

Live Well Thrive Well March Cooking Demonstration

March 31st, 2026
5-7pm
Jacobs Institute

**LIVE WELL,
THRIVE WELL**

FOOD AS LONGEVITY MEDICINE



★ DR. KENNETH V. SNYDER ★
Assoc Prof: UB Neurosurgery



★ BETH MACHNICA ★
Registered Dietitian: BNMC



★ CHEF SALLY GOWER ★
Founder: Eat Well Buffalo

Discover how whole food nutrition supports energy, mood, metabolic health, and chronic disease prevention. This interactive session highlights culturally relevant, budget-friendly ways to eat more plants—without complexity or high cost.

Walk away with simple swaps and practice tools to bring nutrition into everyday life.

TUESDAY, MARCH 31ST
5:00 PM - 7:00 PM

**LIVE COOKING
DEMONSTRATION**



ENROLL TO JOIN!



@BNMCinnovates



www.BNMC.org



BNMC

HEALTH & WELL-BEING

About BNMC

BNMC brings people together to advance healthy and equitable communities.

We manage Buffalo's innovation district, Buffalo Niagara Medical Campus, and strive to create positive social and economic impact within the WNY region.



What We Do



Health and Well-Being at BNMC



We aim to make healthy eating, active living, and social-emotional well-being easy, accessible, & sustainable for:

