

A woman with blonde hair, wearing a white button-down shirt, stands in a vibrant market stall. She is smiling and holding a slice of orange up to her face. The stall is filled with various fresh produce, including baskets of leafy greens, red tomatoes, and other vegetables. In the foreground, a wooden counter is set up with various kitchen items: a striped container with lemons, fresh parsley, a frying pan on a small stove, a bottle of olive oil, a bowl of spinach, and several small white bowls containing different ingredients. The background shows more market stalls and a sign that says "New & Fine Produce".

jemma o'hanlon

Dietitian & Nutritionist

Services

story



It all started when Jemma was just three years old, whipping up delicious recipes in the kitchen with her Mum. She had a soft spot for sweets, and licking the bowl was always the best part.

Jemma's dream was to have her own cooking show. When she wasn't in the kitchen, she was madly scribbling down recipes as she watched celebrity chefs whip up a storm on the TV. Afterwards, she would bound into the kitchen, excited to cook and find a way to add a healthy twist to the dish.

It was on Channel 10's My Market Kitchen that Jemma's dream first came true, taking the program's 250,000 viewer audience on a journey from farm to fork.

Fast forward to today, where cooking remains a huge part of Jemma's life. It's how she shares special moments with her loved ones and nothing brings her more joy than inspiring others to find health & happiness through food.





credentials

BHlthSc Nutr&Diet AdvAPD GAICD

As a trusted nutrition expert, Advanced Accredited Practising Dietitian and former Vice President of Dietitians Australia, Jemma has over 19 years of experience and is passionate about helping Australians achieve health and happiness through food.

A consultant, speaker and presenter, Jemma is often called upon by the media for her opinion on topical nutrition matters, from the latest diet and superfood to research breakthroughs and the big issues affecting the health of the population.

Jemma's voice of authority is backed by her university qualifications with a Bachelor of Health Science (Nutrition & Dietetics) at the Queensland University of Technology.

Jemma is renowned for her integrity and professionalism and brings a strong understanding of governance as an experienced director and Graduate of the Australian Institute of Company Directors (GAICD).



let's work together

Jemma's approach to business relationships centres on:

- trust
- shared values
- good communication
- an authentic connection to the purpose

Whether it's presenting an inspiring session to your employees, delivering strategic programs, advocating for important issues or presenting live on national television, Jemma is your go-to health and nutrition expert.

So, what's on the menu? Choose from a selection of services - from bite sized starters, to entrees, mains and of course, dessert.



PRESENTATIONS

Keynotes
Seminars
Workshops
Cooking Classes

WELLBEING PROGRAMS

Menu Design & Review
Health & Wellbeing Programs
Educational Tools, Videos & Resources

COMMUNICATIONS

Advocacy
Board Governance & Advice
Strategic & Crisis Communications

MEDIA

TV, Radio, Print, Online
Editorial, Blogs, Articles
Brand Ambassador
Social Media

CULINARY NUTRITION

Recipe Development & Photography
Nutrition Analysis & Claims
Product Reviews

ENGAGEMENT

Health Professional Engagement
Business Development
Stakeholder Engagement

Jemma





presentations





wellbeing programs





menu design + review





board governance





advocacy





health professional engagement





media





media experience

Television

ABC News
Breakfast
My Market Kitchen
Studio 10
ABC Landline
7News
9News
10News

The House of
Wellness
QLD Weekender
SBS The Feed
A Current Affair
The Latest
WIN News

Radio

2GB
3AW
2UE
ABC Canberra,
Brisbane, Adelaide,
Hobart, South East
SA, Port Macquarie,
North QLD, Pilbara
Fox
Pulse
Triple M
6PR
Hope
2NUR
2BS
2SM
WAVE
Douglas
Ultra 106five
2CC

Print

body+soul
The Age
Sydney Morning
Herald
The Australian
The Herald Sun
The Daily Telegraph
The Advocate

The Courier Mail
Healthy Food Guide
goodfood
Men's Muscle &
Health Magazine
WA Potatoes
Magazine

Online

news.com.au
The Guardian
mybody+soul
SBS Food
kidspot
ABC Health
The New Daily
9Honey
SBS News
QLD Country Life

nine.com.au
bellamumma
Mumbrella
HuffPost
Female.com.au
Now To Love
girl.com.au
Rescu
National Tribune
Good Fruit and
Vegetables

Columns

Fitness First Magazine
Fernwood Magazine





tv presenter





brand ambassador





recipe development





food photography





social media





which best suits your needs?



what others are saying


"Jemma recently delivered a webinar for our QLD workforce. The session was so well received by our staff, many of which work in FIFO/DIDO roles on regional projects.

She tailored the session for our business, communicated her plans for the presentation in the lead-up to, and answered all staff questions on the day.

A really interesting and incredibly informative session with a strong message about the benefits of eating healthy for mental and physical health."

*Emily Eklund, Communications & Stakeholder Relations
Manager, CPB Contractors*





"It has been so great to work with
Jemma over the last year.

She is one of Australia's top experts in
the field of dietetics, and has been
instrumental in helping us ensure we
adhere to best practice from a
dietetics perspective to enable us to
provide the best possible experience
for our ever growing community."

*Dylan McDonnell,
Founder and CEO, Foodini*

foodini

jemmaohanlon.com

what others are saying



what others are saying

"Thank you so much for your generous time and being part of our Health and Wellbeing Month. We thoroughly enjoyed the presentation and the cook-along session.

We look forward to having you with us again.

Best wishes, Stroke Foundation
Connect Committee"



what others are saying

"She's a brilliant media communicator, a rare nutritionist who has a chef's passion for the kitchen and uses a highly relatable style to get her audience excited about food and nutrition."

*Tony Sarno, Editor in Chief,
Fitness First Magazine*



let's chat

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