



Sedgwick partners with Chef Paul Kahan

Chicago holds a special place in our hearts this year, as it would've served as host city for the RIMS Annual Conference. That's why Sedgwick reached out to Chef Paul Kahan to help encourage all of us to stay focused on wellness—even virtually—through healthy eating by bringing his cooking tips to the RIMS LIVE 2021 Wellness Zenter.

Chef Paul Kahan, the nationally recognizable face of Chicago chefs, has received international acclaim for his restaurants, including avec, The Publican, Big Star, Dove's Luncheonette, Publican Quality Meats, Publican Quality Bread...the list goes on. Passionately seasonal, unconventionally creative and dedicated to the inspiration of classical cuisine, Chef Kahan's cookbooks, "Cheers to the Publican, Repast and Present: Recipes and Ramblings from an American Beer Hall" and "Cooking for Good Times," have received awards and accolades including a nod as a New York Times Best Seller. Awarded Outstanding Chef by the James Beard Foundation in 2013 and Best Chef of the Midwest in 2004, Kahan has earned the praise of many who claim him to be one of America's most influential working chefs. A Chicagoan through and through, Kahan is known for developing relationships with Midwestern farmers—leaving a permanent mark on his culinary outlook.

That's why, when the opportunity arose to bring Chef Kahan's expertise to each of us cooking in our homes during the pandemic, we thought it would be a great way to enliven all of our meal prep routines. When you watch his videos on healthy eating, stocking a healthy pantry, and cooking for good times, you'll see what we mean. RIMS LIVE 2021 attendees can find each of these features within the Wellness Zenter.

Enjoy!