# Biography

**Chef Jean-Marc Fullsack**

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Jean-Marc Fullsack was born in France where he was trained in classical French cuisine. He graduated from the Hotel and Restaurant School in Strasbourg. His cooking experience includes first class restaurants, Hotels, Private Clubs and Food service management in the Health Care industry. Jean-Marc was Instructor at the California Culinary Academy where he taught classes and operated a restaurant specializing in Healthy Cuisine. This expertise brought him to the Preventive Medicine Research Institute (PMRI) with Dr. Dean Ornish. Jean-Marc contributed to Dr. Ornish's bestselling books "Eat More Weigh Less" and "Everyday Cooking with "Dr. Dean Ornish". As the executive chef for Lifestyle Advantage and the Dr. Dean Ornish Program for Reversing Heart Disease, Jean-Marc developed wide variety of exemplary dishes for those committed to a low-fat whole foods nutrition plan.

He has been a Guest Chef at the White House and had the honor of making three presentations on low-fat cooking in the White House and prepared dinner for President Clinton. Jean-Marc was the first guest Chef to instruct the Chefs for the White House, Air Force One, Camp David, and The Navy Mess on healthy cooking. Jean-Marc also cooked for and worked with the food service staff of the House of Representative, the U.S. Senate, and the U.S. Navy. He received the Walter Reed Medal for Outstanding Performance for his work at Walter Reed medical Center. Jean-Marc has trained private and corporate chefs from international celebrities across the World.

Jean-Marc has had recipes and articles printed in Vogue Magazine, Sunset Magazine, Vegetarian Times, Prevention Magazine, Veggie Life, Dr. Joseph Keon, The Truth about Breast Cancer, Graham Kerr Cookbook and has appeared on National Television.

After specializing in cooking for Heart Disease, Prostate and Breast Cancer, Jean-Marc has been working as the National Food Service Specialist with Summerville senior living and Emeritus Assisted Living. There he specialized in adult care and developed company standards in the areas of sanitation, safety, kitchen equipment, dining room service, menu creation, food preparation and purchasing. His responsibilities included overseeing multiple food service programs located nationwide requiring flexibility in meeting the needs of a culturally diverse population, both with clients and staff. He planned and developed effective Divisional meetings, led in management Team building, training and development

Jean-Marc is currently serving as the Executive Chef/Instructor at the University of San Francisco Hospitality Industry Management Program. He has assisted in the development of and streamlining existing syllabus guidelines, recipe book, and textbook, sanitation and safety procedures, uniform and software integration.

**JEAN-MARC FULLSACK**
2269 Clinton Ave., Alameda, CA 94501
(510) 865-0675

**Summary of Qualifications** Extensive experience as a chef in first-class restaurants, hotels, cooking schools, Health care, Assisted living management and private clubs. 21 years experience in classroom instruction, one-on-one coaching, team-training. Strong kitchen management, recipe research and development, menu design, food design, labor and food cost, employee training, development, teaching, and cooking demonstration skills.

**Employment History**

1/97 - present ***Executive Chef Instructor***
University of San Francisco (USF),
School of Business, Hospitality Industry Management Program
San Francisco, CA

9/2007- 2/2008 ***Dining Service Director***
Directly responsible for 67 Food service operations in West Coast
Emeritus Assisted Living, West Coast Division Operation
Seattle, WA

3/2005 – 9/2007 ***National Food Service Specialist***
Directly responsible for 80 Food service operations Nation Wide
Summerville Senior living
Assisted Living, Memory Care
San Ramon, CA

2/90 – 1/2005 ***Executive Chef***, Dr. Dean Ornish
Preventive Medicine Research Institute
Sausalito, CA

2/88 - 2/90 ***Chef Instructor***
California Culinary Academy, San Francisco, CA.
Operated a restaurant specializing in low-calorie healthy gourmet cuisine

Pre-1990 ***Prior experience as Chef and Executive Chef for the following, among others:***

Metropolitan Club, San Francisco, CA
L'Hermitage Hotel, Beverly Hills, CA
Compound Restaurant, Santa Fe, NM [award winning]
Lutéce Restaurant, New York, NY

**Education** 1972 Three years program C.A.P diploma, Ecole Hôtelière de Strasbourg, France

**Teaching Experience**

1997 - present *Executive Chef Instructor*
**University of San Francisco (USF)**, School of Business, Hospitality Industry Management Program
San Francisco, CA

1995 - 2005 Advisory Committee Member and part-time *Chef Instructor*
**Diablo Valley College** (DVC), Pleasanton, CA

2/88 - 2/90 *Chef Instructor*
**California Culinary Academy** (CCA), full-time
San Francisco, CA

