

## **Kathryn Petritis**

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### **Professional Summary**

Accomplished and energetic accredited holistic chef with a solid history of achievement in the culinary industry. Motivated leader with strong organizational and prioritization abilities. Areas of expertise include innovative teaching of health supportive foods including extensive knowledge of cooking for clients with compromised immune systems and special needs. Excellent communication and public speaking skills.

### **Core Skills**

- Teach nutritious cooking skills to busy individuals and families who wish to maintain a healthy lifestyle
- Work with Not-for-Profit agencies to create healthy meal plans for adults and children with behavioral and learning disabilities (eg. Autism, ADHD, Bio-polar, Asperger Syndrome). Taught staff leaders a variety of nutrient dense foods to cook, and organized follow up monthly meetings to review progress.
- Teach the new ecological kitchen, and how to well-stock a pantry.
- Coach individuals and groups on essential cooking skills, motivating and inspiring to change old habits for empowering new tools.
- Skilled in plant based cooking.
- Knowledgeable in international cuisines.
- Experienced in heart healthy cooking, with a focus on the *new healthy fats*.
- Experienced in aiding clients with recovery from serious illness, and working with protocols for future presentation.
- Proficient in creating PowerPoint presentations for corporate groups involved in "Wellness Programs"
- Expert in live cooking demonstrations for workshops and lectures.

### **Professional Work Experience**

#### ***Personal Chef, January, 1997-Present***

- Work with customers to provide an important specialty service which incorporates menu planning according to dietary needs, shopping in fresh markets, preparation of lunches and dinners, and supplying nutrition data.

#### ***Store Owner of "The Health Conscious Chef", Jan 1997-Jan 2001***

- Served the community with daily selections of organic healthy breakfast, lunch, snacks, raw juicing and dinners. Offered and taught healthy eating cooking classes and workshops on premises. Enthusiastically interacted with customers to educate them and promote health conscious eating. Created and distributed daily educational materials on

making healthy food choices. Maintained a bulletin board in view with current food facts & stories.

### **Self-Published Author**

*Health Transforming Foods, Their Stories and Recipes*, Balboa Press 2015

### **Lecture Series, 1994-2016**

2017 - How to Put Your Diet into Action- Women's Soroptimist, Centerport, NY

2015 - Creating a Fully Nourished Life-Sutton Place Synagogue, N.Y.

2015 - Cancer-Diet Connection-Food for Thought Healthy Café, Garden City, NY

2010 - Heart Health, the Beat Goes On- Half Hollow Hills Library, Dix Hills, NY

2010 - Edible Healing-w/ Dr. Judy Marsel-for Cancer Survivors, Great Neck, NY

2003-05 - Healthy Food Choices, based on Ancient Philosophies; lectures and demos for Stony Brook University, Dining Halls, Stony Brook, NY

2000 - True Nutrition for the Body- New York College, Syosset, NY

1995 - Making the Right Food Choices for You-Gary Null's Center for Reverse Aging, NY

1994 - Your Health is Your Wealth- the Girl Scouts of Greater New York

1993 - The Role of Parents as Gatekeepers in Children's Health, Columba Presbyterian Medical Center, Pediatric Oncology, NY

### **Consulting, 2001-2006**

- Creek Country Club, Sands Point, NY: Worked with French Chef in reducing the fat from dairy in many classic dishes using vegetarian tips.
- Fairway Market, Plainview, NY: Designed a health supportive menu for new organic café in store, gave instructional lessons to staff.
- Fairway Market, Harlem, NY: Taught and trained staff in innovative menu for the upstairs healthy café.
- Port Nutrition Store, Port Washington, NY: trained staff on cooking techniques and designed menu for new organic café and juice bar.
- Farmers Market (later changed to King Kullen), Glen Cove, NY: created a natural deli from scratch, developing 90 recipes and trained staff.
- Food for Thought Healthy Café, Garden City, NY: responsible for creating new and innovative trendy dishes for health store, while collaborating with the owner and chef.

### **Education**

Natural Gourmet Institute for Health and Culinary Arts, New York, 1993

619 hours Chef's training Program ACCET Accredited

Tobe-Coburn School, New York, 1970

Associate Degree in Occupational Studies