

Dinah E. Gore Kitchens

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Happy New Year! We are looking forward to welcoming you to Raleigh in September! My name is Sydney Knowles and I am serving as a tri-liaison for our 2022 Annual Session.

We can't wait for you to experience North Carolina, including our new state-of-the-art kitchen complex at NC State University. The Dinah E. Gore Teaching and Research Kitchens were built in 2019 to enhance and extend our work in teaching, research, and extension. The complex is named for a longtime benefactor of family and consumer sciences programs at NC State University. Dinah Gore and her husband, Edward, have supported numerous educational programs in NC schools, colleges, and universities. Mrs. Gore has been especially generous in enhancing NC State Extension's educational programs related to health, food, nutrition, and fitness.

NC State University has utilized the teaching kitchens to host living lecture series, training videos, develop recipes for agents and specialists to share with the public, and to research questions related to labeling, ingredient use, food safety, and healthy cooking. Our kitchen philosophy includes:

- The best way to learn to cook is by being in the kitchen, cooking.
- Everyone can learn to cook delicious, healthy, and safe meals.
- Cooking does not have to be complicated.
- Cooking is an art guided by science.
- Healthy food is essential to a healthy life.
- Food is medicine.

We can't wait for you to experience the Dinah E. Gore kitchens yourself during our pre-conference workshops! Watch the journey from concept to kitchen at <https://go.ncsu.edu/kitchensconstruction>.

