

Sebastian White is a trained psychotherapist and self-taught chef who worked with youth who were gang-involved, labeled “at-risk”, and struggling with the complexities of life. His work took a personal turn after the unexpected deaths of his aunt, Gwen Barjon, and his father, William White, Jr. In their honor, he founded The Evolved Network, NFP and established Evolved Kitchen and Garden, LLC. From being nationally recognized by acclaimed Chef Paul Kahan through his nomination for “Chef to Watch” in 2024 by Insidehook Magazine to being featured in Mariano’s Chicago Chefs Cookbook and a recognized Mariano’s tastemaker in Chicago Magazine, Sebastian’s culinary momentum continues to expand.

Sebastian seeks to inspire youth through food and use its lessons to heal. He believes that the lessons of culinary arts, gardening, and financial literacy offer transformative and transcending insights and growth when explored thoughtfully and critically. Tactile experiences like cooking and gardening teach youth essential life skills such as patience, responsibility, teamwork, and caring for one another. These activities empower, nourish, and draw out the uniqueness in young people by giving experiential access to choice in all its possibilities.