



GENERATIONS + NORTHERN MANHATTAN HEALTH NETWORK

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***“Savory Bites and Sweet Sensations” Come to Lincoln Hospital  
At Launch of Ethnic Cookbook Featuring Local Seniors’ Traditional Recipes***

***-Recipes Modified to Reduce Fat, Sodium and Sugar Content-***

Bronx, New York - Lincoln Medical Center today presented its first Seniors Cookbook—a collection of traditional family recipes that have been modified to reduce fat, sodium and sugar content to provide healthy eating recipes that preserve ethnic, culinary traditions. Titled ***Savory Bites and Sweet Sensations: Bronx Home Cooking***, the book contains 44 delicious recipes contributed by seniors from Central and South America, the Caribbean and Nigeria, and represents the rich diversity of the South Bronx and the culinary customs of our community. Lincoln Hospital Executive Director Iris R. Jimenez-Hernandez was joined by New York City Department for the Aging Commissioner Lilliam Barrios-Paoli and a group of seniors at a reception announcing the launch of the English/Spanish cookbook, which will be distributed by Lincoln Hospital doctors to patients at risk of diabetes, hypertension and other chronic conditions and diseases.

At a time when the epidemic of overweight and obesity and related diseases is the subject of public discourse at the federal, state and local levels, this project connects to the numerous initiatives taking place to improve health outcomes and reduce healthcare disparities among ethnic minorities and poor communities. Within this context, it is important to note that the New York City Department of Health and Mental Hygiene has reported that one in 4 adults is obese in this community. The prevalence of obesity among public high school students and adults 45 to 64 years of age is higher in the South Bronx than in the city as a whole.

The Bronx Home Cooking project has garnered the support of a number of senior centers, neighborhood supermarkets, and community restaurants that have partnered with the hospital to promote healthier eating. Five restaurants have agreed to include selected recipes in their menus to give their patrons healthier choices.

“This cookbook is a taste of home that will inspire many to eat healthier while remaining true to the flavorful, traditional meals we have learned to enjoy,” said Iris R. Jimenez-Hernandez, HHC Senior Vice President and Lincoln Hospital Executive Director, who commissioned the cookbook. “As the medical community and other public and private sectors continue to promote the importance of a balanced diet to live a longer and healthier life, ***Savory Bites and Sweet Sensations: Bronx Home Cooking*** offers wholesome recipes that honor our culture in a healthy way.”

“Healthy eating habits are extremely important, particularly as we grow older,” said Lilliam Barrios-Paoli, commissioner for the Department for the Aging. “The nutritious recipes in Lincoln Hospital’s senior cookbook make it easier for seniors to make smart choices. DFTA promotes the importance of healthy living through the nutritious meals served at senior centers, the wellness programs offered to center members and through our outreach efforts to the general public.”

“Obesity is a major concern in the South Bronx,” said Melissa P. Schori, Lincoln Hospital’s Chief Medical Officer. “Poor diet and physical inactivity are the most prevalent factors contributing to an epidemic of overweight and obesity affecting men, women and children in our community.”

*Savory Bites and Sweet Sensations: Bronx Home Cooking* includes recipes for traditional dishes from Chile, Colombia, Cuba, Dominican Republic, Ecuador, El Salvador, Honduras, Mexico, Peru, Puerto Rico and Nigeria—countries that represent the patient population served by Lincoln Hospital. Chef and registered dietician Diane Barrett and Chef and culinary instructor Annie Morgan modified each recipe to incorporate healthier ingredients.

Speaking on behalf of those who collaborated with the Cookbook project, Mrs. Jimenez-Hernández thanked and acknowledged the partnership of the following establishments: El Valle Restaurants, Glen Roy Tavern, Havana Café and Yolanda’s Restaurant as well as Pioneer Supermarkets.

“Those consumers who enjoy ethnic food will find some of the recipes simply irresistible,” said Chef and Registered Dietician Diane Barrett. “Plantains with Sweet Bluefish from Honduras, Beef in Green Sauce from Peru, Chicken Casserole with Celery Root from Puerto Rico, Fufu and Jollof Rice from Nigeria are some of the delectable dishes that will help consumers to enjoy traditional recipes in a healthy way.” Copies of all recipes can be obtained by logging onto Lincoln Hospital’s website at <http://www.nyc.gov/hhc/lincoln/cookbook>

#### About Lincoln Hospital

Lincoln Medical Center, located at 234 E. 149th Street in The Bronx, is a 347-bed, acute care level 1 trauma center with the busiest single site Emergency Department in the region. The Hospital, winner of the 2012 American Hospital Association Quest for Quality Finalist Award, emphasizes primary care and specialty medicine and utilizes the latest advances in medical science. Lincoln Medical Center is a member of the Generations+/Northern Manhattan Health Network, a healthcare conglomerate which is part of the New York City Health and Hospitals Corporation.

#### About HHC

The New York City Health and Hospitals Corporation (HHC) is a \$6.7 billion integrated healthcare delivery system with its own 420,000 member health plan, MetroPlus, and is the largest municipal healthcare organization in the Country. HHC serves 1.3 million New Yorkers every year and more than 475,000 are uninsured. HHC provides medical, mental health and substance abuse services through its 11 acute care hospitals, four skilled nursing facilities, six large diagnostic and treatment centers and more than 70 community based clinics. HHC Health and Home Care also provides in-home services for New Yorkers. HHC was the 2008 recipient of the National Quality Forum and The Joint Commission’s John M. Eisenberg Award for Innovation in Patient Safety and Quality. For more information, visit [www.nyc.gov/hhc](http://www.nyc.gov/hhc).