


nourish
HOWGOODFOODWORKS.ORG



2025

**CATALOGUE OF
SERVICES**








 **UTHealth Houston**
School of Public Health


MICHAEL & SUSAN DELL
CENTER for HEALTHY LIVING

Healthcare without nutrition? Fruitless.



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FROM GARDEN TO KITCHEN TO CLINIC

Nourish teaches participants how to unlock the remarkable potential of what we eat, celebrating both the emotional and functional role food plays in our lives.

With an emphasis on hands-on techniques rooted in the belief that we learn best by doing, Nourish's classes are tailored to your team and taught by our registered dietitians, nutritionists, and chef.



Holistic Garden





CONTAINER GARDEN WORKSHOP


Learn the basics of gardening in small spaces


Our instructors will teach you how to grow fragrant herbs and vegetables in containers. Materials and plants for this class are included with registration.

 Time Frame: 60 minutes

 Cost: \$20/pp

 **Event size:**
Minimum of 10, maximum of 15 participants

 **Extras:**
Select from different themed container gardens such as a pizza garden, herbal tea garden, salsa garden, or pasta garden at no additional cost

 **Best for:**
Team building and employee wellness





Nourish Research and Demonstration Kitchen

Our kitchen provides experiential learning opportunities for students, professionals, and community members to cook healthy food and communicate nutrition principles in **practical hands-on terms.**

COOKING DEMONSTRATIONS (IN-PERSON)


Learn how to prepare different healthy recipes with garden items

Our instructors will show you how to prepare different recipes, while you sit back and relax. A sampling of the final menu will be offered.

 Time Frame: 1 hour

 **Event size:**

Minimum of 10, and maximum of 20 participants

 **Cost:** Internal Groups: \$40/pp External Groups: \$60/pp

 **Extras:**

Take home specialty items (herbed oil, dried herbs, spice blends, etc.) from \$5-\$10 each

 **Best for:**

Team building, employee appreciation, employee wellness, lunch & learn activities



COOKING DEMONSTRATIONS (VIRTUAL)

Learn how to prepare healthy recipes, without traveling to our location

Our instructors will show you how to prepare different recipes during a live- streamed demonstration. This is a great option for groups to learn a new recipe or cooking technique.

 **Time Frame:**

1 hour

 **Cost:**

\$250

 **Event size:**

Unlimited - streamed via WebEx

 **Best For:**

Large groups, lunch & learn activities, employee wellness



SEED-TO-PLATE CLASSES

Experience the true meaning of seed to-plate by harvesting fresh vegetables and herbs in our Holistic Garden to prepare a delicious plant-forward recipe

Classes are led by Nourish chef/dietitians and feature seasonal vegetables available in the Holistic Garden. Participants will enjoy the meal they create.

Time Frame:

2 hours


Cost:

Internal Groups: \$80/pp

External Groups: \$104/pp

Event size: Minimum of 10, maximum of

16 **Extras:** RD/CHES CEU opportunities

 available with advanced notice and \$50 fee per group

Best For:

An in-depth experience for healthcare professionals, medical residents, and dietetic interns in programs without a culinary medicine emphasis



VIRTUAL COOKING CLASS

Learn healthy cooking techniques for disease-specific diets and other diet-related medical issues

Cook along from the comfort of your home kitchen with our cooking class streamed live via WebEx. Classes are led by Nourish chef/dietitians, recipes, handouts, and two RD/CHES CEUs are included. Participants will be expected to purchase ingredients ahead of time.

 **Time Frame:**

2 hours

 **Cost:**

\$400

 **Event size:**

Unlimited - streamed via WebEx

 **Best For:**

Registered Dietitians, Nutrition and Dietetics Technicians, nutritionists, health educators and other healthcare professionals interested in learning more about culinary medicine

VIDEO ANIMATION DESIGN




[Click to watch
examples of our
current animated
video library](#)


Using animation for educational purposes is an excellent way to deliver your message in an engaging format.

