



erin brighton
AND SHE COOKS. LOCAL.

Family friendly, gluten free, local goodness.

Food and Travel Writer, Photographer, Recipe Developer

As a college health and wellness educator, food policy advocate, and a mom, Erin Brighton has years of experience and education behind her food, health, and travel writing. Erin's writing has been published in Parents' Magazine, Bostonia, Middle Ground, and Little Ones. On the web, she has been featured on Blogger, Food52, TodayParents, HuffPost Food, and CLTure. Erin has an engaged and active audience around the US and worldwide.



**Erin Brighton,
MPH, M.Ed.**

Mom to 5 small kids
and 2 large dogs,
good food advocate.



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>56,000 monthly
viewers, 500 followers



BLOG

500 recipe posts, about
10,000 monthly page
views



FACEBOOK

Average weekly reach
>**1400**, 950 followers

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