

ALISON C. & MARCUS K.

WELLNESS STORY

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Check out the
medical
student recipe
book [HERE](#).

"Cooking and baking have always been incredibly important in my life. Growing up, my dad was always the chef of the family, and he would start every holiday at 3 in the morning, basting turkeys or preparing dough for homemade bread and pies. I definitely inherited his love of cooking for others. I think food is all about connection and curiosity, and I have learned a lot about others through cooking together. I have had the fortune of traveling a lot in my life, and always make sure that learning a new recipe is on the agenda."

-Alison C., M2

"I enjoy cooking because it connects me with my friends. I often cook recipes that I've learned and share them with my friends. Cooking also contributes to my wellness by providing structure and natural pauses in my day. Waiting for bread to rise, an oven to warm up, or rice to cook creates built-in Pomodoro timers that break up my activities. Preparing a meal gives me something tangible to focus on, and at the end I have something I can enjoy and share with others."

-Marcus K., M2

