

Cara DiFalco

Culinary Expert

Cara Di Falco is the host and producer of the first ever Emmy Nominated YouTube series, “Cara’s Cucina”. She is also a chef and culinary expert appearing on QVC. As well as a former TV and radio news and traffic reporter. Cara also hosts an annual culinary tour of Italy, giving fans an opportunity to vacation with her and learn about her beloved heritage through its regional cuisine. Born and raised in New Jersey, Cara is a proud graduate of Rutgers University, and the Institute for Integrative Nutrition. She’s been featured in “Appetito Magazine”, “We The Italians”, “Where Women Cook”, and “The Italian-American Podcast”. On top of her 2018 Emmy nomination, she was the 2012 Woman of the Year for the Italian-American Policy Society of NJ, and 2019 Woman of the Year for the Essex County Board of Chosen Freeholders. She volunteers with Groundwork Elizabeth, helping ensure everyone has access to fresh, healthy foods. Her free time is spent enjoying nature, a good meal with friends and family, or snuggled on the couch with her dog Roxie.