- Employees & Students
- Patients
- Neighborhood Residents

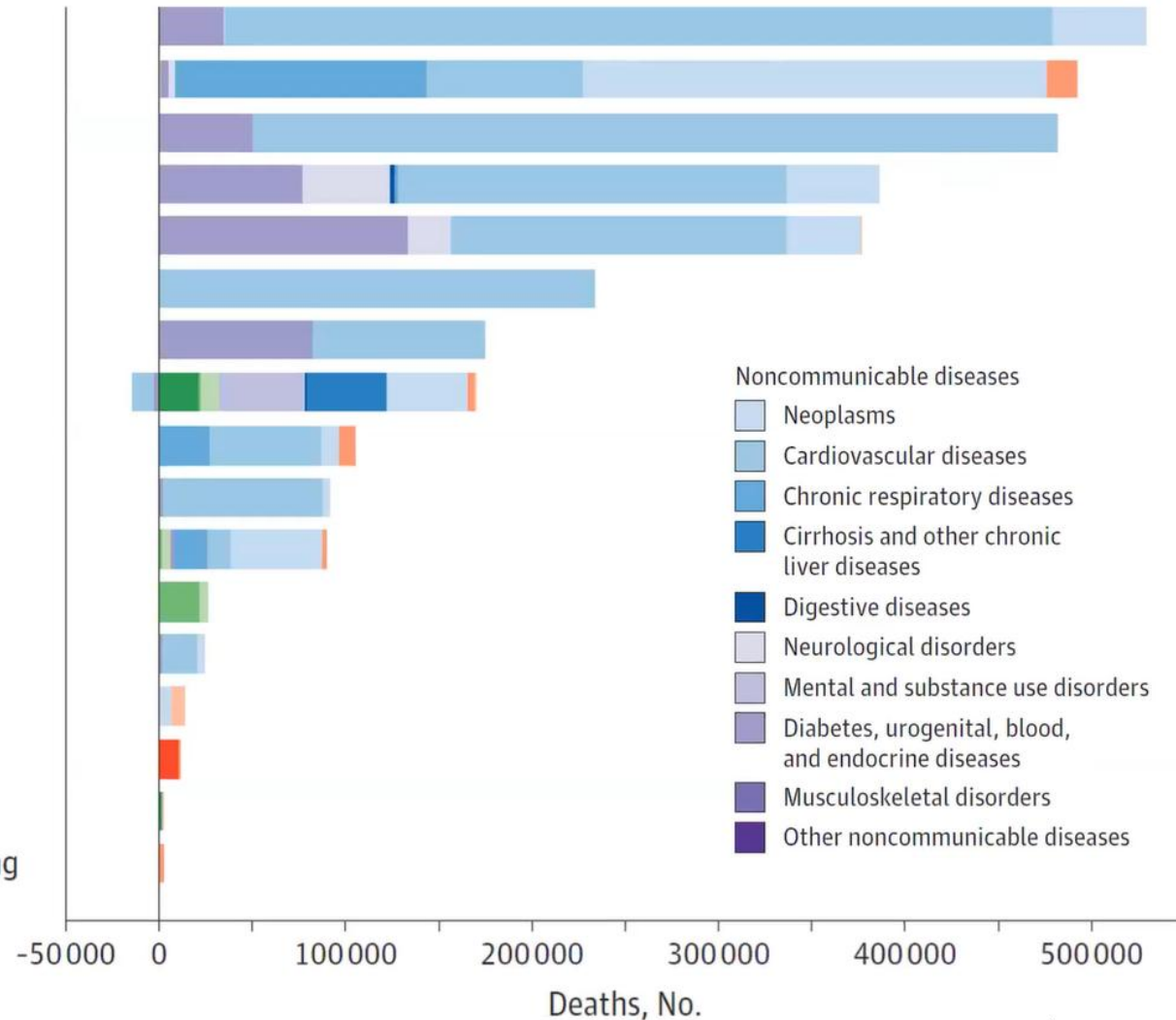
Food: The #1 Cause of Poor Health



Risk factors

Dietary risks

Tobacco use
High systolic blood pressure
High body mass index
High fasting plasma glucose
High total cholesterol
Impaired kidney function
Alcohol and drug use
Air pollution
Low physical activity
Occupational risks
Low bone mineral density
Residential radon and lead exposure
Unsafe sex
Child and maternal malnutrition
Sexual abuse and violence
Unsafe water, sanitation, and handwashing



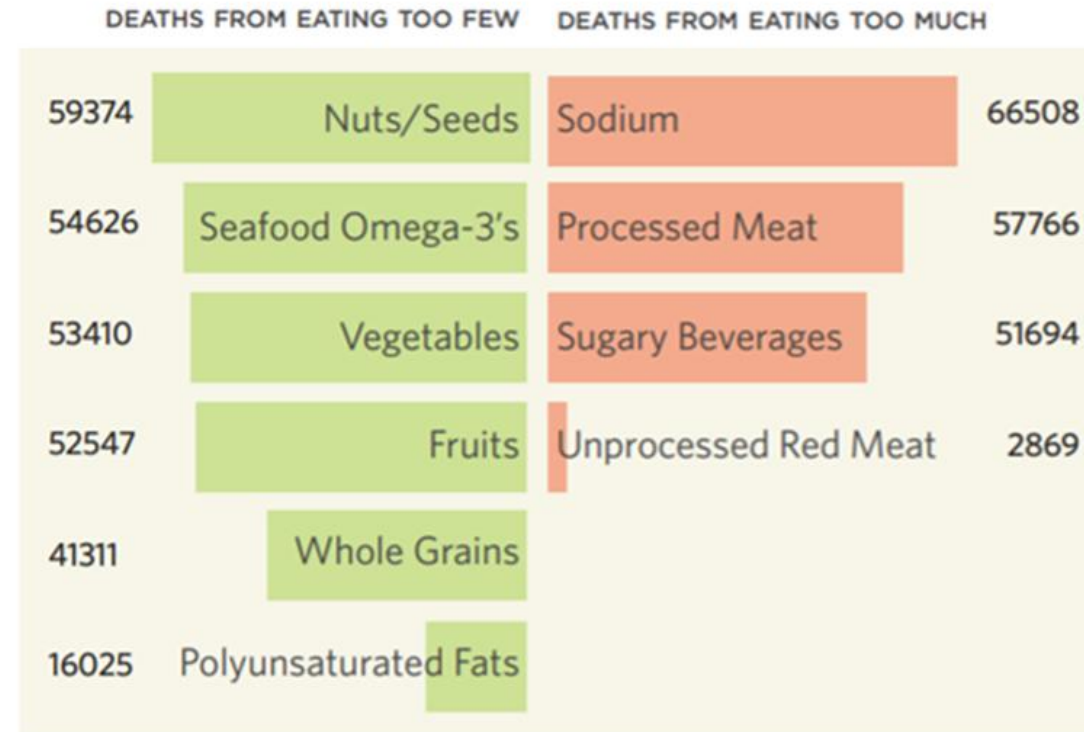
US Burden of Disease
Collaborators, JAMA 2018

What We Eat and Our Health



10 foods are estimated to cause nearly half of all US deaths from heart disease, stroke, and type 2 diabetes each year.

More deaths are caused by **not eating enough protective foods** than eating too many harmful foods.



