

Chicago Section IFT Student Recognition Night
Monday, March 12
Via Bella, 5412 S. LaGrange Rd, Countryside, IL
www.viabellarestaurant.com

Topic: An Entrepreneur's Story: Bringing an Idea to Market

Speakers:

Daphne Mazarakis, Founder and President and Brian Sambor, Tula Foods, Inc.
VP Operations and Technology, Tula Foods, Inc.

Based in Evanston, IL, Tula Foods was founded in 2008 by Daphne Mazarakis, a second generation Greek-American. At Tula Foods, the motto is *"When You Know Better, You Eat Better."*

Dedicated to smart living and healthy eating, Tula Foods was the 2009 recipient of the Illinois Department of Commerce "Most Innovative New Company Award" and the 2010 "Nielsen/Walgreens Women Owned Business Development Award." In January 2012, Tula Foods launched Better Whey of Life® (BWOL), the first all-natural brand of Greek yogurt made with whey protein from grass-fed cows. Hitting regional shelves in Chicago, Denver and San Francisco are six "twist-on-the-familiar" varieties: blackberry pomegranate, strawberry goji berry, raspberry white grape, acai mixed berry, vanilla bean and plain.

Daphne and Brian will share their experiences during their journey of establishing a company with their belief in healthful foods and eating right.

About the Speakers:



Daphne Mazarakis

Founder and President of Tula Foods. Daphne Mazarakis is concerned about keeping her body and her world healthy. After eight years of marketing at Kraft Foods, Daphne founded Tula Foods and the Better Whey of Life brand. Daphne practices what she preaches. She is a firm believer in eating right, in minimizing refined sugars and grains, and in getting enough protein and fiber. Daphne's life philosophy is "make it meaningful or get out." It was this philosophy that prompted her to leave her corporate role and pursue a higher passion of bringing better food to people.



Brian Sambor

Vice President of Operations and Technology. Brian is the brains behind bringing you delicious and oh-so-good-for-you foods. Formally trained in food science, Brian was a top talent at Kraft Foods before he left to join Tula Foods and pursue his passion for improving people's health through delicious foods. Brian closely monitors the evolving nutrition and exercise world and practices his beliefs in both diet and exercise. When not working, Brian is active and enjoys spending time with his wife and their beautiful daughter.