**John "Wesley"
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MS,RD,LD,CSCS**



**Alexis D. Motley,
MS, RD, LDN**



**Lorraine Cordeiro,
Ph.D., M.P.H.**



As culinary and nutrition professionals,
how can we use food to build
connections rather than simply deliver
health messages?

How can chefs and nutrition professionals work together to reframe health and wellness in ways that celebrate cultural food traditions?

What does a culturally responsive dining experience look like, and why does it matter for building trust with guests, patients, students, and community members?

How can chefs maintain the authenticity and cultural significance of traditional dishes while also supporting health goals such as reducing sodium, increasing fiber, or managing chronic disease?

What role does storytelling play in food experiences? How can sharing the history, people, and traditions behind a dish help strengthen engagement and trust?

**What does cultural humility look
like in a kitchen, classroom,
healthcare setting, or a
community program?**

Wesley, from your perspective, how can policy, culinary education, and community engagement work together to create more equitable and culturally inclusive food environments?

Alexis, what are some practical strategies chefs and culinary professionals can use when communicating nutrition information without making people feel judged or disconnected from their cultural foods?

What responsibility do chefs have in preserving cultural food traditions while also helping shape the future of healthier eating?

How can culinary professionals become
better listeners when working with
communities whose food traditions may
differ from their own?

What trends are you seeing in culturally inclusive dining, and how do you think they will shape the future of the culinary industry?

Closing: If every chef, culinary educator, dietitian, and foodservice professional left this conference committed to doing one thing differently to build trust through food, what should that one thing be?