



Chef Christine Tizzard
Spokesperson, Wild Blueberry Association of North America

[Christine Tizzard](#), [The 3 Way Chef](#), is a Maritime-born chef, food stylist, recipe developer and a lifelong lover of Canadian wild blueberries. She is also the author of the critically-acclaimed cookbook [Honest to Goodness: Recipes for the Everyday Home Cook](#). Recently short-listed for a [Taste Canada Award for the Health and Special Diet Cookbooks](#) category, it shares her commitment to healthy eating and love for all things delicious.

Christine has a background in acting and modelling and is an alumnus of the esteemed George Brown College Chef Training Program. She is also a proud member of Whitecap Books' table of world renowned chefs and authors. Christine shares her distinctive recipes and enthusiasm for healthy eating with fans through television and in-person appearances, blog and YouTube channel.

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For more information, visuals or to schedule an interview or in-studio segment with Chef Christine Tizzard or a spokesperson from the Wild Blueberry Association of North America, please contact Sally Matteo or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: sally@thesirengroup.com or susan@thesirengroup.com. Visit: www.thesirengroup.com or on [Twitter](#) and [Instagram](#) @thesirengroup.