



Christine Cushing

C H E F , A U T H O R , T V H O S T

Things you need to know about Christine:

- She is the only Canadian chef to host a live-to-air program (Christine Cushing Live on Food Network) with 300 hours of programming.
- Has hosted 5 national TV shows (Dish it Out, Christine Cushing Live, Cook With Me, Fearless in the Kitchen on W and OWN, Confucius Was a Foodie).
- Developed 1000+ recipes for TV.
- She is the longest standing regular (in-house chef) for 9 seasons on The Marilyn Denis Show which has been voted Best Talk Show in Canada for the third time.
- Her cookbook Pure Food won the world gourmand award for best cookbook in Canada.
- Her gourmet food products sell in over 100 stores in Canada, including Whole Foods and Longo's.
- Was nominated as Best Host in a Program or Series for Confucius Was A Foodie (Nat Geo Asia) in 2018., now airing on PBS and in 80 countries.
- Has spear headed the team building session for Rotman School of Management, U of T "Judy Project" executives for 16 years consecutively. To qualify these female executives have to be top tier management (CEOs, Vice-Presidents and Presidents of major corporations).
- Chosen to represent Greek gastronomy by the Canadian Greek Ambassador at an Ottawa embassy event (2016).
- Panelist on Women in Business for Ontario Government (2017).
- Judge on Gold Medal Plates - National fundraiser for Olympic Athletes (since inception).

- Supporter of Soup Sisters – National organization feeding families in shelters.
- Judge and supporter of Children's Breakfast clubs of Toronto.
- Chosen by the Spanish Trade Commissioner to cook for Media and Dignitaries at Spanish Food and Wine Pavilion at SIAL (the largest food trade show in Canada) (2017).
- Spokesperson for Health Canada national campaign for eating awareness (2016).
- Supporter of Oceana Canada, helping to reduce and uncover seafood fraud (ongoing).
- Her YouTube channel which now has 66K subscribers is called "My Favourite Foods". She produces her own content for this channel and interacts and takes request from viewers for recipe ideas.
<https://www.youtube.com/user/ChristineCushing>
- Lastly, Christine graduated at the top of her class at George Brown College and continues to mentor young chefs and inspire them to persevere in this ever challenging yet exciting field of culinary arts.

Prestigious Keynote speaking roles include:

Sysco: Thriving and Surviving - The Importance of a Brand
Guelph University: "The Journey to Research Chef"
Toronto Restaurant Association: "Restaurant Food Trends"
Toronto Maple Leafs: "Women Succeeding in a Man's World"
Life Fest: "Balancing Nutrition and Flavour"
Calgary Stampede: Honoured guest chef celebrating their 100th Anniversary
George Brown College: Career and Brand Building keynote
George Brown College: Ambition Nutrition Symposium 2018

Media/Brand Ambassador roles:

- Hong Kong Trade and Tourism
- Quaker Oats Canada
- Chicken Farmers of Ontario
- Astro Yogurt
- Krinos Foods