

# **JAMIE PREUSS**

**Height: 5' 9" | Body Type: Athletic | Hair: Blonde | Eyes: Hazel | Pronouns: She/Her**

## **TELEVISION**

Twin Cities Live  
KSTP (ABC)

On Air Guest-Easy Fall Entertaining	On Air Guest-Pantry Organization
On Air Guest-Thanksgiving Sides	On Air Guest-Kitchen Basics
On Air Guest-Build Your Own Bruschetta Bar	On Air Guest-How To Prep Vegetables
On Air Guest-Meal Prep Bowls	On Air Guest-Potato and Leek Soup
On Air Guest-Valentines Date Night	On Air Guest-Ultimate Breakfast Sandwich
On Air Guest-Dalgona Coffee	On Air Guest-Kitchen Knives
On Air Guest-Restaurant Appetizers	On Air Guest-Tres Leches Cupcakes
On Air Guest-4th of July Treats	On Air Guest-3 Ways to Prepare Salmon
On Air Guest-National Ice Cream Day	Interview Subject: Coffee With Cool People
On Air Guest-Dining Al Fresco	On Air Guest-Zucchini Recipes
On Air Guest-Celebrating S'mores Day	On Air Guest-Pantry Pasta Meals
On Air Guest-Delicious Pumpkin Treats	On Air Guest-Stovetop Suppers
On Air Guest-Fall Bucket List	On Air Guest-Halloween Entertaining
On Air Guest-Savory Pumpkin Recipes	Guest Co-Host
On Air Guest-Thanksgiving Cocktails	Guest Co-Host
On Air Guest-Homemade Holiday Gifts	On Air Guest-Superbowl Snacks
On Air Guest-Holiday Appetizers	On Air Guest-Valentine's Day Leftovers
On Air Guest-Easy Fall Entertaining	On Air Guest-Pantry Organization
On Air Guest-Thanksgiving Sides	On Air Guest-Kitchen Basics
On Air Guest-Build Your Own Bruschetta Bar	On Air Guest-How To Prep Vegetables
On Air Guest-Meal Prep Bowls	On Air Guest-Potato and Leek Soup
On Air Guest-Using Up Less Used Spices	On Air Guest-Valentine's Day Treats

**Minnesota Live**  
KSTP (ABC)

## **COMMERCIAL**

Fingerhut, Lead,  
National

## **HOST**

Twin Cities Live,  
KSTP (ABC)

## **PRINT**

Kisa Boutique, BOKA Oral Care, Oasis Hair By Emma,  
ThisFem, Mend Jewelry, One Nine Boutique, Jac and Violet  
Jewelry, Niche Boutique

## **EDUCATION**

BS, Marketing and International Business

## **SPECIAL SKILLS**

Teleprompter, Ear Prompter, Cooking, Baking, Hosting, Fitness Instructing, Cycling, Running, Certified Scuba Diver