



Lieutenant Governor Jeanette Nuñez and State Officials Explore Healthy Recipes with Florida's Seniors

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Lieutenant Governor Jeanette Nuñez, State Surgeon General Dr. Joseph Ladapo Secretary Michelle Branham, and FIU Hospitality Professor and Chef John Noble Masi host a cooking class with Florida seniors.

MIAMI, Fla. – Yesterday, Lieutenant Governor Jeanette Nuñez, accompanied by State Surgeon General Dr. Joseph Ladapo and Department of Elder Affairs Secretary Michelle Branham, hosted a hands-on healthy cooking class for older Hispanic adults in the Miami-Dade community, specifically focusing on healthier ways to cook classic Latin meals. Florida International University (FIU) [Chaplin School of Hospitality and Tourism Management](#), the [Florida Department of Health in Miami-Dade County](#) staff and community members also engaged in this experience.

This cooking lesson demonstrated simple techniques to attendees to encourage healthy eating and healthy lifestyles. [Recipes](#) that were prepared during this event included Vegetarian Reina Pepiada with Tostones and Whole Orange Cinnamon Bread Pudding. Additionally, the experience showcased how to prepare food that is consistent with real-world budgets, time constraints, and nutritional practices so participants can more effectively incorporate nutrition and food preparation knowledge into their daily lives. In the United States, it is estimated that nearly [one-half of all deaths](#) due to heart disease, stroke and type 2 diabetes are linked to diet and poor nutrition.

“It was a pleasure to join State Surgeon General Dr. Ladapo and Secretary Branham to encourage Floridians in Miami-Dade County to live healthy lives,” **said Lieutenant Governor Jeanette Nuñez.** “As of 2022, heart disease is the [leading cause of death in Florida for those that are 65 and older](#). A nutritious diet can go a long way to improve one’s overall health, including preventing heart disease, throughout all stages of life.”

“Heart healthy eating is nutritious and fun, especially when you’re cooking with Lieutenant Governor Nuñez and Secretary Branham,” **said State Surgeon General Dr. Joseph Ladapo.** “Healthy recipes don’t have to be complicated to be tasty and good for you. Another benefit of cooking your own meals is that you know what’s going in your body and avoid eating processed foods.”

“What a joy it was to join Lieutenant Governor Nuñez and Dr. Ladapo today for a delicious and educational cooking class, encouraging healthy eating for all generations, especially as we continue to age,” **said Department of Elder Affairs Secretary Michelle Branham.** “Eating a healthy diet is a great habit that never stops delivering on quality of life, even as we get older. These wonderful recipes inspire us with fun, easy and flavorful ways to make healthy eating convenient and straight forward – which is important to build lifelong habits that continue to impact us in our later years.”

“I encourage everyone to get a regular health check-up, which includes cholesterol screening,” **said Florida Department of Health in Miami-Dade County Health Officer Dr. Yesenia Villalta.** “Knowing your health risks allows you to make small changes today in your daily lifestyle that can lead to a lifetime of well-being.”

“It was great to have the Lieutenant Governor, Florida Department of Health, Department of Elder Affairs, and our local community members here at FIU and at our Chaplin School of Hospitality and Tourism Management for this cooking demonstration,” **said Diann Newman, Vice Dean, FIU Chaplin School of Hospitality and Tourism Management.** “We are grateful for the opportunity to share important lessons in healthy eating with the community we are a part of.”

The Florida Department of Health continues to encourage Floridians to take control of their health and to implement positive long-lasting changes into their daily routines. Floridians can find more information on how to optimize their health by cooking nutritious recipes under the [Healthy Eating Recipes section](#) of the [Healthier You website](#).

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