

Kidney Wellness Hub: “Come Cook With Us” Virtual Cooking Classes

In 2022, the Kidney Foundation launched the virtual Kidney Wellness Hub to support those affected by kidney disease and to help delay progression using evidence-based strategies.

To date, we have hosted **8 virtual cooking classes**, with **798 registrations** and **292 participants**.

We have prepared **37 recipes**, and created **67 video clips** that have reached **7,000 views**.



Engage Persons and Families living with Kidney Disease

- Kidney disease affects 1 in 10 people
- Beneficial nutrition habits can help delay the progression
- Surveys/data show that nutrition is a top priority for patients



Foster a Social Community

- Collaborate with patient cooking partners/co-hosts and dietitians
- Offer cooking classes, interactive demonstrations, and patient webinars to foster dialogue and support



Enhance Access to Reliable Nutrition Information

- Reduce burden of information overload and misinformation through the medium of cooking
- Increase knowledge transfer and knowledge translation through interactive classes



Promoting “Teaching Kitchens”

- Promote self-confidence, skill-building, and self-efficacy through joyful eating
- Honour cultural food ways, highlighting Indigenous traditions and learnings