

Haile Thomas

September 2016 Calendar

Haile Thomas is a 15-year-old youth health advocate, motivational speaker, vegan chef, and founder and executive director of The HAPPY Organization, Inc.

Established in 2012, HAPPY stands for Healthy Active Positive Purposeful Youth. Through HAPPY, Ms. Thomas works to engage, educate and inspire youth and families to embrace healthy habits through cooking classes, basic nutrition education and physical activities that are healthy, fun and engaging.

Ms. Thomas was one of the first young chefs featured on season one of *Rachael vs. Guy Kids Cook-Off* on the Food Network. Today, she hosts the Plant-Powered Haile YouTube Channel, where she shares delicious and nutritious plant-powered recipes. She is a junior chef advisor for Hyatt Hotel's For Kids By Kids menu; and a contributing writer for *Edible Baja Arizona* and *Polish Magazine*, where she shares healthy recipes and encourages readers to explore new plant-based foods and flavors.

Ms. Thomas serves on several advisory boards, including the Canyon Ranch Institute Life Enhancement Program[®], where she works with former Surgeon General Dr. Richard Carmona and his team



of experts. She is health ambassador for Hip Hop Public Health and ambassador chef for Wholesum Harvest Family Farms, Inc., where she develops healthy recipes and cooking videos. Ms. Thomas also is a certified healthy living ambassador with the University of Arizona's Cooperative Extension 4-H Program.

Her media appearances include: the Food Network, *The Rachael Ray Show*, *Dr. Oz*, the *TODAY* show, *Home & Family Show* on the Hallmark Channel, *O, The Oprah Magazine*, *Teen Vogue*, and *YES! Magazine*. Learn more at thehappyorg.org.