



Young Carlow Laureate Award

**Jasmine M. Cho**

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**Artist, Author, and Activist**

**Pittsburgh, PA**

**BA 2019, Art Therapy Preparation**

Jasmine M. Cho is the Founder of Yummyholic, an online bakery specializing in adorably delicious small treats, but she considers herself a baker turned artist turned cookie activist. In 2016, she began to create portrait cookies as a way of amplifying the stories of historically excluded and marginalized communities. Her portraits have since been exhibited in various galleries, most notably at the Heinz History Center as part of their Smithsonian National Portrait Gallery showcase. Her cookie activism has been presented on the TEDx stage and featured internationally on various media outlets that include NPR, HuffPost, CBS This Morning, and The Korea Daily.

Jasmine expanded her edible artwork to traditional fine art while pursuing art therapy studies. In 2019, she wrote, illustrated, and published the children's book "Role Models Who Look Like Me: Asian Americans and Pacific Islanders Who Made History." She is also a contributing artist for an aluminum and glass panel mural that surrounds the top floor of the University Commons Building on Carlow University's campus in Pittsburgh, PA.

While managing the stressors of owning a small business, Jasmine became more aware of the therapeutic impacts of baking. Believing that mental health services should be as diverse as the communities they serve, she is now pursuing her Master's in Art Therapy and Creativity Development at Pratt Institute to explore the frontiers of research-based bake therapy with hopes to make the kitchen a more healing, accessible, and empowering space.

Jasmine has received numerous accolades including CREATOR of the Year by the Pittsburgh Technology Council, the Small Business Community Champion Award by Citizens Bank, and was also awarded a Mayor's Proclamation declaring Jan. 28th, 2020 as "Jasmine Cho Day" in the City of Pittsburgh. She is also a Food Network Champion, taking the win on Season 3, Episode 8 of the show, Christmas Cookie Challenge.

Jasmine was born in Los Angeles, California to parents who immigrated from South Korea. Her lived experience as someone who identifies as an Asian American woman has been uniquely shaped by her time living throughout the country from New Mexico to Hawaii before settling in Pittsburgh, Pennsylvania. In addition to her passions in baking and social justice, Jasmine holds a 3rd Degree Black Belt in Tae Kwon Do and loves to wind down by watching old anime shows with her favorite human and partner Jordan.