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**December 10th 2015: Healthy Holidays, Happy Taste Buds
and a Sustainable Environment: Let Laura Stec Show Us
How!**

We all have weather and we all eat food. In fact we do it several times a day. So here's a topic for us all. With the UN conference on climate change, climate is in the news and so is a new focus on food and the environment: what we eat, as well as how we grow and distribute it. On December 3, we interviewed Keegan Kuhn, co-director of Cowsspiracy, who gave us more information than some of us wanted about the impact of animal agriculture on the environment. But don't despair, this week, we're interviewing Laura Stec, co-author of Cool Cuisine: Taking the Bite Out of Global Warming. Laura has be

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Featured Guest



Laura Stec

Laura Stec is an expert in food AND the environment. She is a chef, educator and author, specializing in events and products for healthy people and the planet. She is a private and corporate chef and Culinary Health Educator for Kaiser Permanente and Bay-Area corporate wellness programs. The Food Party! is her featured blog for San Francisco-based Embarcadero Media. As Corporate R & D Chef for Pescadero Foods Inc., Laura worked on-farm with pastured-raised chickens, and on a local-food line for the National School Lunch Program. In 1988 she founded EcoEaters, a premiere food and environment education program in the U.S., and lectures nationally and internationally about healthy people,

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