

EDUCATION

LOCAL COLLEGES IN THE NEWS

HCC to Debut Healthy Cooking Series for 2023

HOLYOKE - Anyone resolved to eat healthier in the new year should consider enrolling in two new cooking series running in January at the HCC MGM Culinary Arts Institute.

"Healthy Cooking for Heart Health," a three-session series, begins Jan. 10 and runs on Tuesdays from 6-9 p.m.

"Healthy Cooking for Diabetes," also a three-session series, begins Jan. 12 and runs on Thursdays from 6-9 p.m.

All classes for both series are taught by Marissa Chiapperino, a registered dietician and instructor in HCC's Culinary Arts program.

"Certain foods can lower your risk of heart disease and diabetes or

help to manage it," Chiapperino said. "Making healthy adjustments to your daily meal plan does not have to be hard or boring. Oftentimes, adding in sources of healthy fats, whole grains, and high fiber fruits and vegetables can boost flavor and decrease the risk of chronic disease."

Each session costs \$80 and includes cooking lessons and lectures focused on different themes.

Healthy Cooking for Heart



Marissa
Chiapperino

Health: Jan. 10 (breakfast and carbohydrates); Jan. 17 (lunch and fats); Jan. 24 (dinner and proteins).

Healthy Cooking for Diabetes: Jan. 12 (meal prep / "Counting Those Cabs"); Jan. 19 (snacks / "The Power of Protein"); Jan. 26 (diabetes friendly breakfast / "Fat is Fabulous")

"Helping people in all types of settings understand accurate and evidence-based nutrition and how to individualize it best for them is key to long-term success and managing chronic disease," Chiapperino said.

Chiapperino holds a bachelor of science degree in dietetics from the State University of New York at

Oneonta and a masters of public health from the University of Massachusetts Amherst. She specialized in medical nutrition therapy for critical care and oncology at Westchester Medical Center in New York and was the first bariatric dietician at Holyoke Medical Center, where she helped build their nutrition program.

For the past two years she has been president of the Western Massachusetts Dietetic Association.

To register for classes, please go to: hcc.edu/healthy-cooking

For more information, please contact Lanre Ajayi, HCC's executive director of Education & Corporate Learning, at lajayi@hcc.edu ■