

Sarah Wassberg Johnson

Sarah Wassberg Johnson is The Food Historian – professional historian, author, podcaster, television talking head, and consultant. Expert in all things American food history, from the Colonial period to the present, Sarah has been teaching the public, in person and virtually, for over 15 years.



Food history is for everyone.

Why do we eat the way we do? Where do our food traditions come from? How have historical people and events shaped food, and vice versa? These are the questions I'm curious about! Food history has become increasingly popular in the last twenty years. With television series like "The Food That Built America" on The History Channel (I was featured in seasons 1 & 2) helping popularize the topic, people today are curious about food and the past.

Food is the one thing that connects all humans across space and time. And food history is what I call the gateway history – food is something everyone can relate to, so using food as a lens to look at the past can help people who might find history boring learn something new about themselves and our society.

With an MA in Public History from the University at Albany SUNY and working on my first book on food in New York State in World War I, I'm a trained academic historian with a deep understanding of the topic. But I've also worked in the museum education and interpretation field for nearly 20 years, which means I can translate food history for a wide range of audiences without getting bogged down in jargon and obscure facts. Food history is fun and exciting and endlessly interesting. At least I think so, and my audiences usually do, too!

sarah@thefoodhistorian.com | thefoodhistorian.com

THE FOOD

HISTORIAN

As Featured On:



The Atlantic



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@preserveorperish



@history_bites



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*Experienced.
Engaging.
Informative.*

With over 15 years of history education experience, Sarah's popular and engaging lectures on all things food history have delighted audiences at over 80 public programs since 2016. Equally at home in front of a live audience or giving virtual talks, Sarah is bound to be an audience favorite. All programs come with illustrated slides often featuring colorful posters, advertisements, and historic photographs. Cooking demonstrations also available.

"When are you having Sarah back?
We love her!"
- virtual program participant

"I keep scheduling Sarah because her lectures have some of the highest participation rates."
- Krista M., adult programs librarian

"Presentation style was very strong. The slides were interesting and well done and really supported the talk."
- post-program survey

Popular Topics Include:

- History of American Cookbooks
- Food in World War I & II
- Wedding Food History
- Victory Gardens
- History of Mac 'n' Cheese
- History of Christmas Cookies
- History of Chocolate
- History of Gelatin
- Fast Food History
- History of Pumpkin Pie
- History of Nutrition Science
- and more!



To Book The Food Historian

For full list of topics, pricing, & online request form, visit:
thefoodhistorian.com/speaking-engagements
Email: sarah@thefoodhistorian.com