

BIOGRAPHY

Sharon New, MS, CHES

Local Food Beat

The Business of Redeeming Food

Sharon New is a Food and Health Educator who teaches sustainable food cooking classes in Annapolis and Baltimore. Sustainable foods are those that are local and raised responsibly *and* are healthy for the consumer. “I don’t think of food as either good or bad. Rather I ask, is the food on my plate Real or Fake *and* where does it come from?”

Three years ago, Sharon read Michael Pollan’s Omnivore’s Dilemma and thus began her journey into the world of locally grown, sustainable foods. Sharon has researched the benefits of grass-fed food and the benefits of eating “real” food...food that heals the land *and* you rather than “fake” foods that steal nutrients from you and the earth.

After working as a paralegal and legal secretary for over 12 years, Sharon made a decision to re-career and in 2002 enrolled in graduate school. Sharon holds a Masters of Science in Health Science, is Certified Health Education Specialist. Her article entitled *Good Food is Relationship Based* was published in the Summer/Fall 2009 City of Annapolis Magazine.

Sharon also teaches a very popular Thyroid/Adrenal Education Class. She blogs regularly on her website: www.localfoodbeat.com and is available for private consulting and classes. Please visit her website for upcoming cooking and health classes and local sources of good, nutrient food.

www.localfoodbeat.com