Association Between Dietary Factors and Mortality from Heart Disease, JAMA 2017

40 DAYS TO WELLNESS PROGRAM

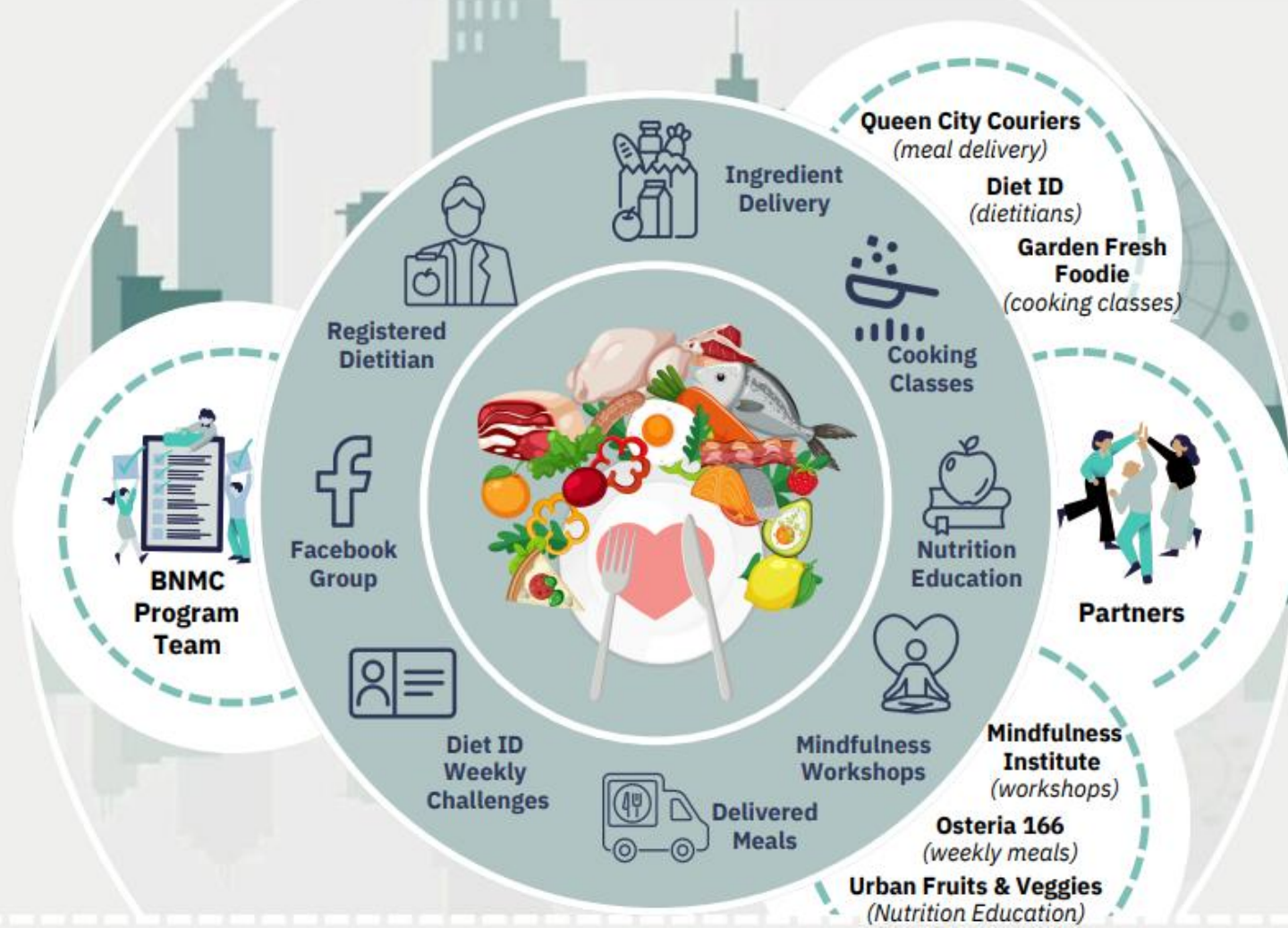


The Intervention

Food as Medicine 40 Days to Wellness Program



Six-week program developed to promote healthy eating and mindfulness through medically tailored meals, nutrition education, and social-emotional support.





