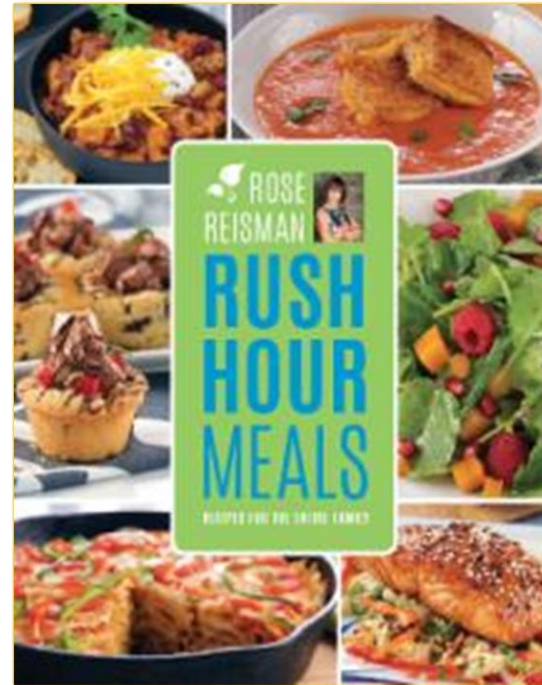


# ROSE REISMAN

**Health & Wellness Expert  
Nutritionist  
Caterer  
Author  
Speaker  
Trusted Brand Spokesperson**



## ROSE REISMAN

**CATERING**

THE ART OF LIVING WELL. DELIVERED TO YOU.



# ROSE REISMAN

Rose Reisman is an award-winning entrepreneur, caterer, author and media personality. As a registered nutritional consultant armed with an MBA, Rose has taken her passion for healthy living and developed it into a multi-faceted enterprise making her one of Canada's leading authorities on the art of eating and living well.

Committed to changing the eating habits of Canadians, she sought the opportunity to share her experience and expertise with others in order to influence the adaptation of a healthy lifestyle. Rose is a sought-after personality on national TV and radio, keynote speaker, brand spokesperson and a regular newspaper contributor across Canada. She published her 19th cookbook, ***Rush Hour Meals***, in 2016.

As an entrepreneur, she is the owner of [Rose Reisman Catering](#), which focuses on healthy cuisine for over 400 corporate and social clients, [Personal Gourmet](#), a convenient and flexible fresh and frozen food delivery service, and [Rose's Family Meals](#), which launched in 2017, providing healthy and delicious ready-made meals for 4. Understanding the importance of nutrition at an early age, Rose launched a **Kid's Lunch Program**, providing hot and healthy meals to schools in the GTA, in 2015.

Rose is also the restaurant consultant for the light menus at [The Pickle Barrel](#) restaurant chain and [Glow Fresh Grill](#).

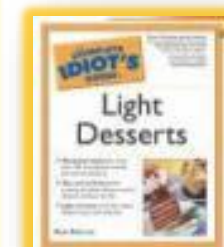
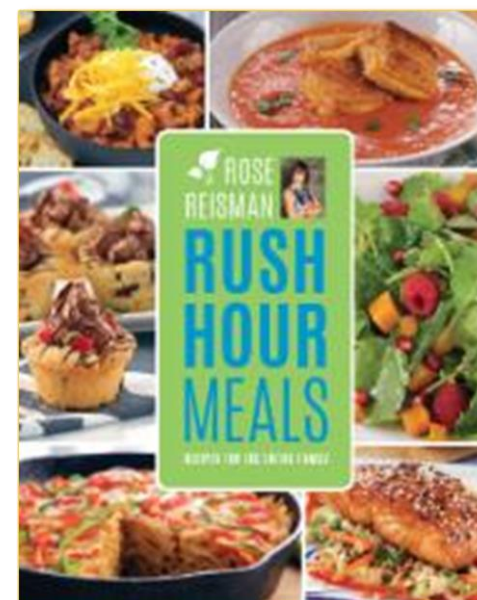
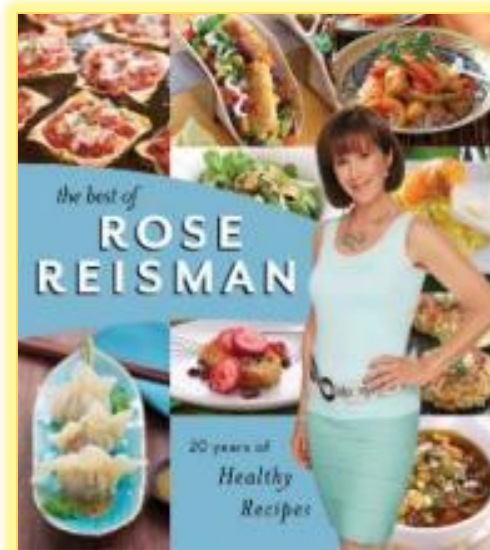
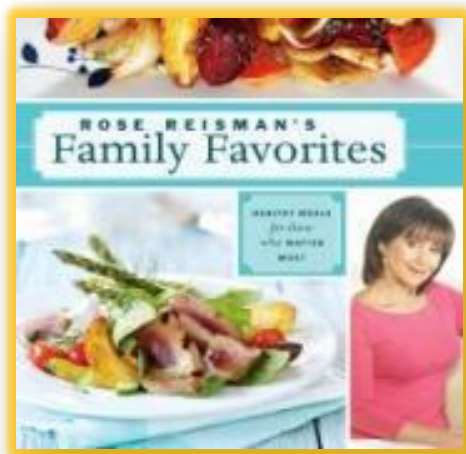
From speaking, brand partnerships, content creation, recipe development and more, Rose brings her experience, knowledge, passion for food and healthy living, and warm personality to everything she does.

