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New “3Squares” Podcast Dishes on the Food Industry

GLADSTONE, Mo. – Tues., Feb. 1, 2022 – Providing deep analysis with a side of humor, the new podcast “3Squares” features a trio of heavy hitters who dish up the latest food and retail industry news, trends, insights and commentary – and laugh along the way.

The bi-monthly podcast features Charlie Arnot, CEO of [The Center for Food Integrity](#) (CFI) and president of [Look East](#), Susan Schwallie, president, Food & Beverage Practice at the [NPD Group](#), and Kevin Ryan, founder and CEO of [Malachite Strategy and Research](#), a CPG, retail and foodservice-focused insights and innovation agency.

“By design, the podcast is like pulling up a chair to a candid conversation with three friends,” said Arnot. “With 70-plus years of combined experience in food, we tackle some complex topics, interview interesting guests shaping the food industry, provide unique takes on the latest trends and have fun doing it.”

Arnot is a recognized thought leader in food and agriculture, with more than 30 years of experience working in issues management, strategic counsel, communications and public relations within the food system. He’s frequently sought out by media for his insight and has been quoted in the Wall Street Journal, Forbes, Fortune, Time, Entrepreneur and countless trade publications globally. While Arnot's resume sounds impressive, keep in mind that in his early days working on documentary films, he hit Bill Clinton in the head with a microphone when the then governor was running for President.

Schwallie brings 25 years of experience with the NPD Group. She has worked across a variety of North American Consumer Packaged Goods (CPG) clients and categories, translating insights about how Americans eat into action for marketing, sales, culinary and corporate strategy professionals. She co-authored many of NPD’s “The Future Of” daypart studies and Inside America's Kitchens studies, illuminating generational food and cooking insights. Schwallie is a graduate of the University of Michigan and has a love of all things food and beverage. Of current interest is monkey-free coconut bacon and trying to explain Rocky Mountain oysters to her 10-year-old son.

Ryan, founder and CEO of Malachite Strategy and Research, previously served as the Head of Strategy at Amazon, overseeing the corporate brand and advertising strategies for Global Prime and Non-Prime. Prior to Amazon, Ryan was Director of Strategy and Innovation at General Mills. He holds both an MS and PhD in Food Chemistry, a MSc in Food Anthropology and an executive MBA from Minnesota’s Carlson School of Business. In his spare time, Ryan concerns himself with topics that many would consider mundane. He’s the guy at a party who will corner you to explain the socioeconomic symbolism of pineapples in the 19th century. Ryan isn’t invited to many parties.

Both Schwallie and Ryan are founding members of CFI’s [Consumer Trust Insights Council](#).

The first two episodes of “3Squares” are available now and feature guests Michael Wolf, founder, CEO and editor-in-chief of The Spoon, a daily online publication on the food technology revolution, and John Dick, founder and CEO of Civic Science, a next generation survey and data company.

“3Squares” is sponsored by General Mills and can be found on [Spotify](#), [Stitcher](#) and other popular podcast platforms. The podcast is executive produced by [Sound that BRANDS](#) in Los Angeles, Calif. For more information, recommendations on guests and topics, or feedback on host shenanigans email 3squaresmail@gmail.com.

The Center for Food Integrity is a not-for-profit organization that helps today’s food system earn consumer trust. Our members and project partners are committed to providing accurate information and working together to address important issues in food and agriculture. The Center does not lobby or advocate for individual companies or brands. For more information, visit www.foodintegrity.org.



