

Sarah Henry

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SUMMARY

Sarah Henry is a writer and editor with more than two decades of diverse journalism experience in both new and traditional media. Currently she covers the intersections of food, health, culture, politics, and people for a wide range of magazines and websites. Her areas of expertise include narrative features, in-depth reporting, personal essays, personality profiles, and service journalism.

PROFESSIONAL EXPERIENCE

Freelance Writer and Editor, Berkeley, CA, 2009-present
Sarah Henry is a food writer and the voice behind the blog Lettuce Eat Kale. Her stories have appeared in *The Atlantic*, *AFAR*, *Eating Well*, *California*, *San Francisco*, and *Edible East Bay*. She writes a weekly food column for Berkeleyside and is a regular contributor to both KQED's Bay Area Bites and Civil Eats. She has also covered food for the sites Grist, Shareable, and Great Schools. Henry is the ghost writer of the self-published memoir of the co-creator of Rice-A-Roni.

Senior Editor, Caring.com, 2007-2008
Wrote general health information and filed weekly blog for start-up online site dedicated to providing assistance to people caring for their aging and ailing parents.

Contract Writer, Chronicle Books, 2007
Wrote Sydney travel guide for the popular series *City Walks: Sydney, 50 Adventures on Foot*, published 2008.

Contract Writer, Consumer Health Interactive, 2002-2007
Synthesized complex information on rare diseases, common disorders, and pregnancy concerns into consumer-friendly content for health information website.

Freelance Writer, Sydney, Australia, 2000-2002
Wrote book reviews on parenting matters for Consumer Health Interactive. Published interviews and a first-person essay for *Good Weekend*, Australia's premier newspaper magazine.

Freelance Writer, San Francisco, CA, 1998-2000
Wrote profiles for magazines such as *San Francisco*, service stories on developmental milestones for popular online parenting resource BabyCenter, and health articles for content provider WebMD.

Staff Writer, Hippocrates, 1996-1997
Wrote features, profiles and front-of-the-book stories for national Time Inc. publication *Hippocrates*, a magazine for health professionals and contributed to *Health*, a general-interest magazine. Topics covered include the diabetes epidemic, the assisted suicide debate, physician stress, and doctors who make a difference.

Freelance Writer, San Francisco, CA, 1995-1997
Wrote for many magazines including *Glamour*, *Ms.*, *Hippocrates*, *Modern Maturity*, and *Parenting*. Stories included a cover article on human-rights activist Harry Wu for *Los Angeles Times Magazine*, a profile of performer Anna Deavere Smith for *Good Weekend*, a cover piece on the right-to-die movement for *California Lawyer*, and an interview with tobacco-industry gadfly Stanton Glantz for *San Francisco Focus*.

Journalism instructor, San Francisco State University, 1996

Contributor, *Dr. Koop's Self-Care Advisor* (Health Publishing Group, 1996), a health guide written under the name of the former United States surgeon general that sold nearly a million copies.

Staff Writer, Center for Investigative Reporting, 1986-1995
At this award-winning, non-profit news organization wrote articles on environmental, social justice, and health subjects including insurance industry discrimination, illegal exporting of industrial poisons, hate crimes, and sweatshop labor conditions for newspapers and magazines, such as the *Washington Post*, *Los Angeles Times Magazine* and *San Francisco Chronicle*.

Associate producer credits on a PBS *Frontline* documentary about racial discrimination in mortgage lending (1992), a CBS *60 Minutes* segment on Oregon's health care plan (1992), and a PBS program on health access inequities for *The Healthy Quarterly* (1991).

Contributing author on the CIR/Bill Moyers book *Global Dumping Ground*, (Seven Locks Press, 1990), which documented the international traffic in hazardous waste.

EDUCATION

Bachelor of Arts (Communications), University of Technology, Sydney

AWARDS

Karola Saekel Craib Excellence in Food Journalism Fellowship,
San Francisco Chapter Les Dames d'Escoffier, 2011

James Patrick McDermott Scholarship for Social Change through Food Writing,
Symposium for Professional Food Writers, 2010

INTERESTS

Kitchen Volunteer, Edible Schoolyard, King Middle School, Berkeley, 2005-2009
Instructor, Parent Nutrition Class, Berkeley Unified School District, 2009
Instructor, Monkey Business Camp Cooking Classes, Berkeley, 2008