**For rates and availability, email: [info@rosereisman.com](mailto:info@rosereisman.com)**

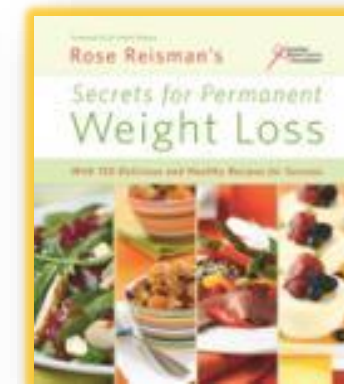
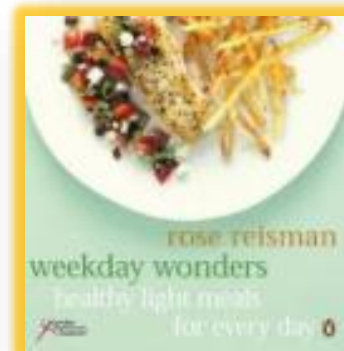
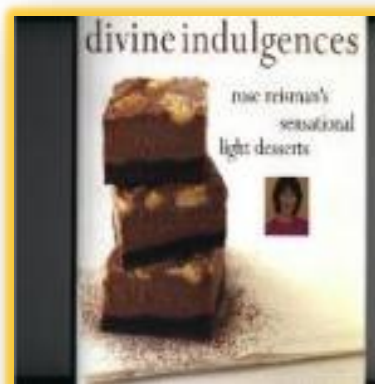
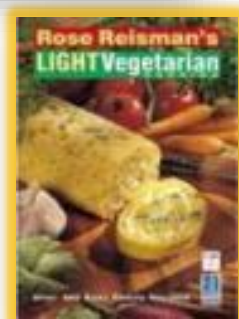


ROSE  
REISMAN  
**CATERING**





# Author of 19 Cookbooks





# Speaking & Events



- Corporate Events & Conferences
- Schools
- Expos
- Lunch & Learns
- Corporate Cooking Events
- Cooking Demos

[Click to see Rose Reisman in action!](#)





# Media







# Endorsements



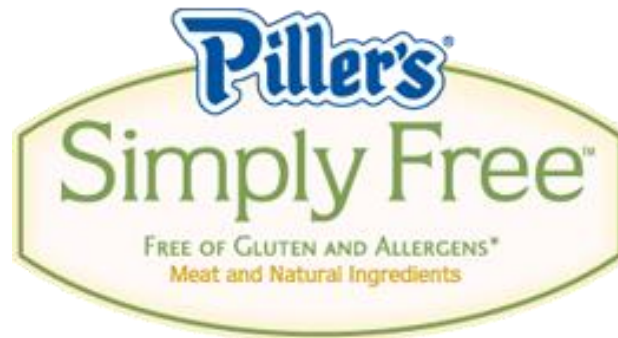


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### A message from Rose

Whole grain pasta is my "go to" food when I want to prepare a delicious, nutritious and satisfying meal. I love it as a main course, side dish or a lunch time salad.

Catelli® Healthy Harvest® makes a variety of the best tasting whole grain pastas which are a very high source of fibre, good source of iron and are low in sodium. They are low in saturated fat and are free of trans fat. A healthy diet low in saturated and trans fats may reduce the risk of heart disease.

I know you will enjoy and savour these four delicious and healthy pasta recipes for your family and entertaining.

*Enjoy!  
Rose Hudson*



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Enjoy the simple goodness of real food.

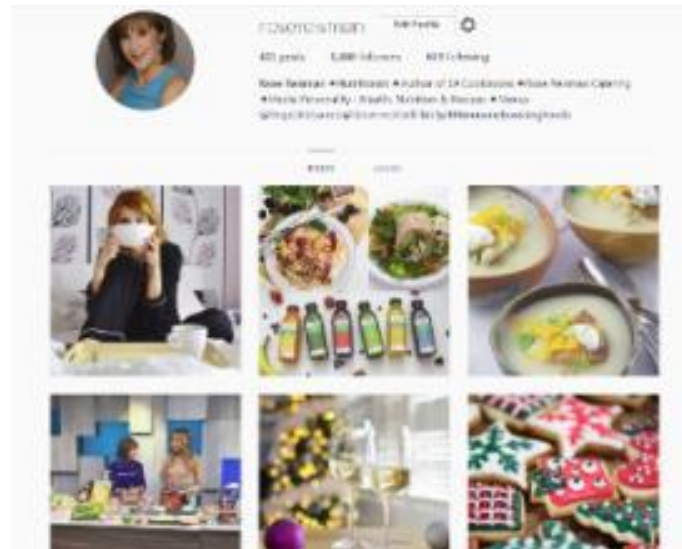


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# Social Media & More



**@RoseReisman**

[Facebook:](#) 4,600K+ followers

[Twitter:](#) 4,360K+ followers

[Instagram:](#) 1,880K+ followers

Newsletter: Over 6,000 Subscribers



[RoseReisman.com](http://RoseReisman.com)

7,000+ monthly page views

# Catering & More

ROSE REISMAN

**CATERING**

THE ART OF LIVING WELL. DELIVERED TO YOU.



ROSE REISMAN'S  
**PERSONAL**  
**GOURMET**



NEW FROM ROSE REISMAN **CATERING**

ROSE'S FAMILY MEALS

**Fresh | Healthy | Delivered**



The  
**PICKLE  
BARREL**







*RR*  
Rose Reisman Catering  
ROSE REISMAN launches  
a  Nut-free  
CHILDREN'S LUNCH PROGRAM  
at your school!



"Get children eating nutritious, tasty food  
at an early age and I can guarantee they  
will eat healthy for life" - Rose Reisman



# KIDS LUNCH PROGRAM



# Corporate Social Responsibility

