Virginia Willis

Georgia-born, French-trained chef and James Beard Award–winning cookbook author **Virginia Willis** has foraged for berries in the Alaskan wilderness, harvested capers in the shadow of a smoldering Sicilian volcano, and styled food for a Super Bowl commercial seen by more than 160 million viewers.

A respected culinary authority, Virginia is the author of several acclaimed cookbooks including *Bon Appétit, Y'all*, *Secrets of the Southern Table*, *Lighten Up, Y'all*, *Basic to Brilliant, Y'all*, *Okra*, and *Grits*. She is the former TV kitchen director for Martha Stewart, Bobby Flay, and Nathalie Dupree, has cooked in Michelin-starred restaurants, and has traveled the world producing food stories for the Discovery Channel and Epicurious - from cheesemaking in California to escargot farming in France.

After losing 65 pounds and maintaining that weight loss for more than five years, Virginia embraced a new approach to living well. Her health journey has been featured in *EatingWell*, *Woman's World*, *Allrecipes*, *AARP*, and on *The Rachael Ray Show*. Today she encourages others to pursue sustainable wellness with her signature message: *"If a French-trained Southern chef can do it, you can, too."*

Inspired by that transformation, she founded Good and Good for You™, a lifestyle brand dedicated to practical, science-backed wellness for mind, body, and spirit. Through digital media, print, public speaking, and her newsletter and Substack, she shares healthy recipes, self-care strategies, and best-life living tips. As she often reminds audiences, *"As long as you're doing what is good and good for you most of the time, you're on the right track."*

Virginia has appeared on *Alex vs. America*, *Chopped*, *CBS This Morning*, *Fox & Friends*, *Martha Stewart Living*, and served as a judge on *Throwdown with Bobby Flay*. She has been featured in *The New York Times*, *The Washington Post*, *People*, *Eater*, and *Food52*, and she has contributed to publications including *EatingWell*, *Garden & Gun*, and *Bon Appétit*.

Virginia advocates for sustainable seafood, food and hunger issues, LGBTQ+, and Women's Health Care. Her affiliations include: The Atlanta Community Food Bank Advisory Board, Atlanta Community Farmers Market Advisory Board, Georgia Organics, The James Beard Foundation, Les Dames d'Escoffier International, The Monterey Bay Aquarium's Seafood Watch Blue Ribbon Task Force, No Kid Hungry Ambassador and a premier member of the No Kid Hungry Atlanta Society.

Her awards and recognitions include being recognized as one of Atlanta's 500 Most Powerful Leaders, the Hambidge Center for Arts and Sciences Les Dames d'Escoffier Sponsored Residency, and the Georgia Center for the Book "25 Books All Georgians Should Read" for Secrets of the Southern Table and Bon Appetit, Y'all.

Known for her warm Southern spirit and approachable expertise, Virginia inspires audiences to cook well, live well, and feel their best.

Learn more at **VirginiaWillis.com**.