40 DAYS TO WELLNESS PROGRAM



The Journey



Pre-Surveys



Orientation



Weekly Diet ID Challenges



Weekly Facebook Group



Weekly Nutrition Education



Weekly Ingredient Delivery



10 Meals Delivered Weekly



Weekly Cooking Classes



Weekly Mindfulness Workshops



Registered Dietitian 2 sessions

Post Celebration

Post-Surveys

post-pilot support

Health Coach Sessions

Flourish Nutrition

Week 1

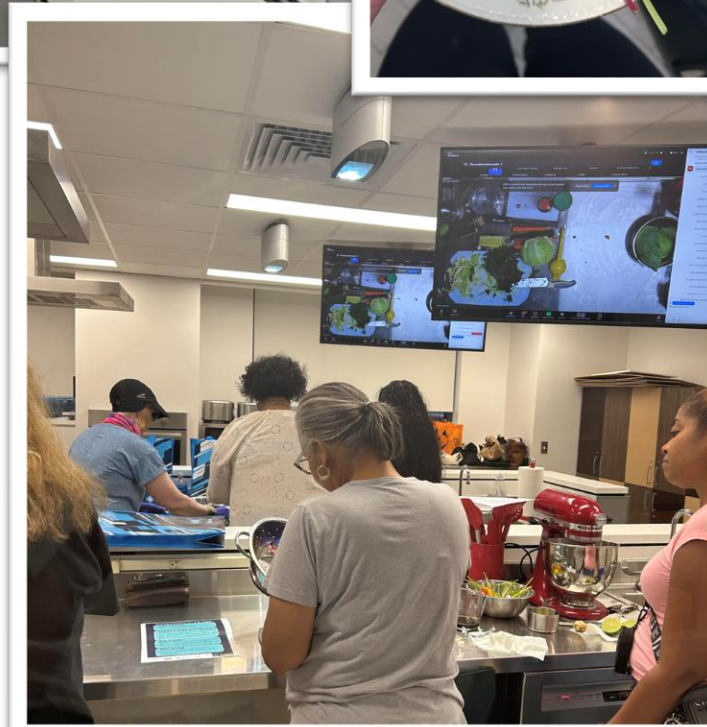
Week 2

Week 3

Week 4

Week 5

Week 6





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HEALTH & WELL-BEING



Medically Tailored Meal Criteria – Food as Medicine Coalition, 2023

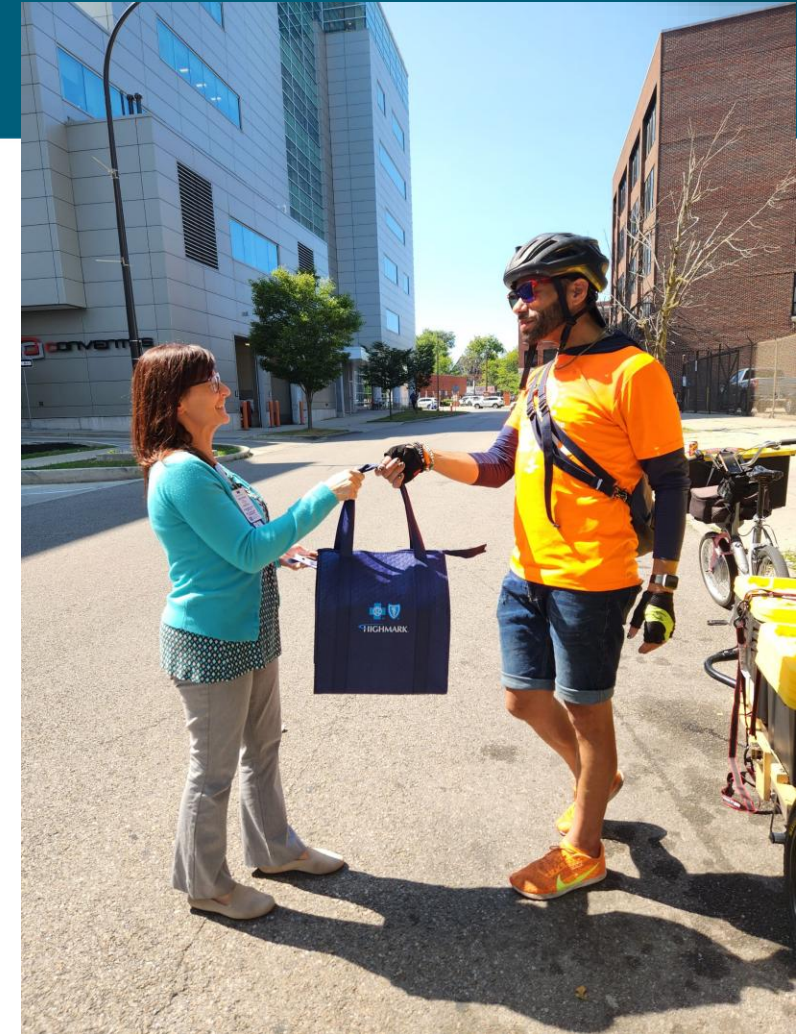


FOOD IS MEDICINE™
— COALITION —
Nutrition Standards



Nutrient	DASH TLC Heart Healthy
Calories	As per individual needs
Protein % of total daily calories	18% Daily calories Lean meats/plant- based sources
Protein g/kg body weight	N/A
Carbohydrate % total daily calories	55% daily calories Emphasize whole grains + vegetables
Total Fat % total daily calories	25-35% daily calories
Saturated Fat % total daily calories	6-7% daily calories
Sodium (mg)	2300 mg for standard 1500 mg for lower NA DASH
Cholesterol	150
Fiber (g)	25-31g
Vitamin D (IU)	N/A
Calcium (mg)	1000-1200 mg
Potassium	4700 mg
Phosphorus	N/A
Reference for Evidence Based Guidelines	DASH TLC

Meal Delivery By Bike



[illegible]

Outcomes: Health and QOL



Analysis based on matched pairs

Energy & Fatigue

↑ Higher Energy Levels

Participants reported a statistically significant increase in energy after the program.



Physical Health

75% of participants reported moderate to significant improvements in physical health.

Food Insecurity



Fewer participants reported food security post-program (e.g., food insecurity decreased from 17% to 9%).



Mental Health

93% of participants experienced improvements in mental health.



Exercise Frequency

Increased physical activity, with more participants exercising 3+ days per week post-program.



