

Namita Moolani Mehra

BIOGRAPHY

Namita Moolani Mehra is food and family obsessed.

She spends her time cooking, writing and running her small social-impact business while chasing her squealing toddler around the apartment.

Namita has been a creative marketing strategist through her career, from working on Madison Avenue as a Digital Planner, to spending 5 years at Facebook in New York and Singapore, where she launched the creative strategy function in Asia Pacific.

A lifelong foodie and third-culture kid, Namita quit the corporate world to launch Indian Spicebox, inspired by a vision to fill bellies with nutritious and delicious Indian food, while giving back to children in need.

Indian Spicebox is focused on making Indian cooking more accessible to busy families looking for new and healthy meal ideas. In just a few years, the company has provided over a quarter million hot meals for underprivileged children in India.

Namita has published two cookbooks including The Magic Spicebox, a children's cookbook and storybook published and distributed by Scholastic in India, Asia and the UK. Her next book 'Superfoods For Superheroes' will be published by HarperCollins later this year. She has also recently contributed to 'The Book of Hugs' -- an anthology of stories to keep you company.

Namita also writes food and parenting articles for Sassy Mama (Singapore), Michelin Guide (Singapore, lifestyle), the Finder (Singapore), and the Huffington Post. She is an advocate for healthy, homemade cooking and the wellness benefits of spices.

Namita was born in a remote village in Nigeria, grew up in the UK and India, studied in Chicago, and worked in New York for over a decade. She currently lives in Singapore with her husband and two children. She holds an MS in Integrated Marketing Communications from the Medill School of Journalism at Northwestern University

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