THE KITCHENISTAS

SYNOPSIS

Logline: *Latina immigrants advocating for healthy food traditions to change communities and transform lives.*

Short Description:
What started as a 7-week nutrition program seven years ago in National City (CA) for women seeking healthier diets, has become a Latina-led movement to raise the health, wellbeing, and resilience of the community.

National City has one of the highest rates of obesity and diabetes in San Diego County and in the state of California, and the program graduates, called "Kitchenistas", are out to change that, one healthy meal at a time.

Now after 18 graduating classes, more than 275 Kitchenistas stay the course to overcome systemic barriers in bringing high-quality food solutions into their homes, schools, and city. Their stories show how women are community builders through healthy food traditions. Not to be underestimated, these women show how a range of small advocacy actions over time lead to big changes.

Additional Description:
In 2013, twelve Latina mothers attended the inaugural 7-week healthy cooking program called Cooking for Salud! ® at Olivewood Gardens and Learning Center, an educational garden in National City (San Diego County). By the end of 2020, there are more than 275 Kitchenistas and a 1-year plus waiting list. Not only are there measurable changes in the health of the Kitchenistas and their families, there are documented improvements in their health behaviors, life satisfaction, and community involvement. The feature film follows the 16th Generation in mid- 2019 through the now, 8-week course and focuses on the personal journeys of several early-generation Kitchenista through 2020.

They show how healthy food traditions can lead to physical, emotional, and spiritual wellbeing, and how a single step can lead to big change in the home, at schools, within city hall, and in the healthcare system. No one says it will be easy or quick, but all will feel inspired to try.