Social Functioning

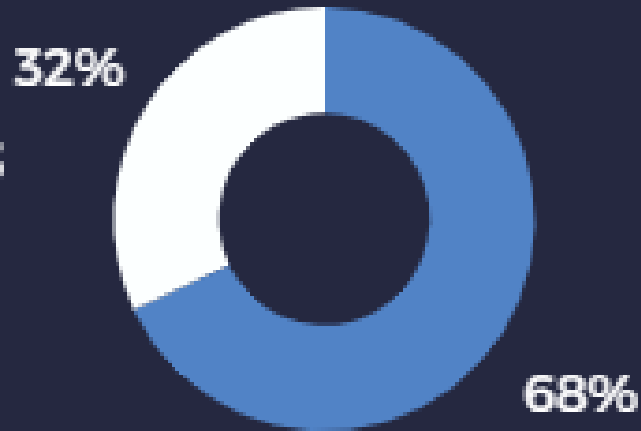
Participants showed a highly significant improvement, indicating better social engagement post-intervention.

Outcomes: Engagement



Cooking Classes

68% attended at least one cooking class.

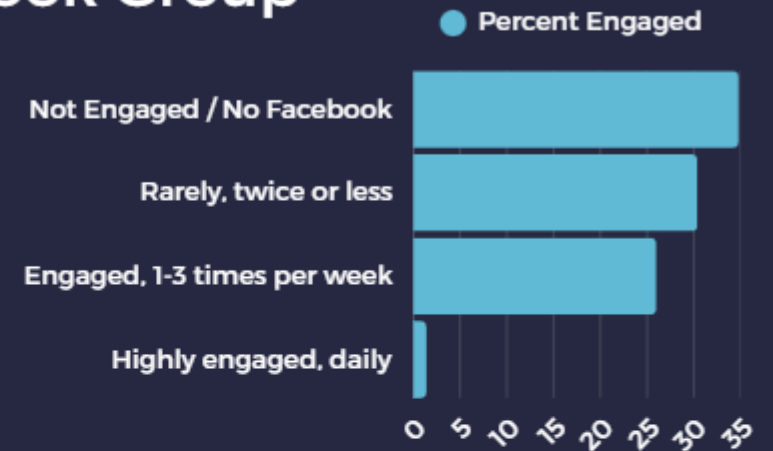


Mindfulness Workshops

97% attended at least one mindfulness session.

Facebook Group

Engagement varied, with 26% using it for the program 1-3 times per week, and 35% not using the platform at all.



Diet ID

64% of program participants registered and used the platform.

Outcomes: Sustainability



"I will continue to practice the healthy eating habits that I implemented in this program."



Healthy Eating Habits

94% of participants plan to continue the healthy eating habits they adopted during the program.

Cooking Skills and Recipes

87% plan to use the new cooking skills and recipes learned.



Mindfulness Habits



96% indicated they will continue to practice the mindful habits learned in this program.

Analysis based on matched pairs



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HEALTH & WELL-BEING

LIVE WELL

THRIVE WELL

Join Us On Your Lifestyle Journey to Wellness

Lifestyle Medicine Program 2026

Live Well Thrive Well

Live Well Thrive Well is a 6-month guided wellness experience grounded in the science of Lifestyle Medicine, designed to help you build sustainable habits across movement, nutrition, sleep, stress, relationships, and substance reduction.



Live Well Thrive Well

Whether you're looking to prevent disease, boost your energy, reduce stress, or simply feel better in your body, this journey is your invitation to start fresh.

- ☐ **Live Monthly Workshops and fire side chats with health experts to ask your deepest questions**
- ☐ **Weekly Fitness Classes**
- ☐ **Downloadable Resources: reflection worksheets, habit trackers, recipes, tip sheets, and wellness toolkits**
- ☐ **Micro-Habit Challenges to keep you engaged, supported, and successful between sessions**
- ☐ **Peer Support via an optional private group for connection and accountability**
- ☐ **Bonus Experiences: wellness pop-ups, walk-and-talk events, expert Q&As, cooking demos, and more.**

Live Well Thrive Well

The six pillars of lifestyle medicine

January 2026	Physical Activity: Encouraging regular exercise and movement.
February 2026	Restorative Sleep: Prioritizing quality sleep for overall health.
March 2026	Healthy Eating: Focus on a nutrient-dense diet rich in whole foods.
April 2026	Healthy Relationships: Building and maintaining supportive social connections.
May 2026	Mental Wellbeing: Strategies to enhance mental health and emotional resilience.
June 2026	Minimizing Harmful Substances: Reducing or eliminating the use of tobacco, alcohol and other harmful substances.

JOIN OUR WELLNESS WEDNESDAY

YOGA STYLES SERIES 2026

FIND THE STYLE YOU ENJOY MOST!

[Register Here](#)



VINYASA WITH CASEY: FEBRUARY 4, 11, 18, 25

LIKE A DANCE, FLUID MOVEMENTS, WITH EACH POSE SMOOTHLY
TRANSITIONING TO THE NEXT.



YIN WITH KAILY: MARCH 4, 11, 18, 25

A SLOW-PACED, PASSIVE, FLOOR BASED STYLE OF YOGA, WITH
POSES THAT ARE HELD LONGER.



