

From: [Carrie Richerson](#)
To: [Grant, Khadijah \(DPH\); DPH-janna](#)
Cc: [Cindy Won; Sotomayor, Karla \(DPH\); Mariana Carranza; Perron-Burdick, Misa \(UCSF\); Moreno-John, Gina \(UCSF\); Lilian Yao; Mcnamara, Anusha \(DPH\); maryliang@mnhc.org; Cayanan, Gideon \(DPH\); Damian, Carolyn \(DPH\); Saffi, Ghezal \(UCSF\); Zhang, Lily \(DPH\); Chai, Christina \(DPH\); Terrie Li; Angela Di Martino; hpinon@curryseneiorcenter.org; Tsutaoka, Elsa \(DPH\); Monica Escobar; Liang, Crystal \(UCSF\); Deshpande, Saadhana \(DPH - Contractor\); Morales, Alex \(DPH - Contractor\); Linda Huerta; Ford, Azari \(DPH - Contractor\); Hannah Griggs; Maya; anthony@bvhpadvocates.org; Kevin Madrigal](#)
Subject: Free Food As Medicine Virtual Food Demos - 2/4 and 2/11 Recipes
Date: Thursday, January 27, 2022 12:49:41 PM
Attachments: [021122 - SFDPH Recipe Demo Flyers - Tomatillo Salsa - Spanish.pdf](#)
[021122 - SFDPH Recipe Demo Flyers - Tomatillo Salsa.pdf](#)
[021122 - Tomatillo Salsa - Food Pharmacy Recipes.pdf](#)
[021122 - Tomatillo Salsa - Food Pharmacy Recipes - Spanish.pdf](#)
[020422 - Roasted Veg - Food Pharmacy Recipes.pdf](#)
[020422 - SFDPH Recipe Demo Flyers - Roasted Veg.pdf](#)
[020422 - SFDPH Recipe Demo Flyers - Roasted Veg - Spanish.pdf](#)
[020422 - Roasted Veg - Food Pharmacy Recipes - Spanish.pdf](#)

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Hello!

I hope everyone is staying safe and doing well. We will officially be kicking off the 2022 virtual food demos again starting next **Friday, February 4th from noon-1pm**. Chef Kevin will be making Roasted Delicata Squash. Note that the provided recipe is for Roasted Root Vegetables generically, but Chef Kevin will be adding delicata squash to it.

Food demos will be held virtually for the time being, but we hope to hold them in-person at some point in the future, when it becomes safe to do so - so stay tuned!

We understand that due to various reasons, not all locations will be able to hand out the recipes/flyers right now, and that is fine.

Please let me know if you have any questions or concerns.

Regards,
Carrie

--

Carrie A. Richerson, MS, CHES

Program Manager

(412) 758-8053

[LeahsPantry.org](#)

[EatFresh.org](#)



From: [Mariana Carranza](#)
To: [DPH-janna](#); [Carrie Richerson](#)
Cc: [Grant, Khadijah \(DPH\)](#)
Subject: RE: [EXTERNAL]12/31 and 1/7 Food Demo Recipes and Flyers
Date: Wednesday, January 19, 2022 1:05:11 PM

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Hello,

No worries, thanks for checking-in!

I don't think many of our patients were attending these with Chef Kevin although seems like the few that were really appreciate it!

I can have AmeriCorps members help with surveying although we are passing out La Cocina gift cards and surveys this week so it might be a couple of weeks until we are able to gather some data.

Best,

MARIANA CARRANZA, RD

Registered Dietitian

She/Her pronouns ([Why is this in my email signature?](#))

HealthRIGHT 360

Integrated Care Clinic | Haight Ashbury Free Clinic

1563 Mission Street | San Francisco, CA 94103

mcarranza@healthRIGHT360.org | www.healthRIGHT360.org

From: Janna Cordeiro <janna@sfphf.org>
Sent: Wednesday, January 19, 2022 12:54 PM
To: Carrie Richerson <carrie@leahspantry.org>; Mariana Carranza <mcarranza@healthRIGHT360.org>
Cc: Khadijah <khadijah.grant@sfdph.org>
Subject: Re: [EXTERNAL]12/31 and 1/7 Food Demo Recipes and Flyers

Thanks Mariana for reaching out! Sorry with my family crisis there are a few things that I haven't been able to communicate about.

