



Providence Milwaukie Hospital  
**Community Teaching Kitchen**  
 and Outpatient Nutrition Services

*Supporting good health through good food*

## Q4 2022 Offered Classes and Services

CTK Classes			
Q4 - 2022	Monday	Tuesday	Thursday
October	<b><u>Bring Joy to the Kitchen Powered by Basecamp</u></b> October 17 <sup>th</sup> 12-1PM	<b><u>Find Your Balance</u></b> October 4 – November 8 10-12PM	<b><u>In Peron Diabetes/Culinary</u></b> September 15- October 6 10am-12pm
	<b><u>Virtual Support Group</u></b> October 3 <sup>rd</sup> 1-2PM	<b><u>Nutrition &amp; Culinary Basics Part 2</u></b> October 4-25 3-5pm	<b><u>Virtual Nourish Your Heart</u></b> October 27 – November 17 10am-12pm
	<b><u>VIRTUAL Diabetes/Culinary</u></b> September 12- October 3 3-5PM	<b><u>Virtual: Culinaria Nutricional</u></b> October 11 – November 15 5:30-7:30pm	<b><u>Bring Joy to the Kitchen Powered by Basecamp (Spanish)</u></b> October 20 <sup>th</sup> 12-1PM
	<b><u>VIRTUAL Diabetes/Culinary</u></b> October 31 – November 21 3-5PM		<b><u>In Person: Culinaria Nutricional</u></b> October 13 – November 17 5-7pm
November	<b><u>In Person Diabetes/Culinary</u></b> October 31 – November 21 10am-12pm	<b><u>Find Your Balance</u></b> October 4 – November 8 10am-12pm	<b><u>Virtual Nourish Your Heart</u></b> October 27 – November 17 10am-12pm
	<b><u>Healthy Holiday Eating Powered by Basecamp</u></b> November 21 <sup>st</sup> 12-1PM	<b><u>Intuitive Eating</u></b> November 15 – December 20 10-12PM	<b><u>Healthy Holiday Eating Powered by Basecamp (Spanish)</u></b> 24 <sup>th</sup> 12-1PM
	<b><u>Virtual Support Group</u></b> November 7 <sup>th</sup> 1-2PM	<b><u>Virtual: Culinaria Nutricional</u></b> October 11 – November 15 5:30-7:30pm	<b><u>Holiday Delight (English)</u></b> November 3 – December 22 3-4PM
	<b><u>Virtual Diabetes/Culinary</u></b> October 31 – November 21 3-5PM		<b><u>In Person: Culinaria Nutricional</u></b> October 13 – November 17 5-7pm
December	<b><u>Nourishing Self-Care Powered by Basecamp</u></b> December 19 <sup>th</sup> 12-1PM	<b><u>Intuitive Eating</u></b> November 15 – December 20 10-12PM	<b><u>Nourishing Self-Care Powered by Basecamp (Spanish)</u></b> December 22 <sup>nd</sup> 12-1PM
	<b><u>Virtual Support Group</u></b> December 5 <sup>th</sup> 1-2PM		<b><u>Holiday Delight (English)</u></b> November 3 – December 22 3-4PM
			<b><u>Holiday Delight (Spanish)</u></b> December 1 - 22 4:30-5:30PM





## Medical Nutrition Therapy (MNT) Classes

### **Diabetes Education with Culinary Nutrition (English)**

Series (2 hours, 4 weeks) Mondays, 3 - 5 p.m. VIRTUAL

October 31 - November 21

Diabetes education class combines traditional diabetes self-management education with culinary nutrition. Each class includes live cooking demonstrations.

### **Diabetes Education with Culinary Nutrition (English)**

Series (2 hours, 4 weeks) Thursdays, 10 a.m. - 12 p.m. IN-PERSON

October 31 - November 21

Diabetes education class combines traditional diabetes self-management education with culinary nutrition. Each class includes live cooking demonstrations held in-person at Providence Community Teaching Kitchen.

### **Nutrition and Culinary Basics: Part 2**

Series (2 hours, 4 weeks) Tuesdays, 3 - 5 p.m. VIRTUAL

October 4 - 29

Take a deep dive into nutrition facts label reading, micronutrients and beneficial plant food properties paired with cooking demonstrations that involve more advanced cooking skills/techniques.

### **Find Your Balance**

Series (2 hours, 6 weeks) Tuesdays, 10 a.m. - 12 p.m. VIRTUAL

October 4 - November 8

Explore lifestyle and behavior changes for improving quality of life and meeting health goals. Classes combine nutrition education with culinary education. Find Your Balance is appropriate for patients with hypertension, hyperlipidemia, pre-diabetes, or anyone looking to improve their health!


