



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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BLOG

500 recipe posts, about 10,000 monthly page views



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Average weekly reach >1400, 950 followers

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