



855 Main Street
Suite 910
Bridgeport, CT 06604
P (203) 226 1112

Michel Nischan

Chef, Author and Food Equity Advocate

Co-Founder & Executive Chairman, Wholesome Wave

Michel Nischan is a four-time James Beard Award winning chef with over 35 years of leadership advocating for a more healthful, sustainable food system and is a pioneer and scaler of the produce prescription model. He is the Co-Founder and Executive Chairman of Wholesome Wave, Co-Founder of the James Beard Foundation's Chefs Action Network, as well as Founder and Partner with the late actor Paul Newman of the former Dressing Room Restaurant. Nischan, whose parents were farmers, began his career at 19, cooking breakfast at a truck stop. He quickly realized that the ingredients coming in the back door fell far short of the farm-fresh harvests he'd grown up on, and began a life-long career championing the farm-to-table concept, decades before it had a name. He has participated in numerous keynotes and panel presentations on the intersections of food and health, agriculture and health, as well as enterprise and health, such as the plenary panel at the 2018 Farm Foundation Roundtable on the Science and Controversy of Healthy food: The Role of Produce Prescriptions in Health and Agriculture, and the opening panel for Tufts University Food Innovation Summit: Financial Rewards for Tackling Obesity and Diabetes. He continues to advocate for fresh produce accessibility and has presented Food as Medicine and Produce Prescriptions at TEDx Manhattan, TEDMED, and TEDx Mid Atlantic with the knowledge he has acquired from working so passionately in the space.

He's also the author of three cookbooks on sustainable food systems and social equity through food. A lifetime Ashoka fellow, he serves as a director on the board of the Jacques Pepin Foundation; and on the advisory boards of Chef's Collaborative, Modern Farmer, Good Food Media Network, and The Culinary Institute of America. The James Beard Foundation honored Nischan as the 2015 Humanitarian of The Year, and he was awarded an Honorary Doctorate in Humane Letters from Post University with the graduating Class of 2019. Michel and his late co-founder Gus Schumacher were published in the 2001 Maine Policy Review with Gus Schumacher: Healthy Food Access and Affordability: "We Can Pay the Farmer or We Can Pay the Hospital"

To learn more about Chef Nischan, follow him on Facebook, Twitter and Instagram and visit www.chefnischan.com

To learn more about Wholesome Wave visit, follow us on Twitter and Instagram or visit www.wholesomewave.org