

Nancy S. Hughes | N.S. Hughes, Inc.

Cookbook Author | Food Consultant | Spokesperson
Recipe Developer | Culinary Media Specialist

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Objective: Specialist seeking challenging opportunity in culinary concept work, recipe development, and spokesperson involvement for corporate team.

Experience

2009-Present

Better Homes & Gardens: Recipe Developer, *Better Homes & Gardens Magazine*, 2014-2015; *Fast & Fresh*, Bookazine, 2017.

USA Rice Federation: Recipe Developer, Nutritional Analysis and Food Consultant/Advisor, 2009-present.

Smithfield Foods: Recipe Developer, Nutritional Analysis and Food Consultant/Advisor, 2015-present.

Canola Council: Spokesperson, Featured Chef at IACP National Conference 2013; Recipe Developer, 2013-present.

Cooking Light: Recipe Developer, 3 Cookbooks.

American Cancer Society: Author: Cookbook, 2017-2018.

American Diabetes Association: Food Photography and Videos, Keynote Speaker, "Diabetes 4 Life" Event, Pensacola Civic Center, Author:

- *Designed For One Cookbook*, 2017.
- *4-Ingredient Diabetes Cookbook*, 2nd Edition, 2016.
- *Two-Step Diabetes Cookbook*, 2015.
- *The Diabetes Carb Control Cookbook*, 2014.
- *The Diabetes Fast-Fix Slow-Cooker Cookbook*, 2014.
- *Gluten Free Recipes for People with Diabetes*, Co-Author 2013.
- *15-Minute Diabetic Meals Cookbook*, 2010.

eMeals: Diabetic Menu Planning, Recipe Developer and Nutritional Analysis, 2014-2017.

Meredith Corp.: Recipe Developer, *Diabetic Living Magazine*. 2011, 2012, 2013, 2016, 2017; *Eat Cheap, Eat Healthy*, Bookazine 2016.

Pompeian, Inc.: Recipe Developer, 2011-2016.

Flax Council: Recipe Developer, 2016.

Peruvian Avocado Board: Recipe Developer, 2016.
Idaho Potato Commission: Recipe Developer, 2011, 2012, 2016.
Del Monte Foods, Inc.: Recipe Developer, Food Consultant/Advisor, Food Photography including Food/Prop Styling, Nutritional Analysis. 2012-2016. Featured Chef at American Dietetic Association National Conference.
Publications International, Ltd: Recipe Developer, *Diabetic Cooking Magazine*. Every bimonthly issue 2008-2014. Recipe Developer, single subject magazine, 2015-2016.
Jungbunzlauer: Recipe Developer, Product Development 2014-2016.
Bay Area Food Bank: Recipe Developer, Budget Focused, 2015.
Almond Board: Recipe Developer, 2014.
Red Raspberry Commission: Recipe Developer, Food/Prop Stylist, Photography, Consultant, Spokesperson. 2011-2014.
Pork Board: Recipe Developer and Nutritional Analysis, 2013-2014.
J. M. Smucker Company: Recipe Developer for Web and Pinterest, Database Work. 2012-2013.
Canola Council in Conjunction with University of Alberta: Cookbook Recipe Developer, Consultant. 2013.
DeCecca: Consultant, Recipe Testing, Revisions, and Nutritional Analysis. 2013.
American Heart Association: Recipe Developer, 6 Cookbooks.
Maille: Recipe Developer, 2013.
Cooking Club Magazine: Recipe Developer, 2011-2013.
Clean Eating Magazine: Recipe Developer, 2011- 2012.
Canola Council in conjunction with American Diabetes Association: Spokesperson, Sole Recipe Developer, Video Presentations, and National Satellite and Radio Media Tours and Author for *The Heart-Smart Diabetes Kitchen Cookbook*, 2009-2010.
Canola Growers Association National Conference: Speaker, 2010.

1990-2009

1500 Calorie-A-Day Menu Cookbook, McGraw Hill Publishers.
New Chili Cuisine Cookbook, Contemporary Books.
Health-Smart/Dollar-Wise Cookbook, Berkley Publishers.
Low-Fat 150-Calorie Dessert Cookbook, Berkley Publishers.
1200-Calorie-A-Day Menu Cookbook, Contemporary Books.
300-Calorie One-Dish Meal Cookbook, Contemporary Books.
Four-Course 400-Calorie Meal Cookbook, Contemporary Books.
American Heart Association: Recipe Developer, 2 Cookbooks.
American Diabetes Association: Author, 3 Cookbooks, Food Stylist and Photography.
American Diabetes Association with American Heart Association: Recipe Developer, 1 Cookbook.
American Heart Association: Recipe Developer, 10 Cookbooks.
American Heart Association with Publications International: Lead Recipe Developer, 2 Cookbooks.

Kao Health and Nutrition: Web Recipe Developer, Menu Planner, Food/Stylist, and Food Photography; 2009-2010.
Smart Balance: Featured Chef, National Conference for the American Dietetic Association, Chicago, Illinois, 2009.
Consultant, Recipe Developer, Spokesperson.
Weight Watcher's: Lead Recipe Developer, 7 Cookbooks.
The Southeast United Dairy Industry Association: Spokesperson.
USA Rice Federation, Cooking Light, Betty Crocker, Pillsbury, McCormick: Lead Recipe Developer.
Land O' Lakes: Book Leader/Editor.
Publishing Group of America Inc: Book Leader/Editor.
ConAgra Foods: Database Update Specialist: Editing, Research, Rewriting, Nutritional Analysis, and Consultation.
Nestle USA, Canola Council, Publication's International Ltd., Atkins, Pillsbury, Cooking Club of America, Better Homes & Gardens, McCormick, National Pasta Association, Lawry's, Reynolds, *Cooking Pleasures, Diabetic Cooking, Heart Healthy, Easy Home Cooking, Weight Watcher's, Relish, Cooking Club* and *Cooking Light Magazine:* Recipe Developer.
International Association of Culinary Professionals: Speaker, 2004 National Conference.

Education

Media Training Certification, The Lisa Ekus Group, 2007
Culinary Arts Degree, *summa cum laude*, Faulkner State College, 2001
Interior Design Degree, Atlanta School-Interior Design, 1971

Awards

Woman of the Year, National Association of Professional Women, 2010
National Canadian Agri-Marketing Award, Special Publication category for *Heart Smart Diabetes Kitchen Cookbook*. 2010
National Health Information Awards-Silver for *Quick & Easy Low Carb Cooking*. 2004
Summa Cum Laude Award in Culinary Arts, 2001
USA Today All-Alabama Academic Team Award, 2000
Alabama Hospitality & Tourism Industry Scholarship American Culinary Federation Scholarship for 2 years, 2000
Bronze Medal for Culinary Achievement, 2000
President's List, Faulkner State College, 2001, 2000, 1999, 1998
Dean's List, University of South Alabama, 1975

Memberships

International Association of Culinary Professionals (IACP)