

## A little bit more about Nina's credentials and culinary journey . . .

Nina has been cooking since the age of 3 when her mother encouraged her to join her in the kitchen to help bake cookies and brownies. She began learning various cooking skills as she helped her mother. Her mother tells her that she could keep her busy for an hour or so rolling out leftover pie dough. 😊 She joined 4-H as young as she could and took all the foods classes to keep cooking and learning more. In Jr. High School and High School, she took home economics classes. Then in college, Nina majored in Vocational Home Economics Education.

Nina graduated from Southeast Missouri State University with a bachelor's degree in Vocational Home Economics Education. She took a 6-month break and traveled to Trinidad and Tobago, two tiny islands in the Caribbean on a 4-H youth exchange program. She lived with eleven families while there and learned much about their culture and their foods. It was in Trinidad that she first came up-close and personal with all tropical foods. She loves to share tropical foods in her classes when the topic allows – especially her love for passion fruit!

Her first professional job was working as a home economist for the Dairy Industry for 3 years – teaching teachers how to teach nutrition to their students (Kindergarten through Senior Citizens) and how to incorporate dairy products into a healthy balanced diet.

She then went back to school at the University of Missouri in Columbia, Mo, where she earned a master's degree in foods and nutrition and communications. While finishing up her degree, she worked full-time for the Missouri Department of Agriculture and developed programs for Missouri food companies to market their products internationally.

Nina returned to the Dairy Council in a newly formed position as Media Specialist. She traveled throughout Missouri and Illinois promoting good nutrition and eating habits via the media – radio, TV and newspapers. She began demonstrating healthy recipes on television in 1978.

In 1981, Nina moved to Cedar Rapids to take the position of Director of Consumer Relations for National Oats Company. In this position, Nina traveled throughout the southern states promoting National Oats products – 3-Minute Brand Oats and Super Pop Popcorn. She managed the test kitchen where all recipes were developed and tested for the company, as well as, promoting those recipes via radio and TV interviews and demonstrations in top markets throughout the south, including Dallas, Houston, San Antonio, Atlanta, Birmingham, Albuquerque, New Orleans, Tulsa and Oklahoma City. Again, Nina demonstrated recipes on television throughout the company's marketing territory.

In 1984, Nina took a position with CMF&Z Advertising and Public Relations as an account executive. She provided marketing, advertising and public relations assistance, along with culinary guidance for various food accounts for the agency including Seaboard Farms of Athens (chicken), Better Homes and Gardens, Beatrice Cheese and Jack Frost Sugar.

Numerous trips throughout the US and internationally have helped Nina explore the world of food knowledge and food experiences including Trinidad and Tobago, Barbados, St. Thomas, Bahamas, Puerto Rico, Jamaica, Mexico, Bermuda, France, England, Ireland, Israel, India and Canada.

In 1991, Nina started her own company, Swan-Kohler & Associates Public Relations. She continued doing marketing and public relations for food companies. National Oats Company became her first client and her first project ended up on NBC's The Today Show. Many other clients followed including: Amana, Adams Extract Company, Beatrice Cheese, Better Home and Gardens Books, Burlinson's Pure Honey, Pioneer Flour Mills, White Lily Foods, Farmland Foods, Inc., Iowa Egg Council, Kraft General Foods, Met Life Home Loans, National Pork Board, Lesaffre Yeast Corporation, SAF and Red Star Yeast Products, Seaboard Farms of Athens, Inc., Sunshine Nut Company, Inc., and West Liberty Foods. In addition to developing marketing and public relations plans for these companies, Nina developed and tested recipes to promote the company's various food products. She also developed feature stories that were sent to food editors for their use. Nina developed and implemented various marketing plans for her clients.

### **Personal:**

**Family:** Nina is a native of Pocahontas, Missouri and credits much of her success to her parents – especially her mother. Nina is the youngest of five children. **Home:** Nina is happily married to Ronald Kohler and they reside in Robins, Iowa (just outside of Cedar Rapids). Ron is General Adjuster for Cunningham-Lindsey, an independent insurance adjustment firm. **Faith:** Both Nina and Ron are committed Christians and practice their faith in their professional careers, as well as their personal lives. Nina's hobbies include entertaining, interior decorating, walking, needle-pointing and traveling.