

Jenny With The Good Eats



Jenny with the Good Eats is all about informing people that life is about balance - in what you eat, what you drink, how you exercise, and many other aspects in life.

Says Jenn, "I want to be the perfect blend of a chef and a dietitian. I don't want to only cook 'super healthy foods' and put kale in everything. I've been slowly doing this by working on more indulgent recipes, but also sticking to healthier ones as well, because life is all about the balance between the two."

Jenn calls her cooking style "Michigan Mediterranean". She likes cooking with the seasons and always tries to use fruits and vegetables in a creative and exciting way.



Jenn Fillenworth MS, RD
Freelance Culinary Nutritionist

In the Media

Televised segments: Fox 17 Morning News, FOX 47 Morning Blend, WZZM 13 Evening News, My West Michigan, and Maranda TV on WOOD TV8 and WOTV 4.

Jenn has been working as a food blogger for GRNow.com where she covers new restaurant openings, current happenings in the food scene, and the hottest eats in West Michigan.

She was also featured on Smartbrief.com and the nationally known website, thekitchn.com, with a recipe feature on how to make comfort classics healthier for everyday meals. Her creative and healthy recipe ideas also landed her a spot in the *Siggi's Dairy Cookbook*.



About Jenn

While working as a Clinical Dietitian, Jenn saw a lot of discrepancies in what different dietitians viewed as healthy and many would completely shun certain foods. Not wanting to be like that, and having always loved the culinary field from the age of 14 when she began working in kitchens, she shifted her focus and went from being a Clinical Dietitian to a Culinary Entrepreneur.

Experience Highlights: GRNow.com Food Blogger; 4 years as a Clinical Dietitian (specializing in Ketogenic therapies, Mental Health & Neurology); Freelance Consultant for Culinary Cultivations working as their marketing and social media coordinator.

Education: Bachelor of Science in Dietetics from Michigan State University; Master of Science in Human Nutrition; Personal Chef Certificate (expected April 2019).

Partnerships



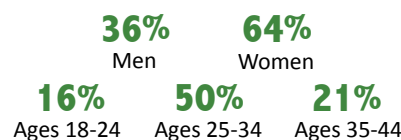
Jenn has always been passionate about building relationships with food companies. She has a partnership with United Dairy Industry of Michigan (Milk Means More), where she works on food photography, recipe development, health blogging and televised media segments. She is also currently the brand ambassador for Spiceology, the fastest growing spice company in the US.

Additional brands partnered with include Schaendorf Cattle Company, Siggi's Dairy, and Doorganics. Jenn is looking forward to her upcoming partnership with Al Fresco Chicken Sausages.

Food Competitions Judged

- ▶ Grand Rapids' Grandwich
- ▶ 2017 International Wine, Beer, & Food Festival
- ▶ WGVU Kids Fare Healthy Recipe Challenge

Audience



Instagram followers: 3,345
Average of 10 posts per week
Average of 20,000 weekly impressions



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