Spring 1993 *Chef Instructor*
R.O.P., part-time
**Marin County Office of Education**
Marin, CA

**Training & Lectures Presented**

2009 Preventive Medicine research Institute, prostate cancer studies
2009 University of San Francisco hospitality Management Program
2009 Center for Culinary Development San Francisco, California
2008 University of San Francisco hospitality Management Program
2008 Divisional meeting and training Emeritus Co.
2007 National and regional meeting and training Summerville senior living
2007 University of San Francisco hospitality Management Program
2006 National and regional meeting and training Summerville senior living
2006 University of San Francisco hospitality Management Program
2005 National and regional meeting and training Summerville senior living
2005 University of San Francisco hospitality Management and Wellness Center
2005 Diablo Valley College, Pleasant Hill, California
2004 University of San Francisco hospitality Management and Wellness Center
2004 Diablo Valley College, Pleasant Hill, California
2003 University of San Francisco hospitality Management and Wellness Center
2003 Diablo Valley College, Pleasant Hill, California
2003 Westmoreland Regional Hospital and Frick Hospital Chef training and certification program Greensburg, PA
2003 Renaissance Scottsdale Resort Scottsdale, Arizona Retreats with Lifestyle Advantage
2002 Diablo Valley College, Pleasant Hill, California
2002 Washington DC Senate Luncheon and Chef Training October 9
2002 Hutchinson Island Resort, West Palm Beach Florida Retreats with lifestyle Advantage
2002 Western hotel Chicago Retreats with lifestyle Advantage
2002 Omaha Bergen Mercy Hospital Nebraska. Chef training and certification program.
2002 Lowe hotel Annapolis Maryland Retreats with lifestyle Advantage
2002 City Hospital Martinsburg West Virginia. Chef training and certification program.
2002 Princeton Community Hospital West Virginia. Chef training and certification program.
2002 Stanford Women health initiative Menlo Park California
2002 World Economic Forum Waldorf Astoria New York

2002 Dragger's Culinary Center San Mateo CA.
2002 University of San Francisco hospitality Management and Wellness Center
2002 Claremont hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research Institute Berkeley CA
2002 West Virginia Community Initiative Mountain State Blue Cross Blue Shield at the Greenbrier White Sulfur Spring, West Virginia
2001 West Virginia State Medical Association White Sulfur Spring, West Virginia
2001 Omega Institute for Holistic studies Rhinebeck NY
2001 Parkhurst food service Harrisburg Pennsylvania
2001 Blue Cross Rochester New-York
2001 Omaha Bergen Mercy Hospital Nebraska
2001 University of San Francisco Wellness Center
2001 MedRad food service Pittsburgh, Pennsylvania
2001 Dragger's Culinary Center San Mateo CA.
2001 Claremont hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research Institute Berkeley CA
2001 Life Style Advantage, Pittsburgh, Pennsylvania
2001 Swedish Medical Center, Seattle, Washington
2001 Diablo Valley College, Pleasant Hill, California
2000 University of San Francisco Wellness Center
2000 Dragger's Culinary Center San Mateo CA.
2000 Diablo Valley College, Pleasant Hill, California
2000 Claremont hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research Institute

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2000 Walter Reed Army Medical Center Department of Cardiology, Washington, D.C.
2000 Windber Medical Center, Windber, PA
2000 St. Francis Hospital & Health Center, Blue Island, IL
2000 Swedish American, Rockford, Illinois
2000 Good Samaritan Health Systems, Kearny Nebraska

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2000 Commonwealth club San Francisco CA.
1999 Andronico's Market in Danville CA
1999 Claremont hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research Institute Claremont hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research Institute Berkeley CA
1999 Draeger's Culinary Center San Mateo, CA.
1999 Congressional Retreat Rayburn House Office Building Washington, D.C.
1999 Windber Medical Center, Johnstown PA.
1999 Diablo Valley College, Pleasant Hill, California
1999 University of San Francisco, Chef Instructor
1999 Swedish Medical Center, Seattle, Washington
1999 U.S. Embassy – London, England
1999 Sheik Saleh A. Kamel, Saudi Arabia
1998 Draeger's Culinary Center, San Mateo CA.
1998 Swedish Medical Center, Seattle, Washington
1998 Broward General Medical Center Ft. Lauderdale, Florida
1998 Sheik Saleh A. Kamel, Saudi Arabia
1998 Mirage Resorts, Las Vegas, Nevada
1998 Swedish American, Rockford, Illinois
1998 Franciscan Holistic Health Center. Cincinnati, Ohio
1998 Claremont hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research Berkeley CA
1998 Diablo Valley College, Pleasant Hill, California

