

HEALTHY CHEF CHALLENGE 2026



EMILY SCHNEMAN

EL IDEAS

Growing up in rural Illinois gave Emily a deep appreciation for where her food comes from. From working on the farm in the morning to using what she harvested for dinner service, she learned to respect every ingredient.

After leaving small-town Illinois, she moved to the East Coast, where she worked at the acclaimed Asta under Chef Alex Crabb in Boston. There, she learned new techniques and began developing her own culinary style.

About four years ago, she arrived in Chicago and has since worked with incredible teams at Atelier, Jeong, Motorshucker, and now the Michelin-starred, El Ideas. At El Ideas, Chef Phillip Foss and the team have challenged her to express herself through her dishes in an extremely creative—and fun—work environment.

Emily is very excited for the opportunity to cook alongside some of Chicago's amazing chefs, all in support of a cause that is very close to her heart.