### **Holiday Delight!**

Series (2 hours, 8 weeks) Thursdays, 3pm-4pm (English) VIRTUAL

November 3 - December 22

4:30 - 5:30 p.m. (Spanish) December 1 - December 22

Learn to navigate healthy cooking and eating over the holidays. Classes combine nutrition education with culinary education. Recipes will be focused on traditional holiday dishes or desserts with a healthy twist!



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### **Intuitive Eating**

Series (2 hours, 6 weeks) Tuesdays, 10 a.m. - 12 p.m. (English) VIRTUAL  
November 11 - December 20

Learn to reject the “diet mentality” and be more in tune with your internal body cues using the 10 principles of intuitive eating (IE). IE is a self-care eating framework, which integrates emotion, instinct and rational thought to help us rebuild a healthy body image and make peace with food. Nutrition education will be paired with cooking demonstrations.

### **Virtual Support Group**

Individual class (1 hour, once a month) Every 1<sup>st</sup> Monday, 1 - 2 p.m. VIRTUAL  
Must have completed prior MNT series  
October 3, November 7, December 5

We welcome those who have participated in MNT class(es) to join us for an hour of cooking demonstrations, additional support, and social connection.

## **Community and Specialty classes**

### **Culinary Nutrition Takeover @ Basecamp** VIRTUAL (English)

Individual class (1 hour, once a month) every 3<sup>rd</sup> Monday, 12 - 1 p.m.  
October 17, November 21, December 19

Join us as we highlight a special topic that relates to the month in which the class is given. <https://welcometobasecamp.org/providencetk>

### **Nutrición Culinaria@ Basecamp** VIRTUAL (español)

Clase individual (1 hora, mensual), Cada cuarto jueves, 12 - 1 p.m.  
20 de Octubre, 24 de Noviembre, 22 de Diciembre

Esta sesión culinaria en vivo de CTK proporciona una conversación sobre el tema del mes. <https://welcometobasecamp.org/providencetk>

### **Nutrición Culinaria: Series de Prevenir y Manejar la Diabetes (VIRTUAL)**

Curso de 6 semanas (2 horas cada semana) martes, 5:30 - 7:30 p.m.  
Octubre 11 - Noviembre 15

Un taller comunitario y gratuito ofrecido por Providence Community Teaching Kitchen. Prepararemos comida nutritiva y económica con nuevas recetas y ingredientes cada <https://welcometobasecamp.org/everwherecalendar/2022/10/11/series-culinarianutricional>





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### **Nutrición Culinaria: Series de Prevenir y Manejar la Diabetes (EN PERSONA)**

Curso de 6 semanas (2 horas cada semana) jueves, 5 - 7 p.m.

Octubre 13 - Noviembre 17

Un taller comunitario y gratuito ofrecido por Providence Community Teaching Kitchen. Preparemos comida nutritiva y económica con nuevas recetas y ingredientes cada <https://welcometobasecamp.org/everywherecalendar/2022/10/13/series-culinarianutricional>

## **Class Types and Details**

### **Medical Nutrition Therapy (MNT) Classes**

- Series and individual classes
- **Referral required; insurance billed, financial assistance available**
- Recipe box pick-up available for these courses
  - Please call 503-513-8067 to set up a pick-up date and time.
- **For participants:**
  - We always encourage you to double check your insurance coverage before your appointment to clarify any out-of-pocket expenses you may be responsible for. You will need the following:
    - NPI: 1366536963/ Facility#:1366536963
    - Provider: Providence Milwaukie Hospital
- **For providers:**
  - Referral Code: REF20H (OR REG NUTRITION AND DIABETES EDUCATION – AMB REFERRAL short name OR REG for short)
  - Please indicate which class the patient is interested in taking

### **Community Classes and Special Programming**

- Series and individual classes
- No referral required, no cost
- Online registration required





## Additional Resources

### Family Market Pantry – Food Boxes

The Community Teaching Kitchen continues to offer curated, healthy food boxes for patients and community members experiencing food insecurity. Food Boxes serve as a 2-to-3-day emergency food supply for families

- **For providers:**
  - Referral Code: REF50CL, please indicate food insecurity in referral
  - EPIC Dot Phrase for Pantry Hours during COVID: .CTKCOVIDHOURS

### Community Resource Specialist

Send referrals or provide patients with our community resource specialist's phone number for those who may benefit from their services.

- **For providers:**
  - Referral Code: REF244CRD, please indicate services or resources desired by the patient

**For more information,  
please contact our Patient Navigator  
503-513-8067**