



## Introduction

Michele speaks from the intersection of farm and food to bring clarity and common sense to the grocery store. Known as one of North America's leading advocates, she is passionate about getting back to the truth in food – raised the right way, by the right people, for the right reasons.

She is a best-selling author whose work has appeared in USA Today, Food Insight, Food & Nutrition Magazine, Grist and others, as well as on NPR and CNN. Michele has helped thousands of people around the world translate farm to food and holds the Certified of speakers internationally.

Michele is known for moving hearts and minds through her speaking programs, social media community and books. She is an international award winning author of, *No More Food Fights!*, best-selling *Food Truths from Farm to Table*, and #1 Best –Seller, *Food Bullying*.

Please welcome a farm girl who loves shoes, a foodie with cows in her front yard – and frustrated grocery-shopping mom Michele Payn!