RONALDO LINARES

Culinary Presenter, Health and Wellness Speaker, & Leadership Speaker



WWW.RONALDOLINARES.COM

Ronaldo Linares

Ronaldo Linares is a voice that echoes what a community conduit should be. His topics are focused around Health & Wellness (with a focus on Diabetes), Leadership (using the Marine mindset), and marketing.

As a Marine Corps Sergeant with 20 years of experience in the restaurant industry, Ronaldo has a relentless passion for bringing the community together through food and has evolved into a leader that people will follow. His book *Sabores de Cuba: Diabetes-Friendly Traditional and Nueva Cubano Cuisine* was published by the American Diabetes Association.

Ronaldo has expanded his impactful work through collaboration with companies like the American Diabetes Association, the American Heart Association, the National Dairy Council, AARP, BMW, and the National Association of Hispanic Real Estate Professionals. He was also a featured guest at Hispanicize in 2016 and 2017 and was a presenter for the Tecla Awards in 2018.

Ronaldo's Favorite Keynote Topics:

- The Community Conduit- How to look within yourself and finding your purpose, direction and motivation to inspire your team.
- Health & Wellness- How to take ownership of your health (diabetes, obesity, and mental health) by applying simple changes and creating new habits.
- Culinary Presenter- How to create changes in your eating regimen by using the *Meal Blocking* technique.



Ronaldo describes his approach to life as he does his cooking – "Modern Techniques with Ancestral Flavors." Ronaldo gives *mas sabor* to everything he does. He is an associate at De Martino, a Cuban Restaurant in Somerville, NJ, and has partnered with Healthfirst Insurance. He is an American Heart Association National Spokesperson for the Healthy for Good campaign and also shares his knowledge with the AARP caregivers program. Above all, he is a devout husband and father.

Born in Colombia during the turbulent Cartel Wars of the 1980s, cooking has saved him in many ways and has been the main ingredient in Ronaldo's journey from young immigrant to rebellious teen to successful chef, media personality, and leader.

While he first honed his knife skills as a teen clocking long hours in his family's restaurant, Ronaldo's "food voice" began to take shape while he was a Sergeant and Food Service Specialist in the Marines, serving 6,000 men daily. There, he learned about regional American food and began to infuse it with his Cuban *sazón*.

Following his Marine Corps service, Ronaldo enrolled in the Institute for Culinary Education in New York City where he graduated with high honors. In 2016, Ronaldo was named Influencer of the Year by the Latinos in Tech Innovation & Social Media (LATISM) and honored by the Statewide Hispanic Chamber of Commerce of New Jersey as Culinary Person of the Year.

Ronaldo has showcased his culinary style on Food Network's Chopped, BBC America's cross-country chef competition "Chef Race," and appearances on WNBC, Fox News, Telemundo, and Univision. He is a popular featured chef presenter and speaker at live events including the Food Network's "Food & Wine Festival," the Diabetes EXPO, and The International Restaurant & Foodservice Show of New York.



Social Media

@chef_ronaldo_ @ronaldolinares @chefronaldolinares

For Bookings:

Global Inspirational Speakers
Mario P. Fields
mario.fields@globalinspirationalspeakers.com
Global Inspirational Speakers (web)



TV & MEDIA PERSONALITY

Ronaldo has appeared in several TV channels, magazines and radio shows sharing his knowledge, giving advice, performing cooking demonstrations, and speaking engagements.

























