

Laura Stec Bio

Laura Stec is a chef, educator and author, specializing in meals, events and products for healthy people and the planet. Her work has been featured at NPR, Martha Stewart, LA Times, Wall Street Journal, Scientific American, and numerous local and national media sites. She is private and corporate chef with Laura Stec – Innovative Cuisine and Culinary Health Educator for Kaiser Permanente and Bay-Area corporate wellness programs. *The Food Party!* is her featured blog for San Francisco-based Embarcadero Media. Current projects include developing Bianchini’s Market meal kit dinner service – learn as you cook! Past positions include chef instructor for Lifelong Inc. and consulting chef for the International Culinary School. As Corporate R & D Chef for Pescadero Foods Inc., Laura worked on-farm with pastured-raised chickens, and on a local-food line for the National School Lunch Program.

Laura’s extensive nonprofit education experience began in 1988 after starting EcoEaters, one of the first food and environment education programs in the U.S, followed by 14 years with Palo Alto, CA nonprofits Bay Area Action and Acterra. Her book, *Cool Cuisine - Taking the Bite Out of Global Warming*, is co-authored with atmospheric scientist and San Jose State professor Dr. Eugene Cordero; the team has lectured extensively, nationally and internationally about the connections between food and the environment.

Locally, Laura offers a suite of wellness programs to Bay Area corporations including onsite cooking classes, hands-on cooking and knife skills, Food Parties and Discovery Bars, with optional farm stand and local wine pairing. Noted by Time Magazine as a “leader who pursued her passion to become a community resource and expert,” Laura is working on a new product line to inspire people to eat more vegetables. She volunteers as cooking teacher for local schools, for Tasting Week, and for the national Chefs Move to School program. On her days off she hikes and boogie boards the Pacific coast.

Short bio

Laura Stec is a corporate and private chef, corporate wellness educator for Kaiser Permanente and Bay Area businesses, owner of Laura Stec – Innovative Cuisine, and author of *Cool Cuisine – Taking the Bite Out of Global Warming*. *The Food Party!* is her featured blog for Embarcadero Media (Palo Alto Weekly, Menlo Park Almanac, Mountain View Voice).

More info

Culinary training: ProChef® certified: Culinary Institute of America (2012), Culinarian: Culinary Institute of America (1994), Vega Macrobiotic Study Center (1993), School of Natural Cookery (1991)

Laura Stec started cooking at home as a child, using souvenirs and foods from her parents' international travels to decorate the kitchen and incorporate into theme dinners for the family. Her first restaurant job was at Seva, the iconic vegetarian restaurant in Ann Arbor, MI. Laura worked at numerous restaurants including the Left Bank and Flea Street Café (both in Menlo Park, CA.) before starting Laura Stec – Innovative Cuisine, which offers private and corporate chef services, employee wellness programs, and Green Cuisine workshops to business. As Corporate Chef for Pescadero Foods Inc., Laura worked 'down on the farm,' with Barred Rock, Rhode Island Red and Ameraucana heritage chickens for their Wattle & Comb® brand, and on a packaged soup for the National Schools Lunch Program made from USDA commodities + Bay Area local produce.

Food and Environment

Promoting the powerful effect food has on personal and planetary health, Laura founded EcoEaters in 1988, one of the first food and environment education programs in the U.S. Her message: "The most positive effect we can have on the environment begins on our dinner plate," has been heard from coast to coast. With environmental organization Bay

Area Action, she founded EEAT (the Environmental Eating Action Team) in 1997, and was chef of their popular Decadent Dinner Parties for over 10 years.

Her green-cuisine dinner parties and events have been enjoyed since 1990 by clients such as Sheldon Whitehouse for Senate, football great Ronnie Lott, Ralph Nader, rock-star farmer Joel Salatin, Silicon Valley Community Foundation, the American Medical Women's Association, Google, Environmental Defense Fund, the Biomimicry Conference and Harvard University. See a client list at www.laurastec.com.

Work as Speaker

Laura has done hundreds of lectures nationally and internationally. Past venues include: Commonwealth Club, California Academy of Sciences, Chico State University, Culinary Institute of America, American Dietetic Association, Apple Inc., Northern California Medical Association, Wilson Sonsini Goodrich & Rosati, Roche, Oracle, Adobe, The Health Trust, Stanford Hospital, California Farmers' Market Association, American Holistic Nurses Association, Sun Microsystems, Trulia, Linked In, Society for Hospitality and Food Service Management, Istituto Nazionale di Recovero e Cura a Carattere Scientifico, IBM.

Lecture topics include:

Solutions to Global Warming – A Culinary Perspective, The New Economy and the Food System, The Business of Eating - Green Cuisine Trends and Practices, Cooking For Time Taste Cost and Kids, Quick Cooking for Optimal Health and Flavor, Manage Your Microbes. See <http://laurastec.com/classeslectures.html>

Cool Cuisine – Taking the Bite Out of Global Warming (Gibbs Smith 2008) addresses why global warming could be the “best thing to happen to the culinary world in a long time;” and reports on innovative science, business, and savory solutions to the “Global Warming Diet.” Since publication of her book, Laura has been keynote speaker for national and international forums on food and environment, holding media appearances

with Martha Stewart Living, NPR, US News, and Los Angeles Times among others. Cool Cuisine has been covered in 20 countries and 7 languages. www.globalwarmingdiet.org.

Work with Schools

Since the 90's, Laura has taught in schools with the Peaceable Plate Schools Lunch Program, Chefs Collaborative, Chefs Move to Schools, Bay Area Tasting Week, and if she has the chance, any school who calls up to ask. At Bowman International School (Palo Alto, CA), her team hosted school-wide events such as Snack Attack!, Farm to Fork with the Seasons, and an Earth Day Solar Cooking Class. Using ingredients from a school garden harvest, and eggs from school chickens, the class served up homemade frittatas cooked in solar ovens. See photos: <http://laurastec.com/blog/?cat=11>.

Social Media

Website: laurastec.com
Business blog: laurastec.com/blog
Facebook: facebook.com/LauraStecInnovativeCuisine
Embarcadero Media blog: <http://www.almanacnews.com/blogs/b/the-food-party?i=14>
(Palo Alto Weekly, Menlo Park Almanac, Mountain View Voice)
Twitter: twitter.com/LauraStecINC

Also see:

30 seconds with CUESA: <https://vimeo.com/56271889>.
Fall Pumpkin Empanadas <https://vimeo.com/105959505>
Video Speaking sampler: <http://www.YouTube.com/laurastec>
5-Minute Cooking Class: <http://www.youtube.com/watch?v=jw2UQvMczo&feature=plcp>