



Kitchen Creations cooking schools are offered throughout the state during the year. See the [schedule](#) for counties and dates. For more specific information, contact your local [County Extension Office](#).

Kitchen Creations

Geographic Area: Statewide

Target Population: Adults with diabetes, especially those who are of Hispanic, American Indian and African American ethnicities and those who are 60 years or older

Lead Organization(s): Diabetes Prevention and Control Program and New Mexico State University (NMSU)

Description: Kitchen Creations is a four-session series of cooking classes for people with diabetes and is designed to help participants improve their knowledge of meal planning, food preparation, and nutritional concepts to better manage their diabetes and co morbidities. The cooking classes are taught in a team approach by a NMSU County Extension staff person and either a Registered Dietitian or Certified Diabetes Educator, who has a background in diabetes management. Some benefits of the cooking schools include:

- Learning how to prepare healthy versions of favorite traditional recipes
- Tasting and testing new recipes
- Having fun in the kitchen with people from the community
- Getting empowered with dietary self-care skills to help with managing diabetes

The [Kitchen Creations Newsletter](#) covers a wide variety of nutrition and diabetes topics. It is written by DPCP and NMSU Registered Dietitians for the Kitchen Creations faculty.

For additional information about the Kitchen Creations cooking school, email us at Cvpool@nmsu.edu.