One thing that would be helpful as we figure out how to move forward ... if your NHC members could ask some/all of your patients their feedback about cooking demo's that would be great.

Carrie put together a survey that you can use as a guide to get feedback. Here it is...

<https://docs.google.com/document/d/1AC-ASsqht9kpFkK52SKLGfOYWWmxdQvKkWAolpBX2sQ/edit?usp=sharing>

Even if they survey 10-15 people that would be helpful. Omicron threw us a curve ball and we had hoped to incorporate some inperson cooking demos but that is on hold for now.

Thanks!

Janna

--

Janna N Cordeiro, MPH (she/her/hers)
Interim Program Manager, Food as Medicine Collaborative
Cell: 415.734.8345

Excited to share our new website!
www.foodasmedicinecollaborative.org

From: Carrie Richerson <carrie@leahspantry.org>
Date: Wednesday, January 19, 2022 at 12:19 PM
To: Mariana Carranza <mcarranza@healthright360.org>
Cc: Janna Cordeiro <janna@sfphf.org>, Khadijah <khadijah.grant@sfdph.org>
Subject: Re: [EXTERNAL]12/31 and 1/7 Food Demo Recipes and Flyers

Hi Mariana,

We are not sure right now, but hopefully in the next month or so!

Regards,
Carrie

On Wed, Jan 19, 2022 at 12:14 PM Mariana Carranza <mcarranza@healthright360.org> wrote:

Hi Carrie,

I was just told by one of our patients that the cooking demos from Chef Kevin are currently on hold



Any updates if and when they might resume?

Best,

MARIANA CARRANZA, RD

Registered Dietitian

She/Her pronouns ([Why is this in my email signature?](#))

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1563 Mission Street | San Francisco, CA 94103

mcarranza@healthRIGHT360.org | www.healthRIGHT360.org

From: Carrie Richerson <carrie@leahspantry.org>

Sent: Tuesday, December 21, 2021 5:08 PM

To: Cindy Won <cindy@clinicbythebay.org>; karla.sotomayor@sfdph.org; Mariana Carranza <mcarranza@healthRIGHT360.org>; misa.perron-burdick@ucsf.edu; Moreno-John, Gina <gina.moreno-john@ucsf.edu>; Lilian Yao <yao.elilian@gmail.com>; anusha.mcnamara@sfdph.org; maryliang@mnhc.org; gideon.cayanan@sfdph.org; carolyn.damian@sfdph.org; ghezal.saffi@ucsf.edu; lily.zhang@sfdph.org; christina.chai@sfdph.org; Terrie Li <tli@curryseniorcenter.org>; Angela Di Martino <adimartino@curryseniorcenter.org>; hpinon@curryseniorcenter.org; elsa.tsutaoka@sfdph.org; Monica Escobar <MonicaEscobar@mnhc.org>; Crystal Liang <crystal.liang@ucsf.edu>; saadhana.deshpande <saadhana.deshpande@sfdph.org>; alex.morales <alex.morales@sfdph.org>; Linda Huerta <lindahuerta@homelessprenatal.org>; Ford, Azari (DPH - Contractor) <azari.ford@sfdph.org>; Hannah Griggs <hgriggs@curryseniorcenter.org>; Maya <maya@bvhpadvocates.org>; anthony@bvhpadvocates.org

Cc: Kevin Madrigal <kevinmadrigal008@gmail.com>; Khadijah <khadijah.grant@sfdph.org>; Janna Cordeiro <janna@sfphf.org>

Subject: [EXTERNAL]12/31 and 1/7 Food Demo Recipes and Flyers

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Good evening,

Our final food demos for the year are upon us. There will not be a food demo this Friday, due to the holiday. The next two food demos will be as follows (see flyers and recipes attached):

- 12/31/21 - [Baked Pears with Maple Yogurt & Granola](#)
- 1/7/22 - [Persimmon Spinach Salad](#)

Please let me know if you have any questions or comments.

Have a great holiday and New Year!

