

CULINARY TRAINERS

Catharine Powers, MS, RDN

Culinary Trainer, Culinary Nutrition Associates LLC

Cathy Powers is a founding partner with Culinary Nutrition Associates LLC and co-author of the textbook, *Essentials of Nutrition for Chefs*, the IACP 2011 cookbook winner for the Health and Special Diet category. She also is the co-author of *Portion Photos of Popular Foods* and *Recipe Nutrient Analysis: best practices for calculation and chemical analysis*.

Cathy is a trainer with the Institute of Child Nutrition and was project manager for their award-winning training program, *Cooks for Kids* and was project coordinator for the revision of their online course, *Culinary Techniques for Healthy School Meals*. Cathy spent nearly 15 years at The Culinary Institute of America (CIA) where she was instrumental in developing the Institute's cutting-edge nutrition program. She is currently chair of the CIA's Healthy Kids Collaborative.

She received her Bachelor of Science in Nutrition and Dietetics from Indiana University of Pennsylvania and received her Master of Science from Purdue University.

Samantha Cowens-Gasbarro

Chef and Nutrition Coordinator, Windham Raymond Schools

Chef Samantha Cowens-Gasbarro first discovered her love of food while studying in Madrid, Spain. After returning stateside, she enrolled at Johnson & Wales University in the Culinary Nutrition Program. She spent a few years working in commercial kitchens in Providence, RI until she was asked to personal chef by her first client. This turned into a successful career as a personal chef in the Boston Area where she worked with nutrition based clients, such as people managing diabetes, celiac and professional athletes looking to improve their athletic function through diet. She also taught and managed at a cooking school, teaching healthy cooking classes to kids and adults.

After moving to Maine, she found her new passion in school nutrition. She is the district Chef and Nutrition Coordinator at RSU 14 Windham Raymond Schools in Maine, creating new and healthy recipes, training staff and teaching kids the importance of healthy diets and scratch cooking in the classroom as well as during her afterschool cooking club. Her passion lies in connecting kids to real, whole local foods. She believes that nutrition education and exposure to new and healthy foods is crucial to changing children's eating habits. In addition, she is a garden advocate for her school's gardens, trying to get students more involved as well as getting more of the produce from the gardens into her school kitchen. Through school nutrition, she hopes to help change the food culture in our country back to real, whole foods one child at a time.

Michael McGreal, CEC, CCE, CHE, FMP, CHA, MCFE

Department Chair, Culinary Arts, Joliet Junior College

Chef Michael J McGreal has worked in the foodservice industry for over 30 years, holding positions at some of Chicago's premier restaurants and hotels. He earned his chef training degree from Washburne Culinary Institute in Chicago, his bachelor's degree in hospitality organizational management from the University of St. Francis, and his master's degree in higher education administration from Robert Morris University. Chef McGreal joined the prestigious Culinary Arts program at Joliet Junior College as an instructor in 1996 and has served as the department chairperson since 1999.

Chef McGreal serves as a chef consultant for the USDA's Institute of Child Nutrition (ICN). In this capacity, he conducts training on behalf of the USDA and ICN related to the Healthy Schools Initiative for foodservice staff around the country. He also serves on the First Lady's National Advisory Council for the Chefs Move to Schools initiative.

Chef McGreal's has authored and co-authored *Culinary Arts Principles and Applications*, *Culinary Math Principles and Applications*, and the *National Apprenticeship Program for Cooks*.

Ellen Nylan

Chef/Culinary Specialist, South Madison Community School

Ellen Nylan is completing her second year as the Chef/Culinary Specialist for the South Madison Community School district near Indianapolis. An East Coast native, she moved to Indianapolis in 2003 after a career in the film industry, attended culinary school at The Chefs Academy in Indianapolis, and began her career as a chef. After cooking in restaurants, healthcare, catering, and as a private chef, she pursued a chef-role in the schools to pursue her passion for "democratizing healthy food"--- for all. Passionate about farm to school and gardening, she has taken a leadership role in Indiana in the Farm to School movement. Her favorite quote regarding school foodservice is, "It's not nutrition until you eat it!"

Michael Roddey, CEC, CDM

Owner, Gastronomic Services & Consulting, Inc.

Chef Roddey has over 30 years of diverse foodservice/hospitality industry work experience. He is now leading Gastronomic Services & Consulting, Inc. where he is active on many fronts not limited to delivering educational programs, in-house trainings, operational enhancements or developing leaders within the foodservice industry. He is an active trainer for the Institute of Child Nutrition and loves working with school nutrition.

Reinforcing his time and dedication to the industry he has earned numerous credentials from various professional organizations. Receiving his education throughout the years he holds Associate degrees in both Culinary Arts and Linguistics, a Bachelor degree in Business Management and a Master degree in Higher Education & Organizational Development.

Chef Roddey served six years in the Air Force National Guard during which time he received various awards and medals. Even after his discharge he continued to support of the armed services. His support includes volunteering for the US Navy's Adopt a Chef Program donating time to help groom US Navy Culinary Specialists and improve the overall galley operations on board Navy vessels.