



Actress Jen Ponton is a comedic force, consistently serving up big laughs on screen. A Muppet enthusiast, horror fanatic, and queer fat activist, Ponton's seasoned resume continues to grow.

Jen is best known for her work on AMC's critical darling **Dietland** as fiery fat activist 'Rubi.' She has also guest appeared on *The Blacklist*, *30 Rock*, *The Unbreakable Kimmy Schmidt*, *Deadbeat*, *Orange is the New Black*, *Blue Bloods*, *Boardwalk Empire*, *Law & Order: SVU*, *The Slap*, and *The Good Wife*.

Jen's film credits include a starring role in the indie film **Love on the Run** with Frances Fisher and Steve Howey, the Warner Brothers film *Going in Style*, and *Chuck* with Liev Schreiber. She also stars in Tessa Slovis' *Pizza Party*, which finished a successful festival run at Geena Davis' prestigious Bentonville Film Festival.

Jen presented her first TEDx talk in 2020, "**Hollywood's Fatphobia Problem.**" She is also a producer and writer with several pilots in development, including a web series. She produced and starred in concept pilots for two of her series--the Sundance Episodic Lab semifinalist **Queens of Daytime**, and the half-hour comedy **The Reunion**. Her writing has been solicited by several production companies. She is a regular storyteller for **Mortified**, hosts the podcasts **All The Fucks** and **Dreading the Boards**, and is now the voice of Disney's first plus-size princess in Julie Murphy's Cinderella story, **If The Shoe Fits**.

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Jen Ponton is a
game-changer.

BUSTLE



THE
MARY SUE

WOMEN AND
HOLLYWOOD

PRAISE FOR HER WORK

"such a beautiful, natural, lovable soul and it
pops right off the screen."

"a lovable young lady
who will steal your heart"

"a comedic talent who can carry a film
(and definitely her own Netflix series)."

SEE HER NOW IN
AMC'S DIETLAND
LOVE ON THE RUN
KIMMY SCHMIDT
30 ROCK



" Jen Ponton was already a proponent of feminism and positive body image before she landed the role of Rubi on AMC's new series, *Dietland*. But the actress still sees this #MeToo moment as a turning point for women in entertainment. And she is an active participant in the movement: You can find her tweeting avidly and proudly speaking up about the issues she's passionate about, including gender equality, inclusivity, and sizeism. "

" A huge entry question when I'm courting someone for representation is, "Do you see my career as something that transcends fat girl roles?" Everybody I have worked with has always believed very firmly in my person virtually being able to tell any story. "

" Rubi's look is so celebratory of the body that she is lucky enough to inhabit. She is all bright colors, with jewelry and bright make-up, and I think that is such a huge part of who she is and how she channels all that energy and how she knows how to usher Plum into the same place that she occupies. "

" People are hungry for stories about women, particularly women who don't abide by the beauty norm. "



The Lily

3 QUESTIONS WITH...

Jen Ponton *by Ashley Nguyen*

" Ponton would like to see actresses of size playing roles that don't use their weight as part of the storyline. "

" When I think, 'Can I really write this thing, executive produce it and be on it and showrun at the same time?,' I look to someone like [Tina Fey or Marti Noxon]. "

" There is so much shame inherent in having a fat body... there are so many people who can be positively affected and feel seen and heard by stories that start in a dark place. "

" These women are doing such amazing jobs by uniting people, building them up and creating a safe and warm and collaborative atmosphere. "

YAHOO! LIFESTYLE

'Dietland' actress Jen Ponton shares why fat women are more than just 'the funny sidekick'

Elise Solé

" Ponton resolved to avoid stereotypical roles given to plus-size women — a seriously ballsy move for a young, aspiring Hollywood actress. "

" I always had trouble making friends at school and camp and always felt 'other.' I was an adult from a young age, and no one knew what to do with me. "

" Ponton is hopeful that with shows like *Dietland* and events such as theCURVYcon... larger characters will become more visible for the right reasons. "

" Plus-size women make up 67 percent of the population, but no one in power has presumed we are worthy [of being seen]. "



Love On The Run' Movie Features A Plus Size Lead Defying Plus Size Stereotypes

By GEORGINA JONES

"What makes this film really special is that it stars a plus size woman without a stereotypical plus size narrative — that is, one that limits the character to hiding, shrinking, or disappearing altogether. "

" Whether it's played for grotesque effect or just something that their character hates and tries to disown, there's never a real, honest, passionate love story for a fat female character who actually accepts and loves herself as she is. "

"As we open the door wider for those characters to have voices that defy stereotypes, it's vitally important to invite people of size to the same party," she says. "

" I truly believe that loving and accepting your body is the key to more empathy towards yourself and others. "



The Washington Post

Women celebrate size inclusivity at alternative fashion week

By Leanne Italie | AP



Lillian Bustle, Joy Nash and Jen Ponton pose at the presentation of the Loft spring 2019 collection during Fashion Week Friday, Sept. 7, 2018, in New York. (Kevin Hagen/Associated Press)

NEWYORKPOST

**Jen Ponton:
What I'm Watching**

" I'm in love with some incredible female-helmed content: Amazon's *One Mississippi*, *Fleabag*, *Haters*, *Back Off!*, *The OA*, and Maria Bamford's brilliant *Lady Dynamite*. They're all incredibly nuanced, moving stories. "

