

# “Are You Cook Aware?” Participants



**Kelsey Nixon (Moderator)**



**Janice Newell Bissex, MS, RD**



**Joscelyn Ramos Campbell**



**Dr. Rovenia Brock**



**Lauren Braun Costello**



**Dr. Kantha Shelke**



# Kelsey Nixon

Kelsey is host of *Kelsey's Essentials* on the Cooking Channel, where she shows DIY home cooks the essential techniques, equipment and foolproof tips needed to be the boss of their own kitchen.

Kelsey's passion for food has led her to create recipes that target the beginner cook. She believes in cooking "by the book" — breaking down the basics, teaching proper technique and making anyone feel comfortable in the kitchen. Her passion began in college where she hosted her own cooking show, *Kelsey's Kitchen*, where she emphasized fast, fun and affordable meals and recipes that are simple yet satisfying.

With a professional culinary arts degree from Le Cordon Bleu — Hollywood, Kelsey has published original recipes in *Bon Appétit* magazine and *Cosmo Girl*, and also developed a recipe for Red Lobster's "Fresh Catch of the Day" menu, featured in more than 600 restaurants nationwide. Kelsey was also a finalist on season four of *The Next Food Network Star*, where she made it to the top four and was voted Fan Favorite.



# Janice Newell Bissex, MS, RD

Janice is a nutrition consultant, speaker, spokesperson, and coauthor of two award winning cookbooks: *No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms* (M3 Press, 2011) and *The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!*.



As co-host of the weekly radio podcast, *Cooking with the Moms* (nominated by IACP as the best Culinary Audio Program of 2011), and an information-packed blog, *Meal Makeover Moms' Kitchen*, Janice's mission is to help busy families eat a healthy and delicious diet. Her blog was nominated for Best Family Blog by Foodbuzz in 2009 (she lost to the Pioneer Woman!) and Janice was named by Babble.com as one of the [Top 50 Best Mom Food Bloggers in 2010](#) and by FriendsEat as a (top 20) *2011 Best Food Blogger*. She has written for several magazines including *Every Day with Rachael Ray*, *Kiwi Magazine*, and *Nick Jr. Family Magazine*. Janice formerly served as nutrition consultant to the U.S. Senate.

She is past president of the Massachusetts Dietetic Association, a founding member of the Food & Culinary Professionals practice group of the ADA, and a member of the International Association of Culinary Professionals and American Institute of Wine & Food. Janice received her undergraduate degree in Food & Nutrition from University of Maine, and her Master of Science in Nutrition from Boston University. She has completed training both at the Culinary Institute of America and the Intermediate Wine Program at Boston University.



# Dr. Rovenia Brock

Dr. Brock, also known as Dr. Ro, is a renowned nutritionist, the author of *Dr. Ro's Ten Secrets To Livin' Healthy* and an award-winning health journalist and television personality known for her easy-to-apply diet, fitness and health advice for women and families.



As a leading nutrition coach for over two decades, she was named by *More Magazine* as one of the nation's top 5 nutritionists. She served as nutrition coach on *The View*, helping Sherri Shepherd lose weight for her infamous on-camera swimsuit reveal. She contributes to NBC's *Today Show*, *The CBS Early Show*, *Good Morning America*, and to National Public Radio. She continues as Nutrition Contributor to TV-One's *Makeover Manor* where she also hosts *Livin' Healthy With Dr. Ro*. As the go-to nutrition coach to real people and celebrities nationwide, Dr. Ro has been featured in *O Magazine*, *Quick & Simple*, *Self*, *Ebony*, *Essence*, *The Dallas Morning News*, *Memphis Commercial Appeal* and numerous national publications. Her book is recommended by *USA Today* and *New York Daily News* as a "must-have" to slim down.

Dr. Ro holds a PhD in Nutritional Sciences, a MS Degree in Community Nutrition and Broadcast Journalism from Howard University, and a BS degree in Foods and Nutrition from Virginia State University. As an award-winning nutritionist, she has received awards from The National Medical Association, The American Heart Association, The American Cancer Society, and is the recipient of Howard University's Most Distinguished PhD alumnae award in 1998 and 2002. Dr. Ro is Head Nutrition Coach at [Dr. Riggins' Medical Aesthetic Skin Care](#) (MASC) in Washington, DC and Gadsden, Alabama, which she co-owns with her husband, Dr. Murray Riggins.



