

## About Lucy Waverman



One of Canada's favourite culinary personalities, Lucy Waverman brings her sharp wit and mouth-watering recipes to aspiring home chefs across the country as celebrated author, editor, columnist and teacher. Lucy appears regularly on television and radio shows across Canada and the United States including 12 years with CityTV's CityLine. Her Saturday food column "Weekend Menu," appears weekly in *The Globe and Mail*, Canada's most read and most respected national newspaper.

Lucy is the author of eight cookbooks. She is the recipient of Cuisine Canada's 2005 gold medal award for cookbooks for *A Matter of Taste*, which she co-wrote with friend and fellow wine writer, James Chatto. *A Matter of Taste* was also a finalist for the prestigious James Beard Entertaining Award. Her most recent cookbook, *Lucy's Kitchen* won the Cuisine Canada 2007 silver medal award as did her earlier cookbook *Home For Dinner*. In addition to her weekly column and cookbooks, Lucy is the food editor at *Food & Drink*, the food, drink and lifestyle magazine published by the Liquor Control Board of Ontario and a food columnist for msn.ca.

In 2005, Lucy was presented with the Gold Award in Food Media/Journalism by the Ontario Hospitality Association for her efforts in mentoring young talent and for educating the public about cooking and world cuisines through her writing and teaching. Lucy trained at Cordon Bleu, has an Ontario Teachers' Certificate and a degree in journalism. From 1972 to 1990, Lucy owned and directed The Cooking School, a Toronto school devoted to the teaching of good cooking.

Lucy's latest endeavour has her working with King Pharmaceuticals Canada, distributor of EpiPen® and EpiPen Jr.® epinephrine auto-injectors, to help raise awareness about severe, potentially fatal allergies - also known as anaphylaxis. Lucy's husband suffers from a serious, life-threatening peanut allergy, and therefore she knows first-hand the challenge that comes with cooking dishes that are safe to eat, taste delicious and look appetizing. She has developed a new collection of easy-to-prepare recipes which omit some of the more common allergens, including peanuts, milk products, eggs and shellfish. She hopes to inspire Canadians who have family or friends with anaphylaxis to prepare dishes that are traditionally considered off-limits because of the ingredients they contain.

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