



# Shonah Jefferson

*BG Culinary Services - DBA Chefs For Seniors*

*Executive Chef and CEO*

*North & Southeast Houston Metro*



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Shonah Jefferson is the Executive Chef and CEO of BG Culinary Services, LLC, operating as Chefs For Seniors – North and Southeast Houston Metro, where she combines her culinary expertise and entrepreneurial spirit to serve older adults with personalized, home-cooked meals. Her 7 year journey into the senior care industry began with the purchase of a Chefs For Seniors franchise, inspired by the opportunity to use her talents to enrich the lives of a community close to her heart.

A “restaurant kid” from an early age, Shonah began her culinary journey at 11, working in her father’s local Houston restaurants. After building successful careers in business and law in Georgia, she returned to Houston to manage her family’s restaurant while earning her Culinary Arts degree from San Jacinto College. Today, she balances her roles as Executive Chef and CEO while continuing to practice law part-time, blending creativity, precision, and leadership across both fields.

Shonah has been a dedicated member & sponsor of Serving Houston Seniors from the beginning. Outside of her professional work, Shonah enjoys reading, listening to books, podcasts, and music, visiting the movies, and traveling—often exploring museums to fuel her love of culture and creativity.