



CSBA MEMBER SPOTLIGHT

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★ KERRY DUNNINGTON ★

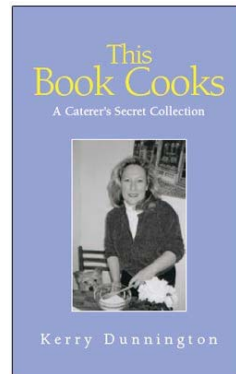
MENU AND RECIPE DEVELOPER~FOOD COLUMNIST PUBLIC SPEAKER~TRAVELING CULINARY DEMONSTRATOR

Kerry Dunnington, author of *This Book Cooks*, is a food columnist, menu, recipe developer and private home caterer.

When planning catered events, food activist, Kerry encourages clients to support sustainable, local, seasonal and organic. Educating the impact of the harmonious benefits of eating foods in their growing season and the importance of choosing and building the “rainbow colored plate.” To reduce energy required to grow and transport food, to support the local economy is the, “reason to eat the season.” Local, seasonal food is fresher, more nutritious and tastier, and avoids paying a premium for food that has traveled long distances. Eating foods in their growing season reconnects with nature’s cycle.

SUSTAINABLE VALUES

Sharing the benefit of sustainable, local and organic food and the overall impact this choice has on our environment.



CONTACT INFORMATION

Web site: www.thisbookcooks.com

E-mail: napsack8@cs.com

Phone: 410 243-3508