



DINA DELEASA-GONSAR

CREATOR, WRITER, SPEAKER, & TV PERSONALITY

www.dishitgirl.com



About Dina Deleasa-Gonsar

Creator, writer, speaker, and television personality behind the popular food blog DishItGirl.com, Dina Deleasa-Gonsar is known for sharing her family traditions and modern twists on recipes along with an inside look at her real life as a mom and wife. When in the kitchen, Dina brings her recipes to life with her personal anecdotes and honest, quick wit. Whether she's whipping up something quick for dinner or pulling out all the stops for a family celebration, she is inspiring at-home cooks to get creative and try dishes that will become a staple in their house. Dina knows life isn't always glamorous, so she strives to keep her content relatable, making sure to dish out her real life that goes on behind the social posts and media platforms. Her family is at the center of everything she does and this can be seen during her time on the E! Network show "Married to Jonas," which she appeared on alongside her sister. More recently, she was named Best Home Cook by the Hallmark Channel's Home & Family and has contributed her recipes to the Today Show, Fab Fit Fun, Living Naturally Magazine, Hidden Hills, Cook's Cook, Eat Up New York, and Jersey Bites among others. Whether it's a 4-course meal or simply breakfast for dinner, with DishItGirl, Dina hopes to keep it real, with real-good food along the way. She currently lives in New Jersey with her husband, Brian, and daughter, Siena.

What Makes Dina Special?

- Dina created and runs the popular blog DishItGirl, which has over 122,000 followers on Instagram ([@dishitgirlgina](https://www.instagram.com/dishitgirlgina)). Through her creative mix of content, she shares original recipes in an effort to inspire the home cooks to make food for their families. Her recipes have been featured in many places from Hallmark Channel's Home & Family and FOX & Friends to Fab Fit Fun and The Daily Mail.
- As someone who incorporates tradition and family into all of her recipes, Dina knows that some of the best memories involve gathering around the kitchen table. Memories are not only made through the planning and preparation but as well as the fruitful, life-giving conversation that surrounds the table.
- Dina has spoken at various schools & churches, participated in panels, and hosted an array of events.
- As a mother, Dina's approach with DishItGirl has always been approachable-mom-centric – removing the hassle and intimidation factor from complicated, time-consuming recipes. She crafts recipes that are simple, honest, and fun!
- Continuing her mission of providing recipes and inspiration to home cooks, Dina just launched an online show called [Homecook Hustle](#) on [Food ADKT Television](#). In each episode, she will feature an ingredient that people always have on hand but just don't know what to do with.
- Being a mother is Dina's number one priority. When it comes to her daughter Siena, she is raising her to be a strong woman who knows who she is. Additionally, Dina's faith is intertwined throughout her life and makes sure that her beliefs are front and center in everything she does, especially in how she raises her daughter.

Media contacts: Grace Burke / Brooke Houser
Grace@choicemediacommunications.com /
Brooke@choicemediacommunications.com
678-314-8607 / 865-712-5608





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Potential Topics:

Cooking & Recipes

- Taking the intimidation out of making homemade meals
- Seasonal food trends and recipes, including summer family favorites, fall recipes and holiday meals
- Breaking outside your culinary comfort zone without breaking the bank
- The value of a home-cooked meal
- How to incorporate ingredients you have on hand but never think to use



Family & Parenting

- Involving kids in recipe-making during mealtime
- Encouragement for struggling moms
- Mastering quick, kid-friendly recipes
- Creating family traditions with food
- A look into realistic parentings

Entrepreneurship & Business

- Launching and growing a thriving digital brand
- Building an engaging online community while keeping it real

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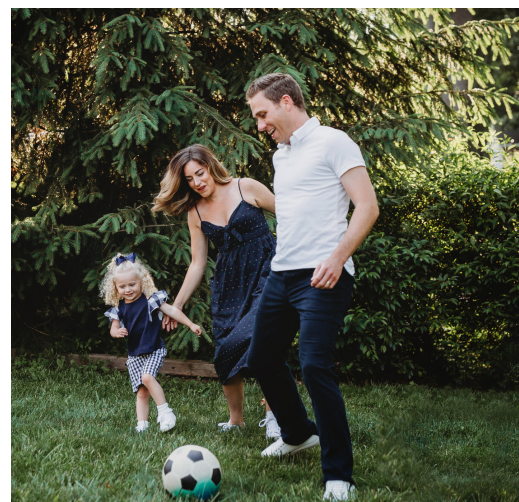
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Suggested Interview Questions

- Where did the idea for DishItGirl originate?
- Why did you decide to focus on the home cook in your recipes?
- What's your number one piece of advice for people wanting to make more home-cooked meals but feel like they are too pressed for time?
- One of your goals is to inspire people to create food that becomes a family tradition. How important are those kinds of traditions in your family?
- Can you share one of your favorite family recipes?
- You encourage family time as a goal of home cooking. How do you do this with your family?
- You have been open about sharing a realistic look into parenting. What would you tell a mom who is struggling to keep it together?



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