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Rose Reisman

ROSE REISMAN'S
*Art of
Living Well*

www.rosereisman.com

ROSE REISMAN – The Art of Living Well

Improving the way Canadians live through diet, nutrition, and lifestyle



Rose has been a leading authority on the art of eating & living well for over two decades. As a motivational speaker, columnist, TV personality and author of over 18 cookbooks, Rose is dedicated to changing the eating habits of Canadian families.

On top of a very full and rewarding career, Rose “talks the talk and walks the walk!” Rose is a remarkably fit woman with four children, two grandchildren, two German shepherds, 2 rag doll cats and a husband, not necessary in that order! Rose embodies a true zeal for her message.

- Rose is the owner of Rose Reisman Catering, Rose's School Lunch Program, and Personal Gourmet, a food delivery service with a fresh and frozen food line.
- Rose is a sought-after speaker on national TV and radio, and a regular newspaper contributor across

Canada.

- She is a restaurant consultant with her own menu at the Pickle Barrel chain and Glow Fresh Grill and Wine Bar.
- Rose is an Adjunct professor at York University's Department of Health and a board member of York University, Centennial College and George Brown College. As well, Rose has presented recommendations on fighting childhood obesity with a team of experts to the Ontario government.
- Rose holds five university degrees, including an MBA. Rose won the prestigious Schulich School of Business Alumni Recognition Award for Outstanding Public Contribution, and was nominated for the Ernst and Young Entrepreneur of the Year Award in 2009 and 2014. In 2010, she was recognized as one of the Top 100 of Canada's Most Powerful Women by Women's Executive Network.
- Her ultimate goal is to influence the younger generation's eating habits in order to prevent chronic disease.