Baltimore Community Cookbook Collaboration

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Margaret Brent Elementary and Middle School Program

The alarming rates of childhood obesity in Baltimore, where one in three high school students is obese, propelled Johns Hopkins Preventive Medicine faculty and residents to develop a Baltimore community-based partnership focusing on obesity prevention through nutrition and culinary education in 2016. The program’s success in Remington has led to expansion into a second weekly program called the Youth Cooking Club. The Youth Cooking Club brings a new neighborhood partnership: Margaret Brent Elementary and Middle School. Both weekly programs are located in the Remington neighborhood community of Baltimore, where unhealthy food choices are in abundance. Twelve elementary and middle school students are enrolled in the club for the academic year 2018-2019. Students in the program receive a formalized nutrition curriculum, including grocery shopping, food storage, kitchen safety, and meal preparation of low-budget, healthy recipes. In addition to the educational objectives of the program, the physician program leaders plan to create a cookbook based on the recipes generated from their culinary collaboration with the program’s students and their families. A 30-recipe cookbook will be distributed to participants of both the youth and family cooking programs and a wider neighborhood community and inform culinary education classes in future academic years.