

Regenerative Cooking for Mental and Physical Wellbeing

Tuesday, October 28, 2025
Time: 12:00-1:00 pm

Topic:

Food, food systems, and nutrition are fundamental to both physical and mental health. Yet, they are not well understood or applied in most health care contexts, particularly as they pertain to preventive care and chronic disease. This webinar integrates the concepts of social determinants of health, food skills and literacy, and chronic disease prevention/management through culinary nutrition education and developing the skills and literacy to improve health and wellbeing.

Presenter(s): Jenny Breen, MPH, M Ed.

Jenny Breen is a Chef, Public Health Nutritionist, culinary educator (faculty in culinary nutrition at the Bakken Center for Spirituality and Healing at the University of Minnesota), and Teaching Kitchen Manager at Hennepin Healthcare's Redleaf Center for Family Healing. Jenny has been a passionate educator and cook for over 30 years, working at the intersection of food, health, and community in the Twin Cities and across the U.S. She is a strong advocate for food literacy and culinary skills as essential components of health equity and wellbeing. Jenny believes that all health care practitioners should develop food skills to better support patients in navigating our complex food and health care systems. She is committed to the belief that food is a human right—not a privilege—and works toward building an equitable, accessible, and sustainable food system for all.

Who should participate/Audience:

Health care providers, nurses, public health, health educators, care coordinators, social workers, therapists, community health workers, and anyone who interacts with individuals from other cultures.

Objectives:

- Define the food system and social determinants of health
- Identify the context of mental and physical health in our current food and healthcare environment
- Discuss the role of food and cooking in health and wellbeing
- Explore our food stories and some delicious and simple ways to incorporate 'healthy' food into our lives

CEU - Participants should contact their relevant licensing board to determine if this program will meet continuing education requirements and CEU values.

This webinar is free, but space is limited. Click here to [Register](#).

This webinar is presented by a collaboration of Minnesota health plans with a focus on improving care for people with co-occurring diabetes and depression in Minnesota. Thank you to Blue Plus, HealthPartners, Hennepin Health, IMCare, Medica, PrimeWest, South Country Health Alliance, and UCare for their commitment to this issue.



All webinars will be posted on the [Health Plan Performance Improvement Project website](#).