

A Taste of African Heritage Program (ATOAH) at Morehouse School of Medicine, CRC Bionutrition Core

ATOAH is a nutritional cooking program designed to bring back the healthy “old ways” of eating. This six week program combines cultural history, nutrition, and cooking to reconnect people with a long lineage of healthy eating and empower them with the knowledge, confidence and skills to prepare the healthy heritage meals of their African Ancestors.

Space is limited. To sign-up for the program, please contact Wanda Montsho, Research Diet Technician at (404) 752-1557 or wmontsho@msm.edu

Classes begin Monday, December 1st from 5:00 – 6:45pm. The ATOAH program is free. Funding for the program is provided by Oldways and Walmart.

We are venturing to provide this program to the poor and underserved populations we serve. If you would like your MPH and Medical Students to receive training on how to conduct the classes for Community Outreach, please contact Kayellen Umeakunne, MS RD LD at (404) 752-1010 or kumeakunne@msm.edu