We design custom animated videos on different nutrition education topics with eye-catching graphics, voiceover, and music.

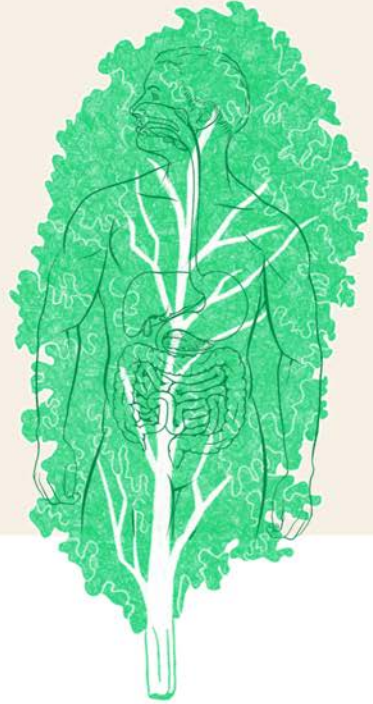
 **Cost:**
\$500

 **Package Includes:**

- A 3-minute animated video in HD format
- Script writing
- Voice over and music

 **Best For:**
Nonprofit organizations, clinics, hospitals, and instructors

SIMULATION LAB



MALNUTRITION WORKSHOP

This interactive workshop will provide your group the skills to identify and provide a diagnosis of malnutrition for patients

The malnutrition lecture is followed by a hands-on demonstration of the Nutrition-Focused Physical Exam using our high-fidelity manikin. The workshop is led by the UTHealth Houston School of Public Health Dietetic Internship Director.

Time Frame:

1.5 days

Cost:

\$235/pp

Dietetic internship directors: please contact us for student pricing

Event size:

Minimum of 10, maximum of 20 participants

Best For:

Dietetic internship directors or clinical nutrition managers

Extras:

- Each participant will receive the NFPE Pocket Guide, a medical penlight, and presentation handouts
- RD CEU opportunities are available with advanced notice and \$30 fee per group



MALNUTRITION WORKSHOP

HOSTED AT YOUR FACILITY

A shortened version of our 1.5 day malnutrition workshop, this interactive workshop will provide your group with skills to identify and diagnose malnutrition for patients.

 **Time Frame:**

4 hours

 **Cost:**

\$125/pp professional

\$75/pp student

 **Led by:**

The UTHealth Houston School of Public Health Dietetic Internship Director and conducted in your facility

 **Event size:**

Minimum of 10, maximum of 30 participants

 **Best For:**

Dietetic internship directors meeting the new ACEND competencies for dietetic interns
or Clinical Nutrition Managers conducting yearly training

 **Extras:**

RD CEU opportunities with advanced notice and \$30 fee per group

Contact Information



Contact Melisa Danho for courses in the
Simulation Lab

dieteticinternship@uth.tmc.edu

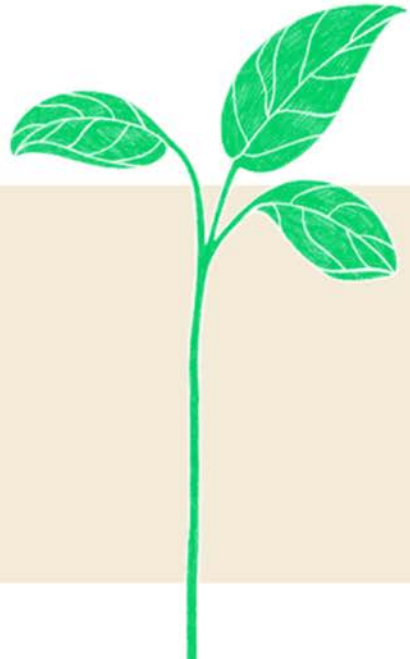
Contact Dolores Woods for courses related to the
Holistic Garden, Teaching Kitchen, or Video
Animation Design

Nourish@uth.tmc.edu

***A 10% administrative fee will be applied to the
total amount***

Nourish Mailing Address:

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