Regards,

Carrie

--

Carrie A. Richerson, MS, CHES

Program Manager

(412) 758-8053

LeahsPantry.org

EatFresh.org



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--

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From: [Janna Cordeiro](#)
To: [Carrie Richerson](#); [Mariana Carranza](#)
Cc: [Grant, Khadijah \(DPH\)](#)
Subject: Re: [EXTERNAL]12/31 and 1/7 Food Demo Recipes and Flyers
Date: Wednesday, January 19, 2022 12:53:52 PM

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Thanks Mariana for reaching out! Sorry with my family crisis there are a few things that I haven't been able to communicate about.

One thing that would be helpful as we figure out how to move forward ... if your NHC members could ask some/all of your patients their feedback about cooking demo's that would be great.

Carrie put together a survey that you can use as a guide to get feedback. Here it is...

<https://docs.google.com/document/d/1AC-ASsqht9kpFkK52SKLGfOYWWmxdQvKkWAoIpBX2sQ/edit?usp=sharing>

Even if they survey 10-15 people that would be helpful. Omicron threw us a curve ball and we had hoped to incorporate some inperson cooking demos but that is on hold for now.

Thanks!

Janna

--

Janna N Cordeiro, MPH (she/her/hers)
Interim Program Manager, Food as Medicine Collaborative
Cell: 415.734.8345

Excited to share our new website!

www.foodasmedicinecollaborative.org

From: Carrie Richerson <carrie@leahspantry.org>
Date: Wednesday, January 19, 2022 at 12:19 PM
To: Mariana Carranza <mcarranza@healthright360.org>
Cc: Janna Cordeiro <janna@sfpfh.org>, Khadijah <khadijah.grant@sfdph.org>
Subject: Re: [EXTERNAL]12/31 and 1/7 Food Demo Recipes and Flyers

Hi Mariana,

We are not sure right now, but hopefully in the next month or so!

Regards,
Carrie

On Wed, Jan 19, 2022 at 12:14 PM Mariana Carranza <mcarranza@healthright360.org> wrote:

Hi Carrie,

I was just told by one of our patients that the cooking demos from Chef Kevin are currently on hold
Any updates if and when they might resume?

Best,

MARIANA CARRANZA, RD

Registered Dietitian

She/Her pronouns ([Why is this in my email signature?](#))

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mcarranza@healthRIGHT360.org | www.healthRIGHT360.org

From: Carrie Richerson <carrie@leahspantry.org>

Sent: Tuesday, December 21, 2021 5:08 PM

To: Cindy Won <cindy@clinicbythebay.org>; karla.sotomayor@sfdph.org; Mariana Carranza <mcarranza@healthRIGHT360.org>; misa.perron-burdick@ucsf.edu; Moreno-John, Gina <gina.moreno-john@ucsf.edu>; Lilian Yao <yao.elilian@gmail.com>; anusha.mcnamara@sfdph.org; maryliang@mnhc.org; gideon.cayanan@sfdph.org; carolyn.damian@sfdph.org; ghezal.saffi@ucsf.edu; lily.zhang@sfdph.org; christina.chai@sfdph.org; Terrie Li <tli@curryseniorcenter.org>; Angela Di Martino <adimartino@curryseniorcenter.org>; hpinon@curryseniorcenter.org; elsa.tsutaoka@sfdph.org; Monica Escobar <MonicaEscobar@mnhc.org>; Crystal Liang <crystal.liang@ucsf.edu>; saadhana.deshpande <saadhana.deshpande@sfdph.org>; alex.morales <alex.morales@sfdph.org>; Linda Huerta <lindahuerta@homelessprenatal.org>; Ford, Azari (DPH - Contractor) <azari.ford@sfdph.org>; Hannah Griggs <hgriggs@curryseniorcenter.org>; Maya <maya@bvhpadvocates.org>; anthony@bvhpadvocates.org

Cc: Kevin Madrigal <kevinmadrigal008@gmail.com>; Khadijah <khadijah.grant@sfdph.org>; Janna Cordeiro <janna@sfphf.org>

Subject: [EXTERNAL]12/31 and 1/7 Food Demo Recipes and Flyers

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Good evening,

Our final food demos for the year are upon us. There will not be a food demo this Friday, due to the holiday. The next two food demos will be as follows (see flyers and recipes attached):

- 12/31/21 - [Baked Pears with Maple Yogurt & Granola](#)
- 1/7/22 - [Persimmon Spinach Salad](#)

Please let me know if you have any questions or comments.

Have a great holiday and New Year!

