

## CONTACT:

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## ***Lisa Williams***

### ***LISA COOKS ALLERGEN FREE***

Lisa Williams is on a mission.... to help other food allergen sufferers learn to cook, shop and dine their way around Chicagoland.

Following her diagnosis of multiple food allergies, Lisa set-out to build a new life around her allergen challenges. But she found the task of researching, navigating, and keeping up-to-date on emerging new information and resources for allergen free cooking, shopping and dining to be daunting. With the ever-growing number of Americans living with food allergies now at the 12-million mark, she launched ***Lisa Cooks Allergen Free***, [www.LisaCooksAllergenFree.com](http://www.LisaCooksAllergenFree.com) <<http://www.lisacooksallergenfree.com/>> , acting as a clearinghouse and information source for other Chicago-area "allergenistas."

Lisa, who's studying at the Cooking and Hospitality Institute of Chicago, also hosts a popular blog, [www.LisaCooksAllergenFree.blogspot.com](http://www.LisaCooksAllergenFree.blogspot.com) <<http://www.lisacooksallergenfree.blogspot.com/>> , which includes weekly allergen free recipes she's created. Lisa has been featured in the *Chicago Tribune*, *Chicago Sun-Times*, *Time Out Chicago*, and on Jonathan Brandmeier's leading morning drive radio show. In addition, **she conducts allergen-free cooking demonstration and classes including:**

#### **10 Chicago-area Whole Foods, now through August 16, 2009**

##### **June 27, 2009 - Cooking Demo**

**2 p.m. to 4 p.m.**

**Bloomington's Home & Furniture Store**

**600 North Wabash Avenue**

**Chicago, Illinois**

**FREE**

##### **July 1, 2009 - Cooking Demo**

**4 p.m.**

**Taste of Chicago**

**Grant Park**

**Chicago, Illinois**

**FREE**

##### **July 3, 2009 -- Cooking Demo**

**11:30 a.m.**

**Museum of Science and Industry**

***Smart Home: Green + Wired***

**57th Street and Lake Shore Drive**

**Chicago, Illinois**

**FREE**

##### **July 7, 2009 - In-Depth Allergen-Free Cooking Class**

**6:00 p.m. to 8:30 p.m.**

**Chopping Block**

**Merchandise Mart Plaza**

**Chicago, Illinois**

**\$40, advance reservation required**

**[www.thechoppingblock.net](http://www.thechoppingblock.net) <<http://www.thechoppingblock.net/>>**

Williams recently launched a series of ***Safe & Sound Dinners***, an open-to-the-public, group dining experience challenging top local restaurant chefs to create a complete, multi-course dinner free of as many common food allergens as possible, including:

##### **June 29 - *Safe & Sound Dinner***

**6:30 p.m. to 8:30 p.m.**

**Carnivale**

**702 West Fulton Market Street**

Chicago, Illinois

\$50, advance reservation required

www.LisaCooksAllergenFree.com <<http://www.lisacooksallergenfree.com/>>

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"The number-one thing I've noticed is everyone seems to focus on gluten intolerance, which affects approximately 2.5 million, myself included. But in addition to gluten, there are 8 other major food allergens that make-up '**The Big 8**' -- **eggs, wheat, dairy, soy, fish, shellfish, peanuts, tree nuts** -- which affects almost 12-million Americans." says Williams. "That's why the recipes on my blog and used at my cooking demos are not only gluten-free, but free of the other 'Big 8' allergens as well.