

## Author Biography: Gwendolyn Flynn

Gwendolyn Flynn is a long-time champion of food as medicine. In her non-profit management position as a policy director with Community Health Councils a local organization, she led the development of food access policy strategy for more than a decade as a means of addressing preventable chronic diet-related disease in vulnerable Los Angeles populations. She knows first-hand the effects of food on health and since adopting a plant-based diet has had positive health outcomes. She studied nutrition and health as part of her Bachelor of Science degree at the State University of New York at Empire College. She has served on a number of Boards and Committees focused on the food system and currently serves as a founding member of the Los Angeles Food Policy Council. Flynn is co-founder of *SECONDS*, a surplus food recovery and distribution non-profit. She is a mother, has two grandchildren and is a lifelong home cook. A resident of Los Angeles, ***Age-defying, Soul Inspired, Plant-based Cooking*** is her first book.

