

HEALTHY CHEF CHALLENGE 2020



ZITA SMITH-STEPHENS

ZITA COOKS CATERING

Zita Smith-Stephens is a Chicago Native born and raised in the Austin Area of Chicago and went to grammar school and High School in Oak Park, IL. ZitaCooks Catering was born in the Fall of 2014 after a major corporate job disappointment. A friend suggested that she bring some meals up to her job and she sold out that very day.

ZitaCooks Catering specializes in contemporary American cuisine with a global influence. Zita loves to put her spin on classic dishes. All our cuisine is made with bold flavors, fresh ingredients, herbs. A customized “boutique” catering experience is what sets her apart. She takes the time to get to know the client, find out their needs and then customized to fit their tastes.

Zita has had the opportunity to work with some wonderful companies and organizations in Chicago. Zita has worked with Namaste, Inc, Amtrak Corporation, Youth Outreach Services(juvenile justice) Commercial TV sets, and more. ZitaCooks is looking forward to expanding and growing her brand and niche by providing meal prep and launching her seasonings and sauces line in 2020.