

Chefs For A Day

Learn to Cook. Love to Cook.



About Chef Laura Valcour

In 1998, Chef Laura began implementing hands-on cooking programs for Kindergarten through 8th grade for local schools. Her work earned the prestigious Illinois State Board of Education "Those Who Excel Award of Excellence" for her contribution in promoting nutrition education in 2004.

Chef Laura was the founding president of the Health, Wellness and Nutrition Committee for CCSD #180. Under her leadership, School District #180 was awarded a \$10,000 grant from INET (Illinois Nutrition and Education Training) towards developing a healthy school lunch environment.

Chef Laura is a graduate of the Cooking and Hospitality Institute of Chicago (Cordon Bleu Program). She combines over 24 years experience in restaurants, catering, and cooking instruction with schools, scout programs, group or private instruction as well as corporate events.

Chef Laura is Market Consultant for the Burr Ridge Farmers Market on the Green since 2007. (www.shopburrridge.com)



630.765.5888

Clients include:

- **SCHOOLS**
Gower Elementary School, Gower Middle School, Our Lady of Peace School, School District 180 (Burr Ridge Middle School, Anne M. Jeans Elementary School), School District 181 (Elm), Nazareth High School, Hinsdale South High School, St John of the Cross School, Lemont School District #113A, Zion Church Pre-School Program (Hinsdale)
 - Girls Scouts of Greater Chicago and Northwest Indiana www.girlscoutsgcnwi.org
 - Indian Prairie Public Library
 - Indian Princess (Hiawatha)
 - Park Districts including:
Burr Ridge Park District, Oak Brook Park District, Clarendon Hills Park District, Willowbrook Park District, Darien Park District
 - Right Fit Sports Wellness
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- Adventist Hinsdale Hospital/
LaGrange Memorial Hospital
"Heart Healthy Kids Program" with Cardiology Team, Women's Symposium, Breast Cancer Awareness, Health / Wellness Diabetes
 - Argonne National Laboratory (Corporate Wellness Program) & Child Development Center
 - Brookhaven Marketplace, Whole Foods
 - Burr Ridge Village Center / Mid-America Asset Mgmt Inc. Market on the Greens Farmers Market
 - Edward Hospital, Mars Chocolate, Morton Arboretum, GSI Technologies
 - Hinsdale Community House
 - Hinsdale Hospital Foundation
 - Hinsdale Wellness House
 - Robert Crown Center for Health Education
 - SEASPAR
 - West Suburban Dietetic Association

Media Pressroom:

- "Healthy Family" TV Pilot production – Spring 2012
Activities, Cooking & More
- ABC/7, CBS/2, WGN/9 promoting healthy family meals
- Edward Hospital – Nutrition Video library series – Feb 2012
- Chicago Parent Magazine - Holiday 2011 "Going Places" Featured article
- www.YouTube.com - April 2010
Search: "chefs for a day AlkayeMediaGroup"
- "Your Own Show" - 2011
Audition video for Oprah! Over 2,600 votes!
- Kiki Vale Show radio talk show - June 2009
AM 1530 / www.kikivale.com
- Doings - September 2008 – October 2011
- ABC / Channel 9 segment - March 2009
- WGN / Channel 5 cooking segment - March 2009
"Kids Hooked on Fish for Lent"
- CBS / Channel 2 cooking segment - March 2009
- Burr Ridge Farmers Market Coordinator - 2008 - Current

Chef Laura lives in Burr Ridge with her husband, Guy, their very helpful teenagers – Anna, Georges, and Simonne and their 102 lb. Weimaraner "Max".

Organizations: FORWARD Nutrition Task Force, Healthy Dining Chicago, Slow Food International, Burr Ridge / Willowbrook Chamber of Commerce