

Heather learned that offering food was a way to offer care. Having grown up in a household that considered a Pop Tart breakfast and a Snickers bar an afternoon snack, she was in for food culture shock when she first went to dinner at her boyfriend's middle eastern household. A warm welcome and the fragrance of Allspice met her at the door. The entree was "Upside Down Dinner" - rice and savory vegetables simmered in a pot and then turned out onto a platter to be served. The food fed her appetite and the hospitality fed her soul. Repeats of this satisfying experience inspired Heather to study the science of food in college. Now she enjoys caring for patients by nourishing them. Think about it. Whether having heart surgery or having a baby, every patient needs to eat! She deeply values the healing aspect of sharing a meal. "I would love to gather patients and serve food around a dining table if we could," Heather muses. Her current father-in-law, the same cook that inspired her years ago, still loves to tease. "Eat, Heather," he coaxes, "We love you so much we want to see *more* of you!"

Heather is a Clinical Dietician at St. Mark's