



CHEF SALLY AYOTTE



COMPANY: Sayotte, LLC

EDUCATION: Framingham State College, Framingham, Mass. B.S. coordinated undergraduate program in food and nutrition; Johnson & Wales University, Denver, Colo., culinary arts program.

HONORS: Member, Academy of Nutrition and Dietetics (formerly the American Dietetic Association); Membership in Dietetic Practice Groups including Dietitians in Health Care Communities, Food and Culinary Professionals; Certified Trainer, Culinary Foundations, Sodexo, 2002 ServSafe Certified, National Restaurant Association, SafeStart Certified.

Show Sally Ayotte something new to try and she's all over it – feet first or headlong, it doesn't matter. Sally is game.

"I've always enjoyed trying new things and unique opportunities," Sally says. "I learned early on that everyone needs to eat, so making delicious, healthy food can take you to all corners of the earth."

Indeed it can. From the tropics of Honduras where she fed hungry guides of a small white water rafting company on a small four-burner camp stove, to the frozen tundra of the South Pole where she managed food service for three research stations feeding up to 1,200 people a day, to many places in between – food has been one sumptuous, worldwide adventure on Sally's plate of life.

"My parents always encouraged us to be unique and taught us we could do whatever we set our minds to," she says. "And my mom and grandmother are both great cooks, so good food has always been a part of my life."

Sally says growing up in Rochester, Mass., her mom always cooked from scratch using fresh vegetables from a big garden in her backyard. Among Sally's favorite foods from that garden: tomatoes, potatoes, green beans and yellow squash.

The family also raised pigs for 4-H. "Then we'd enjoy the fruits of that labor as the holiday meal," Sally says.

When asked to describe her passion for food, Sally, who's a registered dietitian, shares a motto she's followed for years: "Good and good for you."

It came to her after studying nutrition in college at Framingham State in Massachusetts. "I learned the good-for-you motto was important to living the healthy, active life I enjoyed."

Later, she attended Johnson & Wales University in Denver where she formalized her love for cooking. "Cooking for co-workers and friends in the employee dining hall really helped me to understand the importance of offering delicious and nutritious food."

Now she's excited to work with LiveWell Colorado and says the most gratifying part of her work as a chef consultant with the program is being able to pull from her background in food and nutrition and share the 'good and good for you' concept with people who are making a difference.

"The school food service employees take the information we share straight to the future of our country."

She has direct experience consulting with food service professionals at schools – sharing with them how to develop the skills to prepare and serve meals from scratch and to help students create a lifetime of healthy eating habits.

"My experiences have given me a chance to become directly involved with improving the health of our nation's children, one school at a time. I'm excited about helping make a difference in the health of our youth. I was raised in an environment where food was healthy and delicious and prepared from scratch and I believe all children should have that same opportunity." 🍌



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