

MARYLAND UNIVERSITY OF INTEGRATIVE HEALTH

Teaching Kitchen Fund

At a Glance:

Maryland University of Integrative Health's pioneering Master of Science in Nutrition and Integrative Health focuses on the vital and interrelated physiological, environment, socio-cultural, and spiritual roles of food. It is the only program of its kind in the country that incorporates whole foods cooking labs into the curriculum, in which students learn culinary skills with a focus on the therapeutic use of food, herbs, spices, and flavors. The Teaching Kitchen will not only serve students academically, but will enable students, faculty, and renowned chefs and nutrition experts to share their skills with the medical and lay community. Contributions to this fund will be used to:

- Planning and creating a state-of-the-art Teaching Kitchen
- Establishing community partnerships and developing educational programming for the community, including workshops in family cooking, food as medicine, cooking for children, and mindful eating
- Establishing and expanding partnerships with medical and nursing schools to offer healthy cooking and nutrition education to healthcare providers through seminars, workshops, and symposia

Funding: \$1 million

Growing Enrollment Increases Need for State-of-the-Art Teaching Kitchen

In 2009, Maryland University of Integrative Health decided to embark upon an ambitious plan to significantly expand academic offerings, attract and retain the best and most talented faculty, and achieve university status. By the end of 2013, we had achieved each of these goals. In just four years, our academic programming has grown from four degrees and certificate programs to 18, and enrollment has nearly doubled to 800 graduate students. Also in 2013, we earned university status, making MUIH the only regionally-accredited university on the East Coast exclusively dedicated to integrative health and natural wellness.

As we look to 2015 and beyond, we have plans to continue expanding all our academic offerings, including increasing enrollment in the Master of Science in Nutrition and Integrative Health. The highly successful launch of this program in September 2011, and the consistent growth since that time, points to a strong demand for a progressive academic program in the growing field of whole foods nutrition. We are

quickly outgrowing our off-site cooking lab facilities, and in order to attract the brightest students and the highest caliber of faculty, we must provide an on-site Teaching Kitchen that allows optimal experiential learning.

Setting the Standards for the Field of Nutrition and Integrative Health

Maryland University of Integrative Health is leading the field of graduate education in nutrition and integrative health. This master's degree currently enrolls more students than any similar program at peer institutions. Our program ensures that graduates are prepared to sit for the Certified Nutrition Specialist (CNS) exam as well as other national board exams. It also positions graduates to become licensed in many states. The curriculum is anchored in a wellness-based philosophy that provides students with practical skills and applied theory, primarily through whole foods cooking labs.

In addition to graduating professionals capable of influencing nutrition choices and behavior patterns, MUIH is committed to improving community health by educating and influencing at-risk populations, including

individuals and groups dealing with obesity, diabetes, and heart disease—illnesses that are often preventable with proper nutrition. There is also a commitment to actively working with pockets of the greater community where limited access to health care and health education is increasing their health risks.

Providing Students, Faculty, and Community with an Optimal Experiential Learning Environment

The on-site Teaching Kitchen will allow students and faculty to have a greater impact on the local, regional, and national community. Not only will it serve students academically, but it will enable students, faculty, and renowned chefs and nutrition experts a place to share their skills with the medical and lay community through seminars, workshops, and symposia. It will become a community resource for youth and their parents, the elderly, health professionals, and various community organization and participants. Nationally-recognized visiting chefs will be featured regularly.

This Teaching Kitchen will serve to build greater awareness of wellness through nutrition and the healing power of food. It will indeed be a place for all to learn, to connect, and to heal.

Join Us

Join us in building the MUIH Teaching Kitchen, a unique and beautiful space and a truly healing environment that will advance the quality of teaching and learning, provide an educational resource for the community at large, and will ultimately lead to the integration of nutrition awareness and healthy cooking practices into the greater consciousness and in modern health care.



7750 Montpelier Road
Laurel, Maryland 20723
410-888-9048
www.muih.edu

Maryland University of Integrative Health is one of the nation's only accredited graduate schools with an academic and clinical focus on health and wellness.