




"They are truly saving my life," said Candice, "one recipe at a time."

Through your gifts, Providence Milwaukie Foundation funded more  than 50% of the annual operating costs of the Community Teaching Kitchen. Your generosity helps thousands of people annually. Thank you!

Providence Milwaukie Foundation

Where fresh food and good nutrition improve lives

What do you get when you combine a fresh vegetable garden, a fully equipped kitchen and a team of dietitians and chefs? A recipe for changing lives. That's the story of the Community Teaching Kitchen at Providence Milwaukie Hospital, made possible by grants and your generous gifts.

The Community Teaching Kitchen offers cooking and gardening classes as well as nutrition education – in English and Spanish – to help patients improve their health through what they eat. It also helps families facing hunger. **In 2023, a Family Market in the teaching kitchen distributed 76,356 pounds of food.** The market, a food pantry, uses a grocery store shopping model and stocks nutrient-dense food and healthy ingredients.

The Community Teaching Kitchen is having documented success. A study in the journal *Nutrients* in 2023 said that patients saw “significant improvements” in reducing diabetes risk, lowering blood pressure, losing weight and decreasing cholesterol. Another study found that the program has increased participants’ confidence and skills in cooking and gardening, ability to manage diabetes and overall sense of well-being.


“We provide a safe space to inspire hope, healing and health through horticultural and culinary medicine,” said Kayla Guillory, MS, RD, LD, CDCES, part of the Community Teaching Kitchen team.


Just ask Candice Brown. When her doctor told her she needed to make eating changes, Candice didn't know where to start. “I was lost,” said Candice, who has heart disease, high cholesterol and other health-related issues.


The Community Teaching Kitchen care team showed Candice how to prepare nutritious – and delicious – meals that improved her health and her outlook.


“They taught me how to cook in my own kitchen and have good food,” said Candice. “It helped me look forward to tomorrow. There is no way to describe the feeling of someone giving you hope.”


In 2023, you helped:

 Purchase two echocardiogram units, significantly decreasing patient wait times for this procedure

 Purchase and deploy a LUCAS automatic chest compression machine for heart attacks/codes, providing consistency for patients and physical relief for caregivers

 Support shorter neonatal intensive care unit stays, improved birth outcomes and a significant increase in the use of maternal and pediatric medical primary care through Project Nurture

 Underwrite the Patient Support Fund to help patients who need assistance with medication co-pays, transportation and more

 Support the Family Medicine Residency Program with training, supplies, education and free books for pediatric patients

 Award four Health Careers Education Scholarships to Providence caregivers

2023 total dollars raised by fund

- Area of Greatest Need | 13%
- Behavioral Health | 2%
- Caregiver Development | 3%
- Community Teaching Kitchen | 7%
- Heart | 69%
- Family Medicine Residency | 2%
- Patient Assistance | 1%
- Other Funds | 4%

