

## **Kristy McCarron MPH'19 Winner of a School Practice Award for Development of the YMCA Teaching Kitchen Toolkit**

Dr. Beth Resnick and April Tong from the Office of Public Health Practice and Training present Kristy McCarron, MPH'19 and the YMCA of Metropolitan Washington with the Johns Hopkins Bloomberg School of Public Health practice award for the development of "The Teaching Kitchen Toolkit."

The YMCA of Metropolitan Washington's mission is to foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all. The YMCA offers an array of community-based programs focused on nurturing the potential of every child and teen and improving the region's health and wellbeing.

Ms. McCarron oversees the community health initiatives for the YMCA of Metropolitan Washington, including anti-hunger and food access programs, as well as nutrition education programs in two teaching kitchens. For her MPH practicum, Kristy researched best practices of teaching kitchens within YMCAs, and wrote the "Teaching Kitchen Toolkit." The "Teaching Kitchen Toolkit" provides a comprehensive road map for YMCA teaching kitchens to advance their nutrition education and food programming. The toolkit outlines theories of behavior change and presents nutrition education best practices to foster deliberate teaching kitchen programs with increased impact and sustainability. Kristy focused on teaching kitchens within community-rooted spaces, such as the YMCA, as they are uniquely positioned to effect great change for diet-related diseases given their longstanding relationships with program participants.

More information on the YMCA of Metropolitan Washington is available at:  
<https://www.ymcadc.org/>

More information about the Teaching Kitchen Toolkit is available at:  
<https://teachingkitchentoolkit.com>