



# Women of DISTINCTION

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## HONORING WOMEN IN NEW YORK

*Kizzy Williams*

Kizzy Williams is a celebrated chef, entrepreneur, and community leader known throughout Albany, New York for her passion for Southern cuisine and commitment to uplifting her community.

Born and raised in Harlem, Ms. Williams learned Southern cooking from her mother, Allie B. Bethea, who brought cherished recipes from South Carolina. After studying hospitality and culinary arts at Monroe College, Ms. Williams relocated to Albany. She opened Allie B's Cozy Kitchen in 2014, a beloved restaurant named in her mother's honor that quickly became synonymous with authentic soul food and unmatched hospitality.

Allie B's Cozy Kitchen has evolved into more than a restaurant; it's a community haven where Ms. Williams treats every customer like family. Her culinary talents have attracted high-profile clients, including corporations, religious leaders, legislators, and the New York State Black, Puerto Rican, Hispanic and Asian Legislative Caucus. Ms. Williams has expanded her influence through businesses like Allie B's Fresh Fruits and Vegetables and Allie B's meal-kit service.

In 2020, Ms. Williams co-founded The Cultural Center, a non-profit resource hub providing food, education, job resources, and community enrichment in Albany's West Hill neighborhood. She has furthered this impact by creating the Three Sisters Orchard, which promotes sustainable food sources and nutritional education.

Ms. Williams's philanthropy is profound; her annual Thanksgiving Giveaway serves over 1,000 meals to families, elderly, and disabled citizens. Through partnerships with organizations like Business for Good and KeyBank and local philanthropists such as Ed and Lisa Mitzen, Ms. Williams tirelessly gives back through events, meals, clothing drives, and community education.

Recognized widely, Ms. Williams has earned accolades such as "Business Leader of the Year" and "Great Woman of the Capital Region." She appeared on Food Network's *Chef Boot Camp*.

Ms. Williams continues to embody resilience and generosity, consistently advocating for social equity and inspiring others with her mantra: "Obstacles can be overcome, and dreams do come true."

***Kizzy Williams was selected as a  
2025 Women of Distinction honoree by Senator Patricia A. Fahy***

