

For health and education advice focused on parents and children, a friendly smile and a great interview...

## Meet Sara Wing!



Sara Wing with daughter Celia

Sara Wing is the Health & Education Programs Manager for Cabot Creamery Cooperative, and the mastermind behind the world-renown *Cabot Dairy-Nutrition Health & Wellness* programs. Her carefully designed programs are easily understood and implemented by consumers, health professionals and schools.

As a nutritionist, Sara has dedicated herself to educating consumers on the health benefits of dairy. The most successful of these campaigns is *Calcium is Cool*—where a Cabot chef teaches middle school students how to prepare healthy versions of their favorite fast foods. Other popular programs include *Cows*, *Calcium and Cheese K-9 Education Kit* and *Reduced Fat Recipe Contests*.

Sara takes the responsibility to share knowledge with community very seriously. She has given her time selflessly at the Vermont State Food Bank, taught Wellness Programs at local senior centers and mentored many “eager to learn” high school students. Sara also has served on several boards, including *Action for Healthy Kids* and *Agriculture in the Classroom*.

At home, Sara’s passion for health and wellness extends to her family. As a dedicated mother and wife, Sara takes great pride in cooking healthy meals that fuel her family’s active Vermont lifestyle. She is also keenly aware that taking care of herself is the key to success, both in her career—as a woman, and for her family. An avid runner, hiker and

snowshoe lover, Sara’s exercise routine is centered in the pristine trails of the beautiful Green Mountains.

As the liaison to the press, Sara is readily prepared to share her expert advice with your audience. Topics for consideration include:

- Crafty tactics for parents to “trick” their fussy eaters into loving healthy food.
- The shocking truth about critical foods and nutrients missing from our children’s diet—and what we can do about it.
- Why cheese and calcium are essential to a child’s diet—easy steps on how to incorporate the 3-a-day calcium plan.
- Fast facts about America’s calcium crisis and its impact on our health.
- Fast food make healthy—how busy parents can prepare nutritious “on-the-go” meals with ease.

To schedule your print or radio interview with Sara, contact  
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