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Rose Reisman

ROSE REISMAN'S
*Art of
Living Well*

Rose Reisman has enlightened, entertained and uplifted Canadians for over two decades. While best known for her many popular cookbooks, she has also written extensively on topics, which include fitness, chronic disease prevention, weight management, career stress, nutrition trends, parenting and dealing with challenges of a rapidly changing world. Rose practices what she eats! Rose is a remarkably fit woman with four grown children and a very full and rewarding career. Rose embodies a true zeal for her message.

Rose is a sought after speaker on TV and radio, a regular newspaper contributor, an owner of a catering company and a food delivery service, consultant to Canada's leading food suppliers and most recently has opened her first restaurant *Glow*, incorporating her philosophy. Rose has an engaging personality that has impacted on how Canadians live.

Projects



Books

- Author of more than 16 best-selling recipe books on nutrition and wellness.

New Restaurant - "Glow"

- Embodies her philosophy and adheres to her recipes.

Social Networking Website

- The unique Art of Living Well website combines interactive and practical tools that users can draw on to achieve a healthier lifestyle.
(www.rosereisman.com)

Breakfast for Learning

- National spokesperson

Canadian Diabetes Association

- Wellness Ambassador

Fit Parent Magazine: Editor in Chief

- Fresh and informative publication that speaks to today's active, healthy parents in a positive and motivational manner.

Speaking Engagements

- Rose speaks with the kind of intelligence, energy and real-life experience that comes from being a working mother who balances full career, household and an active social life.
- Wellness seminars, cooking demonstrations and household management for organizations and individuals, that focus on building a balanced healthy family and working environment.

Metro Inc. Supermarkets

- Created a line of ready-to-eat foods for the Metro supermarkets "Fresh to Go" program, allowing their brand to break into Home Meal Replacement segment of the food retail market

The Pickle Barrel

- Inspired and created healthy menus, such as "Under 500 Calorie Menu", the "Locally Grown Menu", the new "Tighten Your Belt Menu" and the upcoming "Mediterranean Escape Menu" for all nine of the Pickle Barrel Restaurants widening the restaurants appeal to a broader market.

Rose Reisman's Personal Gourmet

- Launched "Personal Gourmet" - a daily, fresh food delivery service designed for people who want to eat healthy great tasting food at the comfort of their home.

Rose Reisman Catering

- Launched Rose Reisman Catering, offering deliciously light cuisine to social and corporate groups in Toronto including, The Distillery District, The Canadian Opera Company, The Science Centre, CBC and "The Steam Whistle". They offer regularly catered lunches featuring healthy menus to such corporate clients as Chum, Deloitte & Touche, Torys, Apotex and Ernst & Young.

McCain's Foods Canada, Balanced Living Campaign

- National spokesperson for a BALANCED LIVING campaign.

Media

- Monthly national column in Metro Daily Newspapers and local column in the POST
- "Go to" expert, commenting on the latest in health and wellness news
- Regular appearances on Canada AM, Breakfast TV, Global TV and CBC
- Contributed to weekly radio spot on CFRB 1010's Toronto at Noon Show.



National Fundraising Causes

- Partnered with the Canadian Breast Cancer Foundation, Kruger (Sponge towels), CIBC, McCain's Foods Canada, the Running Room
- Helped raise over \$1 million for research, education and treatment of breast cancer.

Awards and Credentials

- 2009 - Outstanding Public Contribution Award, ORT
- 2009 - Earnst and Young Entrepreneur of the Year Nominee
- 2008 - Outstanding Public Contribution Award, Schulich School of Business
- 2005 - Cuisine Canada Silver Culinary Book Award
- 2000 - Registered Nutritional Consultant from the Canadian School of Natural Nutrition

- 1985 - MBA from York University
- 1976 - B.Ed. from the University of Toronto

