

# Tia Berry

## Manager, American Heart Association's Simple Cooking with Heart® Kitchen

Baltimore, Maryland

Tia Berry grew up cooking. But she didn't grow up cooking healthfully. "My grandmother taught me to cook. And everything was full butter, full fat, and fried," said Berry. "To this day, bacon is my weakness."

Her relationship with food changed when she attended culinary school. She began to refine her craft and soon showcased her healthful cooking during a regular segment on the local news. From there, she began cooking demonstrations for the American Heart Association (AHA).

Today, Berry manages the AHA's Simple Cooking with Heart Kitchen in Baltimore, Maryland. The kitchen is the first of its kind in the nation. It offers hands-on cooking classes that are open to the public. For \$5, participants

cook a heart-healthy meal and leave with four servings to share with family. "If you want to be healthy, you cannot be the only person in your home eating healthful foods," said Berry. "So we encourage class participants to involve their families by sharing what they've made."

Berry knows firsthand the impact family can have on diet. "Both my grandparents had diabetes. My grandmother had quadruple bypass surgery. And my favorite aunt died of a massive heart attack at age 53," she said. "That's what attracted me to the American Heart Association. The organization allows me to help other people – but it helps me as well, because I know what a struggle it can be to eat healthfully."

Simple Cooking with Heart Kitchen's mission is to build healthier lives, free from cardiovascular disease and stroke, by changing the way people eat. "Some people come in begrudgingly. But they always leave class surprised. And they often come back," she said.

The response from the community has been overwhelming. There is now a waiting list for most classes.

This impact motivates Berry. "Food has always been my passion. But as an adult, eating healthfully has become my passion," she said. "I never want to be a burden on my family. I want to be here for my child. I want to enjoy life. And that's why I do what I do."

Simple Cooking with Heart® is a registered trademark of the American Heart Association.



### Blackened Tilapia and Strawberry Kiwi Salsa

The mild flavor of tilapia provides the perfect base for a flavorful spice mixture of cumin, garlic, chili and paprika. Topped with salsa made from tangy kiwi, sweet strawberry, crisp cucumber and fresh cilantro, this is a healthy, must-try meal.

For recipe, visit [AAHCalendar.com/recipes/february](http://AAHCalendar.com/recipes/february).



# February 2016

Black History Month

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– Tia Berry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 1902: Langston Hughes, poet, born.	<b>2</b> 1897: Alfred L. Cralle patents the ice cream scoop.	<b>3</b> 2009: Eric H. Holder Jr. sworn in as the nation's first African American attorney general.	<b>4</b> 1913: Rosa Parks, civil rights pioneer who sparked 1955 Montgomery, Alabama, bus boycott, born.	<b>5</b> 1884: Willis Johnson patents eggbeater.	<b>6</b> 1993: Arthur Ashe Jr., tennis player, humanitarian and activist, dies.
<b>7</b> 1883: Ragtime pianist and composer Eubie Blake, born.	<b>8</b> 1968: Three South Carolina State students killed during segregation protest in Orangeburg, South Carolina.	<b>9</b> 1995: Bernard Harris becomes first African American astronaut to walk in space.	<b>10</b> 1927: Leontyne Price, internationally acclaimed opera singer, born. <i>Ash Wednesday</i>	<b>11</b> 1990: Nelson Mandela of South Africa is released from prison after 27 years.	<b>12</b> 1957: Frederick M. Jones patents method for preserving perishables. <i>Lincoln's Birthday</i>	<b>13</b> 1920: Andrew "Rube" Foster organized The Negro National League.
<b>14</b> 1817: Frederick Douglass, "The Great Emancipator," born. <i>Valentine's Day</i>	<b>15</b> 1820: Susan B. Anthony, abolitionist and women's rights advocate, born. <i>Presidents' Day Observed</i>	<b>16</b> 1874: Frederick Douglass elected president of Freedman's Bank and Trust.	<b>17</b> 1891: Albert C. Richardson patents a butter churn.	<b>18</b> 1931: Toni Morrison, winner of the 1988 Pulitzer Prize for her novel <i>Beloved</i> , born.	<b>19</b> 2002: Vonetta Flowers becomes Winter Olympics' first African American gold medalist.	<b>20</b> 1895: Frederick Douglass, leading voice in the Abolitionist Movement, dies.
<b>21</b> 1965: Malcolm X assassinated in New York.	<b>22</b> 2008: Johnnie Carr, major icon of the Civil Rights Movement, dies. <i>Washington's Birthday</i>	<b>23</b> 1868: W.E.B. DuBois, scholar, activist and author of <i>The Souls of Black Folk</i> , born.	<b>24</b> 1864: Rebecca Lee Crumpler becomes first black woman to receive a medical degree (New England Female Medical College).	<b>25</b> 1853: First black YMCA organized in Washington, D.C.	<b>26</b> 1965: Civil rights activist Jimmie Lee Jackson dies after being shot by state police in Marion, Alabama.	<b>27</b> 1897: Marian Anderson, world-renowned opera singer and civil rights activist, born.
<b>28</b> 1984: Michael Jackson, musician and entertainer, wins eight Grammy Awards®.	<b>29</b> 1940: Hattie McDaniel becomes the first African American to win an Academy Award® for Best Supporting Actress for her role as "Mammy" in <i>Gone With the Wind</i> .					



Why do we all scream for ice cream? Because of Augustus Jackson. In the early 1800s, he reinvented the technique used to make it and concocted new recipes, earning him the nickname the "Father of Ice Cream."<sup>2</sup>



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