'Dietland' Actress Jen Ponton Nails Exactly How Netflix's 'Insatiable' Fails Fat People

" I am in a show -- in my opinion, a revolutionary, monumentally radical show that forces conversations to advance. "

" If you're not going to tell fat stories, then don't tell fat stories
(Note: TELL FAT STORIES).
But if you're going to tell them, you need to involve
actual fat people. "

" As a part of AMC's Dietland, it's hard to not pinch myself
daily. I've been a fat activist for 10 years, and now being
able to affect so many lives in a way I'd only dreamed
about for most of my adult life -- that's the dream, for me. "



" We are at the brink of an era where fat bodies are no longer banned from telling stories;
in fact, they are being encouraged to tell stories that aren't just about being fat! "



THE MARY SUE Interview: Actress and Body Positivity Activist Jen Ponton

by Teresa Jusino

" Kimmy isn't the only ray of sunshine that will be on display. Comedy powerhouse Jen Ponton will be guest starring in an episode of *Kimmy Schmidt* in the role of "Baby Debbie," and she apparently gets to work with Jeff Goldblum! Already this sounds weird...but like, in a *good* way. "

" But probably the most important thing to her about her career is being able to use her platform as a way to advocate for body positivity and a more diverse representation of body types in Hollywood. "

" Ponton has started to make quite a name for herself in comedy "

" There has to be that hope there, that people of size can see a character who looks like them treating themselves with love and respect and worth.
People of size need that mirror held up, and I am deeply committed to doing that in my career and life. "



Sex Scenes At a Size 22 Guest Post by Jen Ponton

" Franny was lovable, upbeat, generous, and full of hope for a better tomorrow. Even more importantly, her lines were miraculously devoid of self-deprecating remarks, body-shaming, or diminishing her self-worth. "

" I wanted to be the actress I needed when I was younger, when Tracy Turnblad was the only romantic, confident leading lady of size that could be seen...period. "

" we're in a time where just being a woman is a political statement. Let alone a fat woman. Let alone a fat woman in a movie; a fat woman in a movie who loves herself; oh, and a fat woman in a movie who loves herself and is also loved and desired by other people. "



Fat Girls Take The Lead

“ *Dietland* joins several body-positive characters I've had the distinct joy of playing--a lascivious duchess on Hulu's *Deadbeat*, the dreamy ingenue Franny in the film *Love on the Run*, and now, Addy--the heroine of my new series, *Queens of Daytime*. ”

“ With Addy, I wanted to say something new--she just loves herself. Her body is refreshingly plotless. She's come to her industry to do great things, and by golly, she will do them. ”

“ We were enthralled with the opportunity to create a period show that could genuinely be a feel-good experience--for women, for queer folks, for fat folks. ”

“ The more exposure we have to diverse bodies in entertainment, the more we'll be able to look in the mirror and see that same potential in ourselves. ”



the **CURVY FASHIONISTA** curvy.confident.chic

The Age Of The Fat Heroine: Behind The Scenes With Jen Ponton

“ That's the future I wanted to help create. Fat girls telling stories that aren't about being fat girls. ”

“ I didn't give myself credit for a really long time. I didn't think I could write. Here I was, carrying around so much doubt about the worthiness of my stories. ”

“ In 2018, Ponton teamed up with Emmy-winner Louise Shaffer. *Queens of Daytime* was born--a story set in the live soap operas of 1958, starring fat heroine Addy (Ponton) as the newly-minted producer of a floundering soap opera. ”

“ There's something so provocative about having a plus-size lead and not talking about her body. ”

WOMEN YOU SHOULD KNOW

“Queens of Daytime” Explores Women's Empowerment In The 1950s

“ Shaffer and Ponton say that the true message of their show is 'the mirage of white feminism.' ”



It's a term that decries feminist theories focused solely on the struggles of white women, without addressing the myriad of oppressions that face women of color and/or women lacking other social privilege.

The show is a unique celebration of how much has changed since 1958--and a rallying cry of how far we have yet to go. ”

Queens of Daytime

+BKLYN

Jen Ponton is Increasing Representation in Hollywood

" The co-creator and star of the new pilot *Queens of Daytime* is now writing, producing, and pitching her own stuff--and she's got a fat acceptance agenda. *Queens of Daytime* brings a splash of fat love to a genre we don't get much representation in: whimsical period pieces. "

" Not only are we here for her cheesecakey, pin-up looks (because we definitely are), but she's using the historically-accurate plot to give other underserved voices a platform, too. "

" A set completely controlled by women is a safe, empowered space with a woman's gaze, strong leadership without bravado or ego--I wanted to emulate it any chance I got. "

PLUS|MODEL **Actress Jen Ponton Spotlights Women's Empowerment** *inspiration & style*

" Jen Ponton is at the forefront, defying beauty stereotypes about what an actress should look like to be worthy of being seen on-screen. "

" I want to see a return to the power of femininity, to the respect of it as a valid leadership stance. To be taken seriously, while being soft.

" It's a reclaiming of a time period that belonged to neither women nor people of color-- I'm reclaiming that time for people who deserved a bigger piece of it.

Her infectious laughter and down-to-earth personality are what make this Jersey tomato and rebel feminist a standout. She genuinely cares about pushing the message of body love and acceptance, using Hollywood to focus on talent and beauty that comes in many forms.

" Writing and producing is an incredibly fulfilling road to take when no one is telling the stories that you want to see out there.

