

SUZANNE BARR

Chef | Author | Social Advocate

 **@suzanne_barr_food**
6.3k followers



Suzanne Barr is one of North America's most respected chefs with a signature flair for fresh comfort food. She recognized the significance of food from an early age. Growing up in a household with two novice chefs preparing every meal was an opportunity to bond as a family, learn about cultural roots, tell stories and express love. This instilled a lifelong passion for valuing the significant role food plays in nourishing not just the body but the soul. Her food is a reflection of her roots and is ever-evolving as she travels the world refining her culinary and personal education. Suzanne's food philosophy is to create highly nutritious, flavourful and comforting food with ingredients that are accessible and all in an elevated way to make the ordinary surprisingly extraordinary.

Her impressive past culinary repertoire includes Head Chef/Owner at True True Diner in Toronto, owner of Saturday Dinette; inaugural chef-in-residence at the Gladstone Hotel; a residency at Sand and Pearl Oyster Bar in Prince Edward County; starring role as one of the chefs in the acclaimed documentary film, *The Heat: A Kitchen (R)evolution*; and as a resident judge on Food Network Canada's series, *Wall of Chefs*.

Suzanne regularly advocates for food security, people of colour, mental wellness, equal pay for equal work, LGBTQ communities, nutrition literacy and food source sustainability.

She is also active in the community as a board member for Not 9 to 5 (a not-for-profit organization empowering the hospitality, food and beverage industry through mental health education and support), and as a board member for FoodShare (a non-profit organization championing long-term food and nutrition security solutions for those most in need including BIPOC and People with Disabilities).

Appearance and Collaboration Inquiries
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