POWER WITH CORY: APRIL 1, 8, 15, 29

A VIGOROUS, FITNESS-BASED APPROACH THAT EMPHASIZES
STRENGTH AND FLEXIBILITY.



HATHA WITH ASHLEY: MAY 6, 13, 20, 27

SLOWER, GENTLE BUT ACTIVE, MOVING BETWEEN POSES,
HOLDING FOR A FEW BREATHS.



In Partnership with:



Sally Gower

Sally is the founder of Eat Well Buffalo and has always believed in the simple power of food and everyday habits to support a healthy, happy life. After a career in the pharmaceutical industry, she followed her passion for wellness, focusing on nutrition education and community connection. Inspired by the Blue Zones—places where people live longer, healthier lives—Sally encourages whole, plant-forward foods, gentle daily movement, restful sleep, and mindfulness. With an MBA from the University at Buffalo, she works with individuals and groups across Western New York, helping people feel better, live well, and take small steps that make a big difference.

- Sally Gower
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- EatWellBuffalo.com
- Follow us on Instagram and like us on Facebook!



**healthy cooking class in
sardinia italy is amazing**



EAT THE RAINBOW





LOMA LINDA



health

innovation

opportunity

BLUE ZONE

1 of 5 places on earth where residents live longer, healthier lives

featured in **NAT GEO & NETFLIX**



POPULATION

25,111

Census est. 2023

209,665

Within 5 miles



HOUSEHOLD INCOME

\$112,715



DAILY TRAFFIC

80,000

Local

+272,000

Freeway, Caltrans



COLLEGE EDUCATED

+52%

of adults 25
years and older

lomalinda-ca.gov

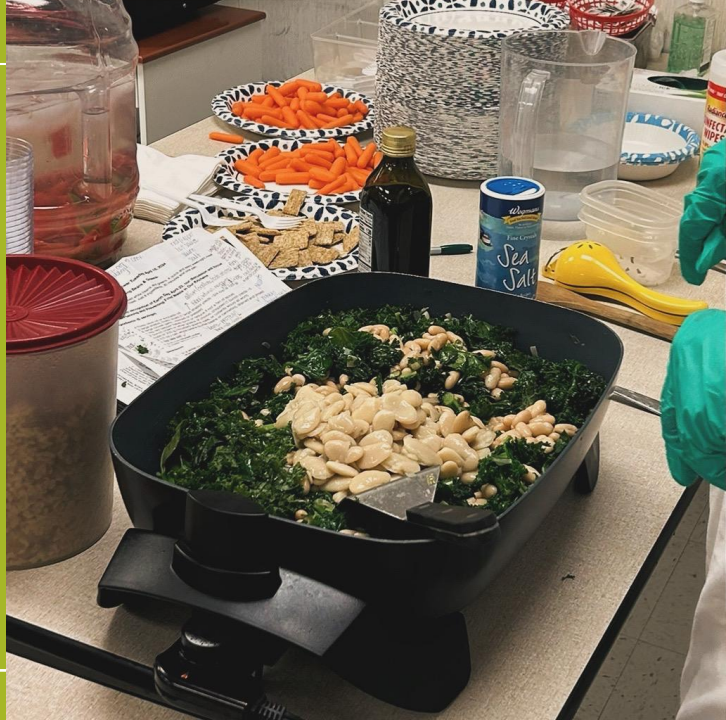


**Loma Linda University Medical Center
& Children's Hospital**

Areas of Opportunity

- Bio-Tech, Wellness Spas,
Medical Equipment
- Restaurants,
Entertainment, Retail

















































Servings: 5
Prep Time: 15
mins

Chickpea & Avocado Salad



Ingredients

- 4 cups cooked chickpeas, or 2 (15-ounce) cans, drained and rinsed
- 1 small red onion, peeled and diced small
- 2 cloves garlic, peeled and minced
- 1 cup fresh spinach (chopped)
- Zest of 1 lime and juice of 4 limes
- 1 jalapeño pepper, minced (for less heat, remove the seeds)-optional
- 1/2 cup chopped cilantro
- 1 avocado, coarsely chopped
- Sea salt to taste



Chickpea Avocado Salad		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	250.5 kcal	13 %
Total Fat	9.3 g	14 %
Saturated Fat	1.1 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	250.7 mg	10 %
Total Carbohydrate	35.7 g	12 %
Dietary Fiber	11 g	44 %
Sugars	6.5 g	
Protein	9.8 g	20 %
Vitamin A	1 % • Vitamin C	33 %
Calcium	7 % • Iron	9 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Chickpea & Avocado Salad



Instructions

- Combine all ingredients in a medium bowl and mix well.
- Add the avocado just before serving.
- Enjoy!

