Sara Wing, RD

Meet Sara Wing, RD and Director of Health & Wellness for Cabot

Sara is the Director of Health and Wellness for Cabot Creamery Cooperative, a registered dietitian, a working mom and a specialist in nutrition, consumer behaviors and dairy trends. Sara has worked in the dairy industry for more than 20 years focusing on retail programs, event management, and program development. As founder of the Cabot Fit movement, Sara also motivates employees and consumers on ways that can help them lead a more balanced and active life.

Both a working mother and wife, Sara takes great pride in cooking quick, healthy meals that fuel her family’s active Vermont lifestyle.

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

- New Consumer Trends in Wellness and Dairy’s Role in the Diet
- Feeding the Fussy Eater - Meal Planning Strategies to Please Picky Mouths
- Supermarket Aisle Rx - Food as Medicine for Health Promotion
- The Truth About Lactose Intolerance - “Yes, you can eat cheese again!”
- Art Of Aging - Shopping tips for 1 or 2 plus the best habits for a healthier you

To schedule an interview with Sara, please contact Cabot PR Manager Nate Formalarie at 802-496-1254 or nformalarie@cabotcheese.coop