



Kim Becker, mother of celebrity chef Katie Lee, hosts a monthly cooking class called "Let's Cook Local with The Wild Ramp."

"When someone asks, 'What is Huntington's Kitchen,' I want every member of our community to be able to answer," Hordubay said. "I want people in Huntington to view this as 'their' kitchen and to truly take ownership of it."

As a community health outreach of Cabell Huntington Hospital, Huntington's Kitchen works diligently to prevent and reduce diet-related disease through education about fresh food and healthy cooking. The kitchen regularly hosts free health events, classes and informational presentations to promote overall wellness.

"At Cabell Huntington Hospital, we actively promote the importance of healthy behaviors to improve quality of life," said Charles Shumaker, media and community relations manager at Cabell Huntington Hospital. "Too often we see patients seeking care at a later stage of an illness, when treatment is more difficult, despite the many advances in preventive health screenings and what we know about the negative effects of our poor eating habits. The benefits of a balanced diet, exercise and regular checkups are tried and true, and we hope to encourage smart choices that lead to a healthier community."

Through partnerships with the culinary arts program at Mountwest Community & Technical College, Cabell Huntington Hospital Food Services, the master's program in dietetics at Marshall University, local food market The Wild Ramp and several volunteer chefs and nutritionists, Huntington's Kitchen boasts a full schedule of cooking classes and presentations on healthy living. On Jan. 20, Kim Becker, mother of Food Network star Katie Lee, will begin a monthly series called "Let's Cook Local with The Wild Ramp," where she and other local food experts from The Wild Ramp will provide hands-on training on how to incorporate locally grown foods into simple family meals. Each month, participants will have a chance to meet a local farmer who produced one of the recipe's ingredients. Children's classes will be offered year round to teach Huntington's youngest chefs the basics of cooking and the importance of healthy eating.

"It is incredibly fulfilling and fun to watch kids really learn their way around the kitchen and try new, fresh foods for the first time," Hordubay said.

"Nowhere else in the country will you find a place like Huntington's Kitchen that serves such an important role in a hospital's community health outreach," Shumaker said. "We are fortunate to have community partnerships, passionate volunteer instructors and health experts willing to commit to sharing ideas and skills that improve lives through food."

Regardless of income, age, interests or cooking experience, there is something for everyone at Huntington's Kitchen. For more information, visit www.huntingtonskitchen.org, call 304.522.0887 or find Huntington's Kitchen on Facebook or Twitter. Or, Hordubay said, just stop in and say hello.

"Let's cook," she said. "Let's get our hands in the dough and have some fun together." ❁

Let's Cook!

Huntington's Kitchen ushers in the new year with renewed energy and focus.

If you ask Veronica Hordubay, kitchen manager of Huntington's Kitchen, there is no such thing as "too many cooks in the kitchen." The community kitchen, located on Third Avenue in downtown Huntington, is ushering in 2015 with an inspiring resolution of its own – to create as many cooks in Huntington as possible.

When filming wrapped on ABC's *Jamie Oliver's Food Revolution* in 2009, British chef Jamie Oliver's built-for-TV kitchen was transformed into a one-of-a-kind community food center, where residents of the Tri-State could learn how to cook with fresh, wholesome ingredients. Since then, the kitchen has upheld its original mission while continuing to expand its services, programs and classes.

In November 2014, Huntington's Kitchen welcomed Veronica Hordubay, who hit the ground running as kitchen manager. Her myriad efforts to increase community involvement at the kitchen and create new opportunities for learning can be summed up in one ambitious goal.



Located in the heart of downtown Huntington, Huntington's Kitchen emphasizes cooking with fresh, wholesome ingredients.

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