# Joscelyn Ramos Campbell

Joscelyn is the founder of Mami Innovative Media and editor-in-chief of MamiofMultiples.com, one of the nation's leading Hispanic American Mom blogs offering parenting resources and helpful tips for families, including families with multiples and bilingual children.

Joscelyn has over 10 years of experience as an award-winning former federal government public relations executive and spokesperson.

She is listed on CNBC.com and various news outlets as one of the Top Latino Social Media Stars and Leading Hispanic Bloggers. Joscelyn is the owner of Mami Innovative Media, LLC, a communications and digital marketing company providing services to brands, corporations, individual clients, non-profits and small businesses. She is a nationally syndicated Parenting Columnist for the *Examiner* and co-hosts the popular Chicas Chatting Blog Talk Radio Show. In addition, launching in January 2012, Joscelyn is the Executive Editor for *Multiplicity Magazine*, a global publication for families of multiples. Joscelyn is a featured public speaker at social media conferences and charitable events. She volunteers for charitable, non-profit organizations and is in voluntary leadership positions.



# Lauren Braun Costello

Lauren is an author, food stylist, and culinary instructor who has gained both local and national media exposure, including appearances on ABC's *The View*, and as the host of KitchenDaily.com's series, [Pantry Challenge](#). Her recipes and party-planning advice have appeared in *The Los Angeles Times* and on Nickelodeon's ParentsConnect.com, and she has made several television appearances over the years on WNBC's *Today in New York* and *News 4 You*. Lauren's food styling has been featured in various national and local television broadcasts, including segments for ABC's *The View*, *The Early Show* on CBS, and *Fox & Friends*.



In 2009, Lauren's two books were released: [Notes on Cooking: A Short Guide to an Essential Craft](#) (June 2009, RCR Creative Press) and *The Competent Cook: Essential Tools, Techniques, and Recipes for the Modern At-Home Cook* (November 2009, Adams Media). Lauren recently added a children's book to her list of published works with the release of *Eat Your Breakfast Or Else!* (October 2010, Three Puppies Press). She contributed a health-conscious pancake recipe to author Jackie Jafarian Broad's adventurous and imaginative story of a little boy who would rather play with his rockets than eat his breakfast.

Lauren was also the author of a weekly cooking column entitled "The Competent Cook," which appeared on CDKitchen.com. She has served as a recipe tester, most notably for the 75th Anniversary edition of the *Joy of Cooking* cookbook, working with a team of chefs to test and develop recipes. Prior to her culinary pursuits, she enjoyed a successful career on Wall Street in corporate communications, managing the employee newsletters and intranet sites of Prudential Securities, Goldman Sachs, and Société Générale.

Lauren holds a B.A. from Colgate University and earned a Grand Diploma in Culinary Arts with distinction from [The French Culinary Institute \(FCI\)](#). While studying at FCI ([read her alumni profile](#)), she was named a recipient of the Les Dames d'Escoffier scholarship.



# Dr. Kantha Shelke

Kantha Shelke is a principal at Corvus Blue LLC, a Chicago-based food science and research firm that specializes in industry competitive intelligence, expert witness services, and new product/technology development and commercialization of foods and food ingredients for health and wellness. Kantha's contributions extend to integrating scientific and market research findings to accelerate the development of products and services that will truly enhance the wellbeing of people.



Kantha is a food scientist and serves as the Editor-at-Large for Penton Media's Functional Ingredients, Advisory Board Member for Nutrition Business Journal, Technical Editor for Putman Media's Food Processing magazine, and Science and Technology commentator for Private Label Manufacturer's Association. She is a member of the Culinary Historians of Chicago and helped found the Greater Midwest Foodways. She most recently wrote for The Oxford Encyclopedia of Food & Drink in America and just completed a book on The Global History of Pasta. She may be reached at [kantha@corvuslbue.net](mailto:kantha@corvuslbue.net).