Servings: 6

Prep Time: 20 mins

Cook Time: 10-15 mins

Lentil Sloppy Joe



Ingredients

Lentils: 1

- 2 cups brown lentils
- ½ cup red lentils
- 1 tsp of salt
- ¾ tsp of both garlic and onion powder
- 2 bay leaves
- 5 cups water (if lentils aren't fully cooked, add a little more water, start with 5)
- 1 cup chopped celery
- 1 large red onion, chopped, ~1 cup
- 1 cup small diced red/yellow/or orange peppers
- 4 tbsp freshly minced ginger
- 4 tbsp minced garlic
- 2-3 tsp sambal oelek or chili garlic sauce (add more for additional spice)
- ¼ cup soy sauce or coconut aminos (GF)
- 2 tbsp rice vinegar
- 1-2 tbsp maple syrup (optional)
- 3 tbsp lime juice (2 limes)
- 2 -15 oz cans stewed tomatoes
- Salt and pepper to taste
- Parsley for topping

Lentil Sloppy Joes		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	360.9	
% Daily Value*		
Total Fat	1.5 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	1369 mg	60 %
Total Carbohydrate	68.2 g	25 %
Dietary Fiber	11.4 g	41 %
Total Sugars	9.4 g	
Added Sugars	0 g	0 %
Protein	22.9 g	
Vitamin D		
	0 mcg	0 %
Calcium	117.5 mg	9 %
Iron	7.7 mg	43 %
Potassium	1077.6 mg	23 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



Lentil Sloppy Joe



Instructions:

- Place water, lentils, garlic & onion powder, salt and bay leaf in a stock pot. Bring to boil, reduce heat to low and simmer until cooked (not mushy), about 10-15 minutes. If lentils taste done, and water remains, strain extra water.
- Sauté celery and onion in a hot pan with a little water to prevent sticking, until softened (about 5 minutes). Add bell pepper, ginger, garlic and sauté for a few more minutes.
- Add in lentils, soy sauce, maple syrup, vinegar, lime juice, sambal oelek & tomatoes. Cook about 5 minutes stirring until heated through.
- Serve on top of salad, rice, as a lettuce wrap (use bib lettuce), or on slider rolls. Season with salt and pepper and top with fresh parsley.
- Enjoy!

Servings: 16

Prep Time: 10 mins

Dark Chocolate Blueberry Clusters

Ingredients

- 1 cup dark chocolate (70% cacao or more)
- 2 cups fresh blueberries (washed and completely dried)
- ¼ cup chopped walnuts (or any nuts)
- Sea salt- sprinkle



Dark Chocolate Blueberry Clusters

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories119.5

		% Daily Value*
Total Fat	8.1 g	10 %
Saturated Fat	4.1 g	20 %
Trans Fat	0 g	
Cholesterol	0.5 mg	0 %
Sodium	12.3 mg	1 %
Total Carbohydrate	10.4 g	4 %
Dietary Fiber	2.3 g	8 %
Total Sugars	5.8 g	
Added Sugars	3.7 g	7 %
Protein	1.6 g	
Vitamin D	0 mcg	0 %
Calcium	15.7 mg	1 %
Iron	2 mg	11 %
Potassium	143.8 mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com

</>

Dark Chocolate Blueberry Clusters



Instructions:

- Line a baking sheet with parchment or wax paper.
- Melt chocolate
 - To melt on the stove: In a double boiler, carefully stir the chocolate until they're completely smooth over low heat.
 - To melt in the microwave: Heat the chocolate in a microwave-safe dish. Cook for 3 minutes at 50% power.
- Stir the blueberries and nuts into the melted dark chocolate.
- Using a soup-spoon (or something of a similar size), spoon clumps of the melted dark chocolate/blueberries/nuts onto the parchment paper-lined baking sheet.
- Sprinkle each cluster with sea salt if preferred
- Place in refrigerator for approximately 30 minutes to set.
- Plate and enjoy!

Happy National Nutrition Month®

**eat
right.** Academy of Nutrition
and Dietetics



"Food as Longevity
Medicine"

Beth Machnica MPH MS RDN CDN

FACT OR FICTION...

1. A vegetarian diet can provide adequate protein and energy for adults.
2. Seed oils can be found in a healthful balanced diet.
3. Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies, soda, and cookies.
4. Dietary fiber is a beneficial type of carbohydrate.

What is Plant-Based Eating?



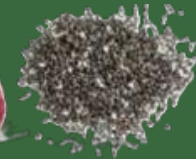
Plant-Based Eating



Plant-Based Eating



Raspberries
- 1 cup (8g)



Chia seeds
- 2 tbsp (30g)



Pear (with skin)
- 1 medium (24g)



Blueberries
- 1 cup (74g)



Chickpeas
- 11 cup (each 1)



Apple (with skin)
- 1 medium (54g)



Plant-based diets improve health AND longevity.

- Packaged plant-based foods are not as healthy as whole plant foods like fruits, veggies, beans, and grains.
- But they are a healthier choice when replacing whole unprocessed animal foods, especially for heart health.
- Foods like plant milks and veggie burgers can help people slowly switch to healthier eating habits.