1998 California Society for Cardiac Rehabilitation
1998 Fetzer Institute, Kalamazoo, Michigan
1998 Diablo Valley College, Pleasant Hill, California
1998 University of San Francisco Chef Instructor
1997 Highmark Blue Cross Blue Shield, Pittsburgh, Pennsylvania
1997 Con Agra Food, product development Omaha, Nebraska
1997 Diablo Valley College, Pleasant Hill, California
1997 Omega Institute for Holistic Studies Rhinebeck NY
1997 Alegent Immanuel Medical Center Omaha, Nebraska
1997 University of San Francisco Chef Instructor
1997 Claremont hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research
1996-93 Made three presentations at the White House, instructed the White House chefs, Air Force One, Camp David, and The Navy Mess during a one- week retreat.
1996 U.S. Navy USS Carl Winston Alameda, CA
1996 Association for the Cure of Cancer of the Prostate
1996 California Culinary Academy San Francisco, CA
1996 Claremont Hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research Berkeley, CA
1996 Diablo Valley College, Pleasant Hill, California
1996 University of California San Francisco Department of Family and Community Medicine
1996 Principal Insu rance, Des Moines, Iowa
1996 Iowa Heart Center Des Moines, Iowa
1996 Scripps Clinic, La Jolla, California
1995 Broward General Medical Center Ft. Lauderdale, Florida
1995 Claremont Hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research
1996 Diablo Valley College, Pleasant Hill, California
1995 California Society for Cardiac Rehabilitation
1995 Beth Israel Medical Center, The Wellbridge Center Newton, Massachusetts
1995 Mt. Diablo Medical Center Heart Health Center, Concord, California
1995 Richland Memorial Hospital, Columbia, South Carolina
1995 California Culinary Academy
1995 Diablo Valley College, Pleasant Hill, California
1994 Richland Memorial Hospital, Columbia South Carolina
1994 Claremont hotel Retreats with Dr. Dean Ornish at Preventive Medicine Research
1994 Broward General Medical Center, Ft. Lauderdale, Florida
1994 Iowa Heart Center Des Moines, Iowa
1994 Alegent Immanuel Medical Center Omaha, Nebraska
1994 Multiple Sclerosis Society San Francisco, California
1994 California Center For Culinary Development
1994 Beth Israel Medical Center New York, New York
1993 Alegent Immanuel Medical Center Omaha, Nebraska
1993 Claremont Hotel retreats with Dr. Dean Ornish at Preventive Medicine Research Institute
1993 American Dietetics Association convention, Anaheim, California
1992 Claremont Hotel retreats with Dr. Dean Ornish at Preventive Medicine Research Institute
1992 California Society for Cardiac Rehabilitation San Francisco, California

1991 Claremont Hotel retreats with Dr. Dean Ornish
at Preventive Medicine Research Institute
1990 California Culinary Academy San Francisco, California
1989 California Culinary Academy San Francisco, California
1988 California Culinary Academy San Francisco, California

**Publications**

2003 April Vogue Magazine
2002 The Journal Martinsburg West Virginia
2002 Daily Telegraph Princeton West Virginia
2002 The Herald-Dispatch West Virginia
2001 Pittsburgh Post Gazette
2001 Institute for the Healing quest
2000 Web MD. Cooking show
1999 Veggie Life Magazine
1999 The Tribune Democrat Johnstown PA.
1998 The Truth about Breast Cancer, Joseph Keon
1998 Cincinnati WKRC TV Channel 12 Cammy Dierking and John Lomax
1998 Cincinnati WVXU Radio Jimmy Gerardi and Doc Wolf
1998 Cincinnati Community Press
1998 Cincinnati Enquirer
1997 *Pittsburgh Senior News* Pittsburgh, Pennsylvania
1997 *The Times/Beaver News,* Beaver, Pennsylvania
1997 Ricky Rafner, TV 44
1997 The Wall Street Journal
1997 Omaha World Herald
1997 Sunset Magazine
1996 The Wall Street Journal
1996 Ricky Rafner, TV 44
1996 CBS “This Morning Everyday Cooking with Dr. Dean Ornish book
1996 *Culinary Review*, American Culinary Federation
1995 Oakland Tribune
1995 Contra Costa Times
1995 Celestial Seasonings
1995 Nourish Magazine
1995 Vegetarian Times Magazine
1994 "Hunt for the Hidden Fat" television series with Dr. Nancy Snyderman
1994 Graham Kerr's cookbook
1994 Miami Herald
1993 The New York Times
1993 Eat More Weigh Less book
1993 Prevention Magazine
1993 Omaha World Herald