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For Immediate Release

FOOD Rx SERIES BY PRODUCE FOR KIDS® TO ADDRESS FOOD AS MEDICINE

Jessica DeLuise, PA-C, CCMS of Eat Your Way To Wellness will host the monthly series

ORLANDO, FL – July 11, 2019 – In an effort to shine a light on the health benefits of nutrient-dense foods, Produce for Kids is teaming up with Jessica DeLuise, PA-C, CCMS, a physician assistant, culinary medicine specialist and author of EatYourWayToWellness.com in the new series, Food Rx. The monthly series will include Instagram Live videos as well as blog posts and podcast episodes focusing on the important role food plays in overall health.

In 2016, the Center for Disease Control (CDC) reported that one out of every five children was living with childhood obesity. Obesity as a child increases risk for bullying, depression, arthritis, cardiovascular disease, type 2 diabetes among other lifetime illnesses. Food Rx will be an avenue for families to better understand how to prevent becoming part of this statistic through nutrition education and recipe inspiration.

The first segment will air on the Produce for Kids Instagram on Sunday, July 14 at 12 pm ET where DeLuise will be sharing kid-friendly recipe ideas and talking through the health benefits of each recipe. The series will embrace her philosophy that food is often the first line of defense in treating disease, this serious topic is delivered in a fun and easily digestible way. Produce for Kids currently has more than 60k followers on the social media platform and expect a large turn out for the launch.

“We recognize there are a lot of questions when it comes to looking to food as medicine and are excited to help answer some of those questions through Food Rx,” said Amanda Keefer, managing director at Produce for Kids. “It is our hope that we can gradually incorporate our many health-conscious brand partners into this initiative as a benefit to the health food and fresh produce industry.”

DeLuise has more than ten years of clinical experience in both the inpatient and outpatient settings and is dedicated to helping individuals learn which foods are nutrient dense and can support their overall wellness. Her career has been built on the foundation that food can be utilized to treat and prevent disease as a first line therapy.

“I am thrilled to collaborate with Produce for Kids on Food Rx,” said Jessica DeLuise. “The digital audience that Produce for Kids has built is the perfect arena to share my learnings and deliver practical approaches to food and nutrition to families.”

DeLuise has a Masters degree in Health Science and Physician Assistant Studies from Drexel University is certified as a Physician Assistant Medical Provider and certified in Culinary Medicine from Tulane University’s Culinary Medicine Specialist Program.

For more information about the series www.produceforkids.com/foodrx

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About Produce for Kids®

Produce for Kids® believes in creating a healthier generation. As a cause marketing organization, Produce for Kids creates programs that provide easy, fun, and inspiring recipes. Since its creation in 2002 by Shuman Farms, Produce for Kids has raised more than \$6.7 million to charities that support children and families. To learn more about Produce for Kids and healthy eating, visit www.produceforkids.com, [Facebook](#), [Twitter](#), [Pinterest](#) or [Instagram](#).

About Jessica DeLuise

Jessica has a Masters degree in Health Science and Physician Assistant Studies from Drexel University, is certified as a Physician Assistant Medical Provider and certified in Culinary Medicine from Tulane University's Culinary Medicine Specialist Program. She has been practicing medicine in the clinical setting in both inpatient, peri-surgical, and urgent care settings. In 2016, Jessica founded Eat Your Way to Wellness. [Eat Your Way to Wellness](#) provides online episodes and services focused on empowering others.

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