



# Vahista Ussery

Chef, MS, MBA, RDN

## Contact

✉ [ChefV@ChefCyndie.com](mailto:ChefV@ChefCyndie.com)

📍 Culinary Solutions Centers, LLC

🌐 [www.ChefCyndie.com](http://www.ChefCyndie.com)

## Education

- Master of Food Systems Administration, Master of Business Administration, Texas Women's University: 2008
- Bachelor of Science, Coordinated Program in Dietetics, Texas Christian University: 2006
- Culinary Arts Certificate, Culinary School of Fort Worth: 2006

## Affiliations

- Academy of Nutrition and Dietetics Food and Culinary Professionals Practice Group and School Nutrition Services Practice Group

## Summary

Chef V works to enhance the health of individuals through nutrition education and culinary experience.

## Professional Experience

K-12 Culinary Team Consultant

Culinary Solutions Centers, LLC

*August 2015– Present*

- Culinary educator providing interactive culinary skills training to K-12 school nutrition professionals in quantity food production including presentation, efficiency, quality and consistency, food safety, adherence to standardized recipes, and culinary techniques.
- Technical writer and developer of K-12 school nutrition educational materials.
- Quantity, standardized recipe development for use in school meal programs.
- Special projects include NC K-12 Culinary Institute, NC Dept. of Agriculture Farm to School, NC Meals to Go, Utah Farm to Fork, Nasoya®, Starkist®, & Y-pulse®.
- On-site kitchen operational evaluations for streamlining and optimizing school meal programs.
- Video production and editing.

Co-Founder & Culinary Nutrition Consultant

To Taste Culinary Nutrition, LLC

*August 2015–present*

- Create family-friendly recipes for [totaste.com](http://totaste.com) and non-profit organizations such as the Blue Zones Project Fort Worth, Saint Louise's house, and Fit Worth.
- Develop and conduct community virtual and in-person cooking demonstrations.
- Develop and conduct meal prep cooking classes for ALS patients and caregivers.
- Develop and conduct virtual and in-person kid cooking classes.
- Blog, write, and promote nutrition and the culinary arts.
- Developed and conducted numerous single and multi-day workshops for The Texas Department of Agriculture's MealAppeal Universities.

## **Previous Professional Experience**

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- Child Nutrition Consultant, Education Service Center Region 11 (2 yrs)
- Dietitian Supervisor and Chef, Hurst Euless Bedford Independent School District (3 yrs)
- Menu Planning Specialist, Dallas Independent School District (6 yrs)
- Self-employed caterer (8 yrs)

## **Community Involvement**

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- Co-Chair of Women's Health Working Group of the Tarrant County Food Policy Council
- Health Lifestyles Chair for North Hi Mount PTA