

# JAMES BARRY

PO Box 801  
Culver City, CA 90232

Phone: 310.869.5133  
Email: [jjbarry@gmail.com](mailto:jjbarry@gmail.com)

---

## SKILLS SUMMARY

I specialize in tasty, wholesome healthy food. Primarily cooking with organic, seasonal whole foods, properly prepared for nutrient density with knowledge of raw, vegan/vegetarian diets and holistic nutrition. Skills in gluten-free baking/pastry, including diabetic.

---

## EDUCATION

2009, **Institute of Psycho-Structural Balancing**, Culver City, CA

- Successful completion of the 150 hour Massage Technician Training Program

2006-2008, **Global College of Natural Medicine**, Santa Cruz, CA

- Honor Roll & certification as Nutritional Consultant

2005, **The Natural Gourmet Institute for Health and Culinary Arts** New York, NY

- Perfect Attendance award

1991-1995, **University of California, Santa Cruz** Santa Cruz, CA

- Bachelor of Arts in Psychology and Theatre Arts

---

## WORK EXPERIENCE

2009-current, **Gerard Butler** Hollywood, CA

*Private Chef*

- Menu planning, preparation of healthy meals
- Dietary focus on assisting weight-loss and optimal health

2009, **Reese Witherspoon** Brentwood, CA

*Private Chef*

- Menu planning for individual, preparation and delivery of all meals, grocery shopping
- Dietary focus on specific film role nutritional needs

2008 – 2009, **Mary Parent, MGM Worldwide Motion Picture Chairman** Century City, CA

*Private Chef*

- Menu planning for individual, preparation and delivery of all meals, grocery shopping
- Dietary focus on wholesome, low fat for improved health and weight-loss

2007-2009, **Tom Cruise and Katie Holmes**, Beverly Hills, CA

*Private Chef*

- Menu planning for family and staff, preparation of all meals
- Dietary focus on low carb/low fat menu items as well as improved nutritional diet for children
- Cater dinner parties, Holiday gatherings, and corporate functions for employer's company
- Travel to Germany for duration of production; cook on location and at the Regent Berlin

2008 - 2009, **Gourmet Food Proppers** Los Angeles, CA

*Assistant Food Stylist*

- Preparation and styling of food for television shows such as Ellen and Good Morning
- Prepared recipes and assisted celebrity chefs, Bobby Flay and Rocco DiSpirito
- Assistant to owner, Bonnie Belknap

2005 – Current, **Wholesome2Go** Los Angeles, CA

*Founder and Owner*

- *Menu planning, healthy meal preparation and delivery for clients daily*
- *Dietary focus on organic, seasonal healthy food for health improvement and weight-loss*

2007 – 2008, **The Tarnol Family** Culver City, CA

*Private Chef*

- Menu planning for family of four; preparation and delivery of 3 dinners weekly
- Dietary focus on wholesome, low fat food for improved health and weight-loss

# JAMES BARRY

---

3636 Watseka Ave., #207  
Los Angeles, CA 90034

Phone: 310.869.5133  
Email: [jjbarry@gmail.com](mailto:jjbarry@gmail.com)

---

## WORK EXPERIENCE (CONTINUED)

---

2007 – 2008, **The Arshawsky Family** Marina del Rey, CA

*Private Chef*

- Menu planning for family of three; preparation and delivery of 5 lunches/dinners weekly
- Dietary focus on wholesome, low fat food for improved health and weight-loss

2007 - 2008, **Projects Unlimited, LAUSD Nutrition Network** Los Angeles, CA

*Chef Instructor*

- Teaching elementary to high school children about nutrition and cooking
- Emphasis on healthy choices and nutritional requirements

2006 – 2007, **Tada Catering** Los Angeles, CA

*Freelance Chef*

- Work on-call for Coachella Music Festival and small and large private/corporate parties

Summer 2006, **The Van's Warped Tour** US and Canada

*Vegan/Vegetarian chef*

- Menu planning for 150-200 people, preparation of all vegan/vegetarian meals.

2006, **Mariska Hargitay, Actress** Malibu, CA

*Private Chef*

- Menu planning for pregnant couple, preparation of 2 meals, three days a week
- Emphasis on low-sugar, healthy food diet during last two months of pregnancy
- Menu planned and prepared holiday/private parties for up to 20 people.

2005 – 2007, **Laura Diaz, CBS Nighttime News Anchor** Los Angeles, CA

*Private Chef*

- Menu planning for individual, preparation of 3 meals, 3 snacks per day.
- Emphasis on hi-protein, low fat meals

2005, **The Canyon Rehabilitation Center** Malibu, CA

*Externship (1 month)*

- Prepared 10-50 lunches and dinners daily
- American cuisine featuring local, seasonal organic produce including raw and high quality fat meals to assist with patient's health through detox.
- All grocery shopping

2005, **The Green Market (Union Square)** New York, NY

*Internship (1 month)*

- Demonstrated recipes utilizing seasonal market produce for the open public.
- Assisted chef

## ACHIEVEMENTS/ACTIVITIES

---

- ServSafe Certified
- LAUSD Substitute teacher for 8 years
- On-Camera experience as a commercial/print actor
- Finished 4 Marathons, 1 Triathlon.
- Assistant coached over 200 people to finish the Honolulu Marathon for the AIDS Project Los Angeles.

## SKILLS

---

- Proficient with PC and Macintosh computers: software experience - Word Perfect, Netscape, Microsoft Word, Power Point, Excel, Outlook, Adobe Photoshop, Adobe Premier, Palm Pilot, BlackBerry, Internet proficient

# JAMES BARRY

---

3636 Watseka Ave., #207  
Los Angeles, CA 90034

Phone: 310.869.5133  
Email: [jjbarry@gmail.com](mailto:jjbarry@gmail.com)

---

## REFERENCES:

---

Bonnie Belknap: Owner Gourmet Proppers (*Entertainment Industry Food Stylist*)  
[www.gourmetproppers.com](http://www.gourmetproppers.com)  
818.566.4140

Kimberly Wyman: Nutritionist  
[kimwyman@mac.com](mailto:kimwyman@mac.com)  
310.918.6640

Shelleylyn Brandler: Owner TaDa! Catering  
[www.tadacatering.com](http://www.tadacatering.com)  
310.399.5100

Cass Darmody: Household Employer –*reference letter upon request*  
Odin Productions  
[cassd@odinpro.com](mailto:cassd@odinpro.com)  
310.569.6136

Kristen Tarnol: Employer –*reference letter upon request*  
[ktarnol@gmail.com](mailto:ktarnol@gmail.com)  
310.994.9333

Lisa Arshawsky: Employer–*reference letter upon request*  
[midwifela@yahoo.com](mailto:midwifela@yahoo.com)  
310.721.3381

Rosemary Serviss: Natural Gourmet Institute Director of Placement  
[placement@naturalgourmetschool.com](mailto:placement@naturalgourmetschool.com)  
212.645.5170

Nena Diaz: Assistant to Laura Diaz  
[dpetra22@aol.com](mailto:dpetra22@aol.com)  
818.400.0647