

## Tasneem Legohn

Growing up, Tasneem had a natural passion for food, health, and helping others. She enjoyed helping her mother cook meals for the family, and she was active in a variety of sports (track and field proving to be her favorite).

Tasneem knew that she wanted to pursue a career that involved helping others, and in 2012, she was determined to combine her passion for food and health. She majored in Foods and Nutrition at California State Polytechnic University of Pomona and received her Bachelors degree.

Her goal is to encourage and support people who desire to live healthy and fulfilling lives by providing them with knowledge, skills, and advice.