

# HEALTHY CHEF CHALLENGE JUDGING PANEL



## EMILY PASTER

River Forest resident Emily Paster is the author of two cookbooks, 2016's *Food Swap: Specialty Recipes for Bartering, Sharing & Giving* and *The Joys of Jewish Preserving* published in 2017. A graduate of Princeton University and the University of Michigan Law School, Emily redirected her career from law to food after the birth of her second child.

She is the writer and photographer behind the website *West of the Loop*, which has been called "a family food blog to savor," and her writing on food and entertaining has appeared in such outlets as *Allrecipes* magazine, *Plate*, *O the Oprah* magazine, *Food52* and more. As the founder of the Chicago Food Swap, a community event where handmade foods are bartered and exchanged, Emily is a leader in the national food swap movement. Emily teaches and speaks on garden-to-table cooking, canning and fermentation throughout the country.