How Does Eating More Plant Foods Benefit Health?



Replacing animal food with plant-based products results in:

- Lower LDL cholesterol
- Lower triglycerides
- Lower body weight
- Improved gut health
- Lower total cholesterol
- Reduced inflammation
- Reduced cancer risk
- Reduced mortality
- Reduced heart disease risk



↓ LDL-C
↓ Non-HDL
↓ TC
↓ Body weight
↑ SCFAs
↓ Fecal genotoxicity
↓ Nitroso compounds
↓ Ammonia
↓ TMAO

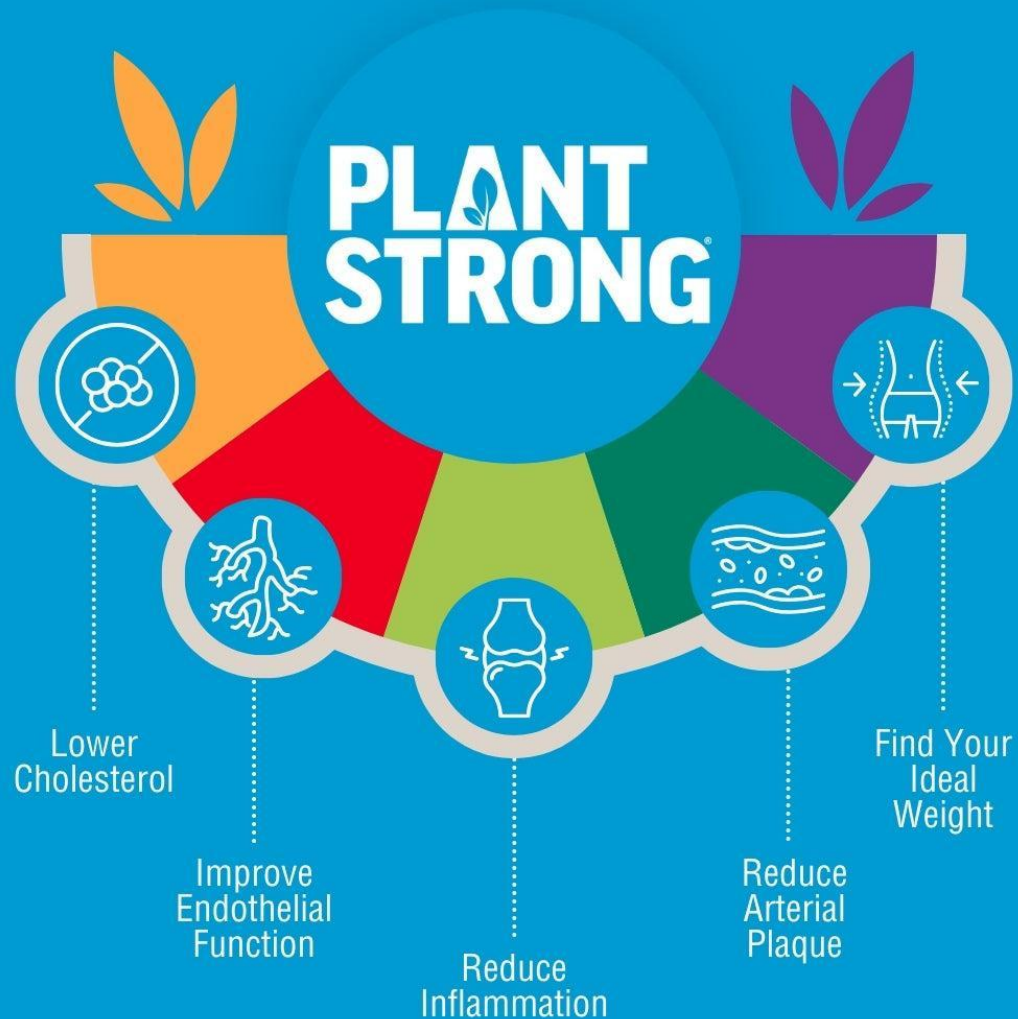


↓ TC
↓ LDL-C
↓ Non-HDL
↓ CRP
↓ Breast cancer risk



↓ LDL-C
↓ TC
↓ CVD risk
↓ Mortality

PREVENT & REVERSE HEART DISEASE WITH A WHOLE FOOD PLANT-BASED DIET



eat[®]
right[®] Academy of
Nutrition
and Dietetics

Replacing animal
foods (or processed
plant foods) with
whole plant
foods results in
even greater health
benefits.



**eat[®]
right.** Academy of
Nutrition
and Dietetics

How to Get Started

Easy Healthy Eating Plant Swaps

Swap slivered almonds for croutons.

Replace the candy dish with a fresh fruit bowl.

Substitute some or all meat for beans, mushrooms, lentils, and/or tofu/tempeh.

Sneak veggies in meatloaf, pasta, scrambled eggs, and baked goods, using grated zucchini, shredded carrots, or spinach.

Questions?



Thank You!