



Lois Ellen Frank, Ph.D.
7 Avenida Vista Grande Ste B7-147
Santa Fe, New Mexico 87508
Phone: 505-466-6306
Cell: 505-690-2009

Lois Ellen Frank, Ph.D. is a Santa Fe, New Mexico based Chef, a Native foods historian, culinary anthropologist, educator, James Beard Award winning cookbook author, photographer and organic gardener. She is the chef/owner of Red Mesa Cuisine, LLC, a catering company specializing in the revitalization of ancestral Native American cuisine with a modern twist where she cooks with Native American chef Walter Whitewater. Their mission is to feed the body and nurture the soul. Dr. Frank has spent many years documenting and working with foods of Native American communities in the Southwest culminating in her James Beard Award winning cookbook, *Foods of the Southwest Indian Nations*.

Together as part of the U.S. State Department and Consulate General's Culinary Diplomacy Program Chefs Frank and Whitewater traveled to Ukraine (2013), the United Kingdom (2015) and Russia (2016) to teach about the history of Native American foodways, work with food as a form of diplomacy to create dialogue and educate people on the Native American food contribution shared with the world and how these native foods have influenced many of the foods, we now eat every day. The two chefs traveled to Guam to work with the Humanities Guåhan in 2011 on the revitalization of traditional foods and foodways in Guam.

Dr. Frank works with the Physician's Committee (PCRM) on a program entitled *The Power to Heal Diabetes: Food for Life in Indian Country* www.nativepowerplate.org that uses the Ancestral Native American diet for health and wellness in Native Communities. For 11 years, she has been a developer and presenter of nutrition education content in partnership with PCRM.

She is a cooking instructor at the Santa Fe School of Cooking and an adjunct professor at the Institute of American Indian Arts (IAIA) where she teaches Native students from tribal communities all over the Americas about Indigenous Concepts of Native American foods and how to prepare healthy Native American dishes for health and wellness and uses the metaphor that "food is our medicine" and the key to future health and wellness in Native communities. She has been working with The Cultural Conservancy, a Native-led organization founded in 1985 with a mission to protect and restore Indigenous cultures, as an advisor, food educator, and chef since 2005 and now serves on the Board of Directors.

In 2020, she was the recipient of the Local Hero Olla Award, which recognizes an exceptional individual for the work they do to create healthy, innovative, vibrant, and resilient local sustainable food systems in New Mexico.

To learn more about Red Mesa Cuisine, visit www.redmesacuisine.com