



Lazarus

Lazarus Lynch (he/him) is a two-time Chopped Champion winner, thought leader, gifted speaker, mental health therapist trainee, social activist, Amazon's Editor's Pick author of *Son of a Southern Chef: Cook with Soul*, and LGBTQ+ human rights advocate. He is an established voice in the food industry, entrepreneur, musician/singer, model, actor, filmmaker, writer, and author of the celebrated cookbook *Son of a Southern Chef: Cook with Soul*. He is the host of Snapchat's first-ever cooking show, *Chopped U*, and the Food Network digital series *Comfort Nation*. He was the first Black queer chef to attend and cook for the Met Gala in 2021. His writings and culinary wisdom are featured in *Vogue*, *The New York Times*, *The Washington Post*, and *The Today Show*. His album, *Sanctuary*, was released in 2021 and debuted on *The Tamron Hall Show*. Lazarus is a proud 4-H Luminary, a World Food Prize alum, an ongoing brand partner with Meta Platforms, Inc., and a former Reebok Collective

member. As a gifted communicator, Lazarus has facilitated national panels at the White House, conducted media interviews, and is a keynote and motivational speaker. His star power and food and mental health knowledge create ongoing meaningful connections with media partners and brands. Lazarus' ability to make people feel valued, seen, and heard led him to become a social worker and therapist. Today, Lazarus supports individuals and families weekly with the tools to improve their mental health and relationships. He is an MSW candidate at Columbia University and lives in Los Angeles.

SOCIAL MEDIA 170K+ across all platforms | [Facebook](#) | [Instagram](#) | [Threads](#) | [X](#) | [YouTube](#) | [TikTok](#)

PRESS

Forbes, *Vogue*, *The New York Times*, *T Magazine*, *Timeout*, *Today Show*, *NBC's Weekend Today*, *Washington Post*, *KTLA*, *NPR*, *The Wendy Williams Show*, *Food Network*, *Cooking Channel*, *Home & Family*, *Tamron Hall*, *Rachael Ray Every Day Magazine*, *Southern Living*, *GAYLETTER*, *Eater*, *Cultured Magazine*, *Paper Magazine*, *Salon*, *Cherry Bombe*, *them*; *J.Crew*, *Amazon Books*, *Fresh & Co*, *Busy Being Black Podcast*, *U.K. Black Pride*, *Cheddar TV*, *Shrine Magazine*, *Taco Bell*, *Out Magazine*

LINKS

1. Website: www.lazaruslynch.com
2. Tamron Hall Show: <https://www.youtube.com/watch?v=56h-FNGNs0A>
3. Today Show: <https://www.today.com/recipes/mojito-glazed-chicken-recipe-t254444?search=lazarus%20lynch>

COOKBOOK



MEDIA & FILM

Host of Black Men Mental Health on YouTube | 2023
The It Gets Better Project Premieres New Web-Series "The Assignment," With Support From Taco Bell Foundation | 2023
The Touré Show | 2023
Troora Magazine | 2023
The Tamron Hall Show | 2021
The Today Show with Hoda & Jenna | 2020 - present
The Today Show | 2018 - present
You've Arrived | Original Acting Series | 2020-2021
Film Director and Creative Director of the Reebok Collective | 2021 - 2022
The Wendy Williams Show | 2019- 2020
Soul Food Talks | 2018-2020
Home and Family TV | 2019
Food Network | 2017 - 2019
Cooking Channel | 2017 - 2019
Comfort Nation, Host | Food Network (2018)
Pickler & Ben | 2018
Beat Bobby Flay | 2017-2019
ChoppedU, Host | Food Network/Snapchat | 2018
Chopped Champion | Food Network | 2017
Chopped Junior, Co-Host & Judge | Food Network | 2016
The Kitchen | Food Network | 2016

Tastemade Get's Cooking | ABC Network | 2016
Unique Sweets | Cooking Channel | 2015 - 2017
Tastemade | 2014 -2018

