



Jenny Shea Rawn MS, MPH, RD

Jenny is a leading Registered Dietitian, health and nutrition communications expert, food blogger and recipe developer who loves to create nourishing New England inspired dishes in her Cape Cod kitchen.

Jenny's passion for providing food and nutrition inspiration has led her to positions such as health and wellness spokesperson and Registered Dietitian for a national grocery retailer, food and nutrition expert, guest speaker and consultant. Jenny is regularly featured in local and national media and is an expert in translating food and nutrition science into relevant and actionable messages on

TV and radio, online, in print and in person.

A strategic and creative thinker, Jenny has built and led health and wellness marketing and communications initiatives for the past decade in the retail and public health world. Jenny has worked with major food and beverage manufacturers to design and develop communications and programs that drive better-for-you product sales and inspire positive health behaviors.

Jenny holds a BA in psychology from Boston University, a MS in Nutrition from the Friedman School of Nutrition Science and Policy at Tufts University and a Masters in Public Health from Tufts University School of Medicine. Jenny is a Registered Dietitian and completed her Dietetic Internship through Simmons College.

Rawn is an active member of the Academy of Nutrition and Dietetics, the Massachusetts Dietetic Association, Dietitians in Business and Communications and the Food and Culinary Dietitians Practice Group. In 2009, Jennifer was awarded the Women of Influence in the Food Industry Award by the Griffin Report of Food Marketing.

Jenny lives on Cape Cod, Massachusetts, with her husband, Adrian, her son, Lucca and her daughter, Lexi. In her free moments (rare these days!), she enjoys spending time with her husband outside running, hiking, relaxing at the beach, kayaking boating, cooking, photographing and styling food, planting vegetables in her garden and learning about all things food. Jenny has completed 9 marathons and countless half marathons around the New England area.