

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 on NPR, Martha Stewart Radio and in the *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 Chef instructor for Portola Valley Farmers Market, and California Farmers Market Association. 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 when she launched EcoEaters. She spent 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 duo has lectured extensively across the U.S. and around the world about the connections between food, climate change and the environment.

Laura offers a suite of wellness programs to Bay Area companies, 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 experimenting with a new product line to inspire people to eat more vegetables. She volunteers as cooking teacher for local schools and Tasting Week. On her days off she hikes and boogie boards the Pacific Coast.

Short bio

Laura Stec is a chef, writer and 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 blog for Embarcadero Media (*Palo Alto Weekly*, *Menlo Park Almanac*, *Mountain View Voice*).

More info

Culinary training: ProChef®: 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 her parents' international travels, to decorate the kitchen and incorporate into theme dinner for the family. Her first restaurant job was at Seva, the iconic vegetarian restaurant in Ann Arbor, MI. She has

worked at numerous restaurants including the Left Bank and Flea Street Café (both in Menlo Park, CA) before starting Laura Stec – Innovative Cuisine.

Food and Environment

Promoting the powerful effect food has on personal and planetary health, Laura founded EcoEaters in 1988. Her message was novel: “The most positive effect we can have on the environment begins on our dinner plate.” 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 themed 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 client list at laurastec.com.

Work As Speaker

Laura has lectured to thousands of people across the U.S. and around the world. Venues include: Commonwealth Club, National Association of Colleges and Universities (NACUFS) 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, LinkedIn, 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, Eating Urban – Bringing Urban Cuisine to Colleges and Universities, 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, Fix Your Foodprint.

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 the publication of her book, Laura has been keynote speaker for U.S. and global food forums on food and environment, holding media appearances with Martha Stewart Radio, NPR, *US News* and the *Los Angeles Times*, among others. *Cool Cuisine* has been covered in 20 countries and 7 languages.

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](https://www.facebook.com/LauraStecInnovativeCuisine)

Twitter: twitter.com/LauraStecINC

Also see:

Video Profile: <http://www.YouTube.com/laurastec>

30 seconds with CUESA: <https://vimeo.com/56271889>.

Fall Pumpkin Empanadas: <https://vimeo.com/105959505>

5-Minute Cooking Class: <http://www.youtube.com/watch?v=jw2UQvMczo&feature=plcp>