

Army vet, mother and social media star signs on as a Food Renegade

The Georgia native creates delicious recipes for the everyday home cook On TikTok and IG.

NEW YORK, NEW YORK, UNITED STATES, July 28, 2020 /EINPresswire.com/ -- Valdosta, Georgia native Loren Montgomery, @auntieloren on TikTok, (320,000 followers and over 5 million likes), who learned to cook from her grandmother as a child, has signed for representation and career development with [The Food Renegades](#). The Food Renegades (@thefoodrenegades on TikTok) are the largest group of chefs and home cooks on social media encompassing 8+ million followers and over 175 million likes on TikTok alone!

Loren, known as “Lo”, enlisted into the Army after a string of less than inspiring cooking jobs in 2005. Learning at the elite culinary center U.S. Army A.I.T (Advanced Individual Training) at Hunter Army Airfield, Lo became a certified cook only to be sent to Afghanistan. That experience would most certainly have been one of the most challenging of her life had Lo not overcome the demons of a trying childhood. Through it all, Lo has a very optimistic vision for her opportunities ahead.

While neither will define her, Lo is focused on helping a diverse group of home cooks learn how to create simple recipes which taste incredible. Lo thinks she has found her niche, “I really never saw social media as a pathway for me until my accounts started to grow and I started hearing from other women who have experienced similar life stories. I never wanted to be defined by my past, just my future. I just wanted to make my grandmother proud”.

Lo’s 3 children and husband also motivate her everyday to achieve her goals and new heights in a career that is just starting off! Having created content for Kroger as well as signing two (2) deals including one with QVC/HSN and the other with Dan-O’s seasoning, Lo is on her way to achieving financial freedom, becoming an entrepreneur and starting several businesses with her husband Mario.





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Evan Morgenstein

Evan Morgenstein, CEO of The Food Renegades, values Lo as part of this eclectic group, “Lo fits in so nicely. Our group of chefs and cooks are wildly diverse by age, ethnicity, gender, geographical location and the genre of cooking they all do. Lo, being African American and from the South brings such a richness to this group. I am happy she is part of this family.”

Lo is available to collaborate with brands in many categories. Her brand of soulful comfort food is attainable by most every home cook and completely undaunting to

even the most novice cook.

For more information on The Food Renegades or on how to have Lo create beautiful and engaging content for your next campaign, PR event, collaboration or in-store program contact Evan Morgenstein at evan@celebexperts.com or on LinkedIn at <https://www.linkedin.com/in/evanmorgenstein/> . Also, visit www.thedigitalrenegades.com for a full list of the best content creators in food, fitness, nutrition and beauty.

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