



Sara Snow Biography



As “green living’s real deal,” Sara Snow understands healthy and natural living in a way few of us do. She grew up in a home that was greener than most with parents who were pioneering the natural and organic foods movement (her Dad is Eden Foods co-founder, Tim Redmond). It’s her mission to help pass on that knowledge to people around world so they, too, can live a greener lifestyle.

In 2006, Sara created *Living Fresh* with Discovery Communications, a TV series about eating organics, composting, recycling, natural cleaning and more. The show featured Sara traveling the country in search of products and services that made natural and green living easier and more accessible for the everyday citizen.

From *Living Fresh* emerged *Get Fresh with Sara Snow*, which can currently be seen on multiple Discovery Networks channels. For *Get Fresh* Sara traveled the country and beyond in search of producers of products and services that make natural and green living easier and more accessible for the everyday citizen, and seeks out families and individuals who need a little help on their way to getting and living fresh.

Beyond television, Sara also serves on the Board of Directors for the Organic Center; a non-profit organization at the forefront of the organic movement.

Sara hosts "Living Green with Sara Snow" on CNN.com LIVE and has a regular column on Treehugger.com called "Green Eyes On..." Sara’s book *Sara Snow’s Fresh Living; The Essential Room-by-Room Guide to a Greener, Healthier Family and Home* was released in March 2009.

###