

FairKitchens Hosts “You First: Self Care & Cultivating a Fair Kitchen” at ACF Women’s Symposium

Panel Available for Facebook Live Participation and Digital Viewing



Englewood, Jul 30, 2019 (Issuewire.com) - [FairKitchens](#), the Unilever Food Solutions initiative that aims to tackle real issues and create positive, grassroots change in professional kitchens, will be hosting a brunch and learn panel at the [American Culinary Federation's](#) first-ever women’s symposium, United in Food: Leaders of Today and Tomorrow. Entitled: *You First: Self Care & Cultivating a Fair Kitchen*, the panel will feature psychologist Dr. Eloise Stigiltz and Chef Tiffany Sawyer of the Kessler Collection, amongst others, to discuss how to implement self-care and wellness standards in professional kitchens.

For those who are unable to attend the conference, the panel will be broadcast live on ACF’s Facebook page. In addition, the entire session will be recorded and available post-conference on [ACF’s Online Learning Center](#).

What:

FairKitchens panel at the first-ever ACF Women's Symposium

"You First: Self Care & Cultivating a Fair Kitchen"

When:

Thursday, August 8, 2019

10:30 AM - 11:15 AM EST (Live, available for online viewing following)

Where:

[ACF's Facebook Page](#) (live)

<https://wearechefs.com> (posted following the convention)

Attendees:

Restaurant industry executives, chefs, restaurant chefs, media and industry trade

Find out more information and show your support towards the 'FairKitchens' movement by visiting fairkitchens.com or following [@wearefairkitchens](https://twitter.com/wearefairkitchens).

About Unilever Food Solutions

We are proud to be part of Unilever, one of the world's leading suppliers of fast-moving consumer goods, with sales in over 190 different countries. As the dedicated foodservice business of Unilever, we lead the industry in providing innovative and high-quality professional food ingredients and value-adding services created by 300 professional chefs, covering 50 cuisines, in 200 million dishes a day. We provide products and services created by chefs for chefs and aim to do this in a sustainable way. For more information, please visit <http://www.ufs.com/>

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