



MEDIA KIT | LAUREN JUDE



LAUREN JUDE

Culinary Explorer, Food Scientist, Kitchen Coach, Mom

I'm a kitchen coach passionate and dedicated to making food education more "digestible". I use my experience as a food scientist and product developer to help black and brown communities build generational health. Creating relatable content centered around people growing more confident in their understanding of food is my mission.

After 7 years as a food scientist and product developer for some of the world's largest food companies, *I created Poppin Pantry to make food education more "digestible" for everyday families.* Creating relatable content that increases kitchen confidence is my passion, and helping Black and brown communities build *generational health is my mission.*

PARTNERSHIPS



wework



LIBRETTO

Black Woman Leading®

The Launch PAD



AUDIENCE AND REACH



Lauren Jude



Cities: Atlanta, GA | Minneapolis, MN |
New York, NY | Houston, TX

Age Range: 24-34 (32%)
35-44 (60%)

Gender: 86% Women
14% Men

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What I Do

Recipe Creation, Workshop Facilitation, Podcast Hosting, Kitchen Coaching

Collaboration Opportunities

Sponsored Content, Sponsored Social Media Posts, Affiliate Marketing, Brand Ambassadorships, Contests and Giveaways

