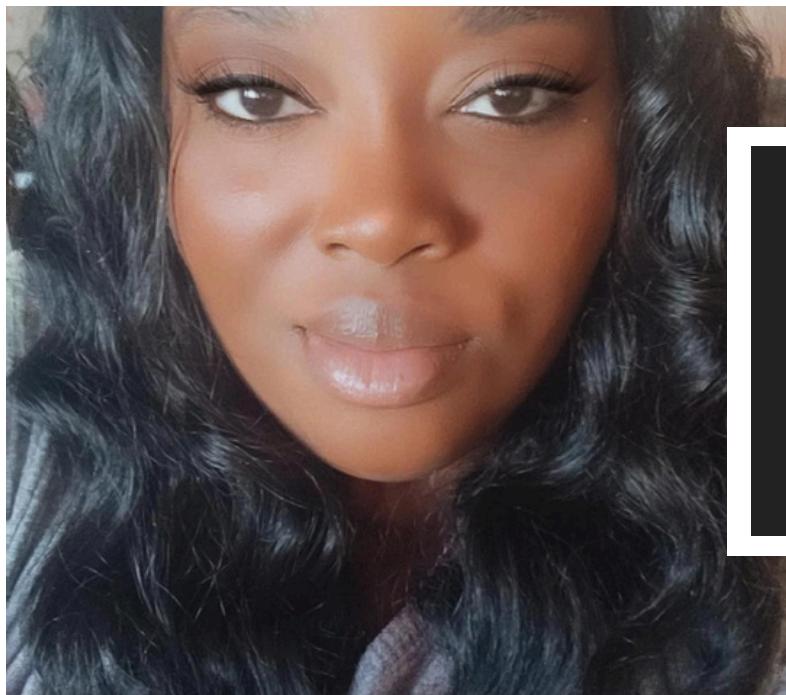


EXECUTIVE CHEF | FOUNDER | FOOD SPORT COMPETITOR  
MENTAL HEALTH ADVOCATE | AUTHOR



# KISHA WASHINGTON



**ABOUT**  
KISHA  
WASHINGTON

Self Published Author of Cultivating Healthy Minds  
James Beard Foundation Legacy Network Advisor 2023-2024  
Gleam Network Mentor  
Featured on shows: Food Network Fakers vs Bakers and Plate It Baltimore!  
Featured in Canvas Rebel, and Bold Journey Online Magazine  
Featured on Chef without Restaurants, The River 95.3, Suicide Sucks, Feel Good Talk, Tendrils of Grief and Chefs Diary Podcast  
Crisis Text Line Volunteer Trained Counselor  
Applied Suicide Intervention Skills Trained  
Trained Suicide Bereavement Facilitator

8 Time Top 10 winner at The World Food Championships  
2 Time Top 3 Winner at WFC  
2 Time Top 3 Biscuits and Jam Winner  
2 Time People's Choice Winner  
3 Time 1st place and Grand prize with Riunite Wine and NCACS  
Judge for MD Restaurant Association, National Prostart Competition, National Scholarships at the NRA, and James Beard Legacy Program

