

Kitchen Script

The Quarterly Newsletter of UAMS Culinary Medicine

2026
The Inaugural Edition

Nourishing Health
Through Food



Culinary Medicine connects food, health, education, and community to improve lives across Arkansas.

By the Numbers



25,000+
Pounds of
Produce
Distributed (from
inception)



200+
Healthcare
Learners
Trained



54
Teaching
Kitchen
Sessions



250+
Community
Participants



12
Community
Partnerships



Preparing Tomorrow's Healthcare Professionals

From PA students to interprofessional learners, hands-on culinary education builds skills for better patient care.

[Learn More](#) →

Community Impact

Healthy Outcomes through Produce & Education (HOPE)



Each week, Culinary Medicine staff, as part of the HOPE team, assemble fresh produce bags that are distributed to eligible cancer patients at UAMS Winthrop P. Rockefeller Cancer Institute.

Make it Snappy!



This new video series produced by Arkansas Department of Human Services and featuring Chef & Registered Dietitian Alyssa Frisby, dives into how to make quick, easy, and healthy recipes for anyone on a budget.

Arkansas Minority Health Commission (AMHC)



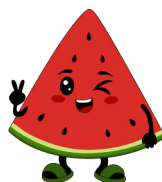
We share plenty of food, laughter, and connection while cooking up recipes from the Southern Ain't Fried Sundays cookbook with the AMHC community.

Teaching Kitchen Spotlight

Cooking for Parkinson's



Participants enjoy themed cooking sessions in a supportive environment that fosters confidence, connection, and independence.



Food as Medicine

Peaches



- Sweet, juicy, and packed with vitamin C and antioxidants.
- In season May-August
- Grill for extra sweetness!
- Add to salads, smoothies or yogurt bowls!



In the News



[FARE Video Series](#)

[Arkansas Taste Kitchen premiered statewide on Arkansas TV](#)

[State Legislators visit the Teaching Kitchen](#)

[UAMS Joins HHS Nutrition Pledge](#)

What's Next?

September

Pediatric ICU Fellows

October

Interprofessional Education

November

Home for Healing

Instagram



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