

# Introducing Chef Milner to PGA's Culinary Arts Academy



Chef Jeff Milner has been a true advocate of integrating nutritious food and exercise in order to maintain a healthy lifestyle.

After working at Massachusetts General Hospital Chelsea Health

Care Center, Chef Jeff realized his passion for helping those less fortunate understand the meaning of eating healthy meals on a budget. He laid the foundation for patients struggling with food insecurity and hunger by introducing Cooking Matters, Share our Strength's national program designed to help families prepare and cook healthy meals. The impact that this course had on everyone led him to pursue a degree in Culinary Arts at Johnson and Wales University in North Miami, FL.

After finishing his internship at Hilton Head Health, a weight loss retreat program, he worked in the non profit sector and later became a private chef to clients in Miami struggling with weight loss and other medical conditions.

His commitment and dedication working with kids, teens, and adults have inspired him to continue his mission of reducing the incidence of obesity and promote healthy changes in the home.

