

BRIGHT LIGHTS AWARDS 2021

Nomination: Demonstrating a community response to COVID-19

**Essex County NPLC
Plant-Based Cooking Event**



The ECNPLC Registered Dietitians and co-workers collaborated with community stakeholders across Essex County to bring three healthcare sites, a vulnerable urban community and two rural communities together to build knowledge about and inspire incorporating plant-based foods into daily living. The ECNPLC team expanding outreach by hosting a multi-site community-based education and cooking demonstration. Our dietitians and the crew that supported them, supported patients' autonomous actions by helping them to build skills in preparing and cooking health food options and expanding their knowledge about food and nutrition sources. Since nutrition is known to play a major role in health, this project met the essential needs of our patients and stakeholders across our region.