



Lindsey Schoenfield

Chef, RDN

Contact

✉ ChefLindsey@ChefCyndie.com

📍 Culinary Solutions Centers, LLC

🌐 www.ChefCyndie.com

Education

- Culinary Arts Certificate, Culinary School of Fort Worth: 2010
- Dietetic Internship: 2007
- Bachelor of Science in Nutrition, Texas A&M University: 2006

Affiliations

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

Summary

Chef Lindsey 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 2003 – 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.
- Experienced in 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®.
- Conductor of on-site kitchen operational evaluations for streamlining and optimizing school meal programs.
- Skilled in video production and editing.

Co-Founder and Culinary Nutrition Consultant
To Taste Culinary Nutrition, LLC

August 2015– Present

- Create family friendly recipes for 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 kids 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

- Director of Student Nutrition, Lovejoy Independent School District (1 yr)
- Dietitian, Mesquite Independent School District (1 yr)
- Nutrition Coordinator & Supervisor, Lovejoy Independent School District (2 yrs)
- Operations Specialist, Dallas Independent School District (2 yrs)