Regards,
Carrie

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Carrie A. Richerson, MS, CHES

Program Manager

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From: [Carrie Richerson](#)
To: [Mariana Carranza](#)
Cc: [DPH-janna](#); [Grant, Khadijah \(DPH\)](#)
Subject: Re: [EXTERNAL]12/31 and 1/7 Food Demo Recipes and Flyers
Date: Wednesday, January 19, 2022 12:20:02 PM

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Hi Mariana,

We are not sure right now, but hopefully in the next month or so!

Regards,
Carrie

On Wed, Jan 19, 2022 at 12:14 PM Mariana Carranza <mcarranza@healthright360.org> wrote:

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Any updates if and when they might resume?

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MARIANA CARRANZA, RD

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Cordeiro <janna@sfphf.org>
Subject: [EXTERNAL]12/31 and 1/7 Food Demo Recipes and Flyers

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Cc: [Kevin Madrigal](#); [Grant, Khadijah \(DPH\)](#); [DPH-janna](#)
Subject: 12/31 and 1/7 Food Demo Recipes and Flyers
Date: Tuesday, December 21, 2021 5:10:39 PM
Attachments: [010722 - Persimmon Spinach Salad - Food Pharmacy Recipes.pdf](#)
[010722 - SFDPH Recipe Demo Flyers - Persimmon Spinach Salad - Spanish.pdf](#)
[010722 - SFDPH Recipe Demo Flyers - Persimmon Spinach Salad.pdf](#)
[123121 - Baked Pears, Yogurt & Granola - Food Pharmacy Recipes - Spanish.pdf](#)
[010722 - Persimmon Spinach Salad - Food Pharmacy Recipes - Spanish.pdf](#)
[123121 - Baked Pears, Yogurt & Granola - Food Pharmacy Recipes.pdf](#)
[123121 - SFDPH Recipe Demo Flyers - Baked Pears, Yogurt & Granola - Spanish.pdf](#)
[123121 - SFDPH Recipe Demo Flyers - Baked Pears, Yogurt & Granola.pdf](#)

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Please let me know if you have any questions or comments.

Have a great holiday and New Year!

Regards,
Carrie

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Carrie A. Richerson, MS, CHES
Program Manager
(412) 758-8053
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[EatFresh.org](#)



From: [Carrie Richerson](#)
To: [mariana@3rdstyouth.org](#); [Cindy Won](#); [Sotomayor, Karla \(DPH\)](#); [Mariana Carranza](#); [Perron-Burdick, Misa \(UCSF\)](#); [Moreno-John, Gina \(UCSF\)](#); [Lilian Yao](#); [Mcnamara, Anusha \(DPH\)](#); [maryliang@mnhc.org](#); [Cayanan, Gideon \(DPH\)](#); [Damian, Carolyn \(DPH\)](#); [Saffi, Ghezal \(UCSF\)](#); [Zhang, Lily \(DPH\)](#); [Chai, Christina \(DPH\)](#); [Terrie Li](#); [Angela Di Martino](#); [hpinon@curryseniorcenter.org](#); [Tsutaoka, Elsa \(DPH\)](#); [Monica Escobar](#); [Liang, Crystal \(UCSF\)](#); [Deshpande, Saadhana \(DPH - Contractor\)](#); [Morales, Alex \(DPH - Contractor\)](#); [Linda Huerta](#); [Ford, Azari \(DPH - Contractor\)](#); [Hannah Griggs](#)
Cc: [DPH-janna](#); [Grant, Khadijah \(DPH\)](#); [Kevin Madrigal](#)
Subject: 12/17 Food Demo Recipe and Flyer
Date: Wednesday, December 8, 2021 7:38:11 AM
Attachments: [121721 - SFDPH Recipe Demo Flyers - Bhindi Masala - Spanish.pdf](#)
[121721 - SFDPH Recipe Demo Flyers - Bhindi Masala.pdf](#)
[121721 - Bhindi Masala - Food Pharmacy Recipes.pdf](#)

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Good morning,

Please see the attached recipe and flyer for the 12/17 food demo with Chef Kevin. Note that this recipe uses okra, but cabbage or cauliflower can be subbed instead if okra cannot be located reasonably at this time.

Regards,
Carrie

--

Carrie A. Richerson, MS, CHES

Program Manager

(412) 758-8053

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