ESSAYS, INTERVIEWS & INVITED TALKS

1. A New Way to Say Grace: Paying Attention to the Present. We Create Space. 2023 | read
2. The White House Conference on Hunger, Nutrition, and Health. Lazarus led a panel discussion with key stakeholders in nutrition and food in Washington, D.C. (Fall 2022).
3. Meta Platforms, Inc. (formerly Facebook) Live Audio Rooms. Hosted six original podcasts with public figures, leaders, writers, artists, and activists on various social and cultural topics. Virtual. (Fall 2021).
4. Meta Platforms, Inc. (formerly Facebook) Live Audio Rooms guest with Tess Holliday. (Fall 2021).
5. Lynch, Lazarus. [Contributing Essayist.] Terry, Bryant. Black Food: Stories, Art, and Recipes from Across the African Diaspora [A Cookbook]. 4 Color Books, 2021. | see book
6. Chereus, Gina. [Contributing Voice.] "How to Celebrate Juneteenth." The New York Times, 18 June 2021. | view article.
7. Lynch, Lazarus. (2021, March). Walmart Foundation + 4-H Healthy Habits Program. Cooking Demo. Virtual. | watch video
8. Lynch, Lazarus. (2020, December). "Self-Care + Community-Care + Cooking-Care." LGBTQ+ Center - Global Inclusion, Diversity, and Strategic Innovation at New York University. Virtual.
9. Lynch, Lazarus. (2020, October). Capnote Speaker. "A Vision For The Future." National Association Of Extension 4-H Youth Development Professionals. Virtual.
10. Lynch, Lazarus. (2020, October). "The Role of Media and Press in a Crisis." 2020 Norman E. Borlaug International Symposium: Breaking New Ground: Building Resilience Today for Improved Food Systems Tomorrow. Virtual.
11. Lynch, Lazarus. (2021, July). "The Power of Queer Creativity Creativity."MOBI x For(bes) the Culture Panel. Virtual.
12. Lynch, Lazarus. (2020, July). "Faith in the Face of Pandemics": An Interfaith Panel Discussion. The Multicultural Center at Georgia State University. Virtual.
13. Lynch, Lazarus. (2020, June). "The Proud and Hungry" Instagram Series with LGBTQ+ Food Industry Professionals. Virtual.
14. Lynch, Lazarus. "This Juneteenth, I Don't Feel like Celebrating. Instead, I'm Cooking Barbecue in Memory of Black Lives Lost." The Washington Post, 2020. | view article.
15. Lynch, Lazarus. (2019, September). Chef-in-Residence Bryant Terry presents "BLACK. QUEER. FOOD." Museum of the African Diaspora. San Francisco, CA.
16. The Food Scene: Episode 397: Son of a Southern Chef. (2019, June). | podcast
17. All Of It With Alison Stewart | NPR. (2019, June)
18. Busy Being Black | Lazarus Lynch - The Return (2021, August). | podcast
19. The Jay World | Unleashing Greatness FT. Lazarus Lynch. (2021, February). | podcast
20. Special Sauce with Ed Levine | Lazarus Lynch on Writing Son of a Southern Chef (part 2). (2019, August). | podcast
21. Special Sauce with Ed Levine | Lazarus Lynch on Writing Son of a Southern Chef (part 1). (2019, August). | podcast
22. Didn't I Just Feed You | Brian Stewart of Salt & Spine (2019, December). | podcast

23. Lynch, Lazarus. Edible Schoolyard, New York City. Engaged with students at Evergreen Middle School about gardening and cooking in Brooklyn, New York. Guest chef. (2016, December).I watch video
24. Lazarus Lynch: Son of a Southern Chef. Heritage Radio Network. (2016, June).
25. 4-H Clubs Conduct Nationwide Science Experiments. Talk of the Nation. NPR. (2010, October).

AWARDS & RECOGNITIONS

Amazon's Editors' Picks: Best Cookbooks, Food & Wine, 2019-Present

National 4-H Luminaire, 2017

2017 Saveur Blog Awards nominee

The Louis Antonetti Humanitarian Award, 2015

Food and Finance High School Ambassador, 2012

CONTACT

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