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Sophie Egan, MPH is director of health and sustainability leadership as well as the editorial director for strategic initiatives at The Culinary Institute of America. Based in San Francisco, Sophie is a contributor to *The New York Times*' Well blog, and has written about food, health and the environment for *The Washington Post*, *EatingWell*, *Time*, *The Wall Street Journal*, *Bon Appétit*, *WIRED* and *Sunset* magazine.

She holds a BA with honors in history from Stanford University; an MPH with a focus on health and social behavior from UC Berkeley; and a certificate from the Harvard Executive Education in Sustainability Leadership program. In 2016, she was named one of the UC Global Food Initiative's 30 Under 30.

Sophie is the author of the book, *Devoured: How What We Eat Defines Who We Are* (William Morrow/HarperCollins, 2016). Her forthcoming second book is a radically practical guide to conscious eating (Workman, 2020). Follow her work @SophieEganM.