

ABOUT CLAUDIE L. PHILLIPS

CEO and Author



Claudie L. Phillips has devoted her career to helping others reach their potential in their personal and professional lives. As an experienced, highly motivated, and trailblazer in Education and the School Food Service Industry, Phillips received her Bachelor's Degree in Home Economics from Chicago State University and her Master's Degree from National Louis University in Education. She taught Home Economics in the Chicago Public Schools and later pursued a career in the School Food Service Industry.

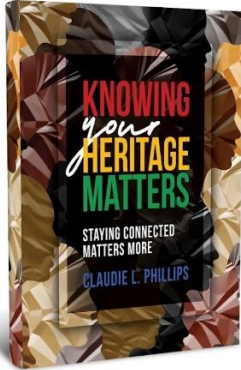
At age 25, Cain Jones, former Food Service Director, Silver-Plate Award winner, and many other accomplished trailblazers in the Food Service Industry recognized her talents and leadership ability. Claudie later became Director of Food and Nutrition Services for the Chicago Public Schools, Illinois Youth Advisory Council Advisor, and President of the Illinois School Food Service Association.

In 1995, Claudie retired from the Chicago Public Schools and started her consulting business as President of CP Professional Foodservices, Inc. In 1997, She founded The International Council On Nutrition Solutions (ICONS) Foundation. These 501© (3) not-for-profit consumer education organization provides nutrition education resources and programs to schools, children, and their families through community outreach initiatives. The ICONS Foundation's primary goal is to increase the awareness of children and parents about the importance of good nutrition and healthy lifestyles. At the same time, she was expanding their capacity to serve as change agents in their communities.

In 2006, Claudie partnered with the inTEAM Consultant Group of Food Service Professionals as an Independent Contractor to provide technical assistance to food service directors by training their staff to position their program as a self-sustaining food service operation. In 2009, Claudie was hired as Food Service Director of School District U-46 after completing an assessment of the school district's food service operation. Claudie retired from U-46 in 2018, leaving the school district with a positive fund balance and a more efficient food service operation. In 2021, Claudie formed CP Consulting Services, LLC, and continues to enjoy sharing the knowledge and experience she has gained over the last forty years. Claudie has authored many Personal/Professional Development and Life Skills Curriculum and Operation Manuals and currently mentors new authors. She has mentored fourteen authors and recently published her book, "Knowing Your Heritage Matters: Staying Connected Matters More." Claudie finds it very rewarding to see children and parents working together to create *Healthy Lifestyles* in their homes and communities.

About the Self-Publishing Programs for Adults

“Knowing Your Heritage Matters: Staying Connected Matters More”



Have you ever wondered how far and deep your family roots and traditions are? Did you ever feel the need to retrace the lives of the people who shaped who you are today?

In “Knowing Your Heritage Matters: Staying Connected Matters More,” I’ve chronicled the lives of six families that are descendants of our African ancestors who were sold into slavery in Virginia, Mississippi, South Carolina, and other parts of the United States.

This book is intended to give you a practical guide to be used for researching your heritage and writing your own story. Share your legacy and find meaning and purpose in your life and the lives of generations to come.

This book will also provide you with the tools needed to continue your journey of self-exploration of your life’s journey. We owe it to our children to teach them about the true meaning of family and the importance of leaving a legacy for generations to come. These six families have stayed connected and demonstrated how their parents’ teachings have been the glue that has kept their present generations together by using the principle of “Each One Teach One.”

This book is a must-read for anyone who wants to know more about their family history and wants to pass on the importance of knowing your heritage and staying connected.

“Let Your Character Traits of Wellness be a Road Map for Future Generations.”

Claudie L. Phillips

For more information on Knowing Your Heritage Matters: Staying Connected Matters More, visit our website at www.knowingyourheritagematter.com or e-mail claudie@knowingyourheritagematters.com. For additional about our programs, e-mail claudie@theiconsfoundation.org or visit The ICONS Foundation’s website at www.theiconsfoundation.org.



Website www.theiconsfoundation

Programs Include:

- Healthy Lifestyle and Wellness Programs for Parents
- Healthy Lifestyle and Wellness Programs for Kids (Third – Sixth Grades)
- Personal and Professional Development for Teens and Adults
- Total School and Community Involvement Programs for Schools
 - Self-Operated Schools
 - Food Management Companies
 - Food Manufacturers
- Form Public/Private Partnerships to Build Healthier Communities
- Healthy Lifestyle Initiatives for all age groups
- Community Outreach Virtual Retreats for parents
 - Wellness and Fitness
 - Young Professionals Career Forum
 - Financial Literacy Programs
 - The Prevention and Treatment of Chronic Diseases
 - Home Buyer's Workshop: Understanding the Home Buying Process
 - How Stress Affects Learning
 - Computer Literacy
 - How to Create & Maintain a Healthy Lifestyle
 - Creating a Positive Learning Environment for Your Children
 - ICONS Internship Program
 - Young Authors Program
 - Self-Publishing Program for Adults



www.nurturebear.com

About the Young Authors Program

The Young Authors Program helps children from grade levels K-12 author books that provide useful information on enhancing life skills. This program includes making healthy food choices, character building, etiquette, hygiene, and citizenship. Our proven learning system is designed to have total school and community involvement. Children receive the same message from mentors at home, school, and away from home, reinforcing each lesson taught through real-life experiences. This program allows parents to work side by side with their children as they learn basic lifelong skills.



www.schoolfoodexperts.com

About Our Service

Behind the most successful foodservice operation is a Foodservice Expert. We have spent over 25 years helping School Foodservice Directors build complete systems so that their Foodservice Directors build complete systems so that their foodservice division not only works but thrives! Our proven process for developing complete systems brings together a comprehensive approach under Foodservice Experts' personalized guidance. Ultimately, we can help you create a food service division you will love leading and a life you will love living.

Additional Resource Links:

- Social Media
 - Facebook – Claudie L. Phillips
 - Instagram – claudiephillips