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UC San Diego Library Presents March 29 Screening of Award-Winning Documentary



A graduating class of Kitchenistas from the Cooking for Salud! program at Olivewood Gardens and Learning Center in National City.

The UC San Diego Library will hold a screening and reception for *The Kitchenistas* of National City, an award-winning documentary produced by Mary Ann Beyster, featuring the “Kitchenistas,” who are creating new eating habits and traditions in a community whose rates of obesity and diabetes are among the highest.

The screening and reception will take place on Tuesday, March 29, at the UC San Diego Faculty Club from 5:30 to 7:30 p.m. The event is free and open to the public, but reservations are requested. The film screening will be followed by a discussion with Mary Ann Beyster, Healy Vigderson with Olivewood Gardens, and Kitchenista Patricia Corona, and UC San Diego Community Health representatives. After a post-discussion Q&A, a variety of healthy Latin-inspired dishes will be served, including items prepared by the Kitchenistas.

The film, which chronicles the struggles and triumphs of National City families who lack a community grocery store yet are plagued with fast food options on every corner, was screened at the I Imagine Film Festival in New York City, the Global Health Film Festival in London, and the Pasadena Film Festival earlier this month. The film was also screened recently at the Latino Film Festival in San Diego.

Olivewood Gardens and Learning Center, part of the International Community Foundation, created the Cooking for Salud! program in 2012 with the goal of empowering local families to take control of their health through the foods they eat and prepare at home. Graduates of the program are called Kitchenistas and have proven themselves to be passionate about the changes they are making at home, for their families, and for their community.

To make reservations and get more information about the event, visit:
kitchenistasfilm.eventbrite.com.

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