

MEET A FOOD PIONEER: TABITHA BROWN

[Tabitha Brown](#) is an actress and vegan food influencer who went viral for her hilarious food reviews. She uses social media to spread the word and positive influence about healthy eating in ways that are both easy, and delicious. Tabitha has appeared on radio shows, featured in magazines such as [New York Times](#) and [Essence](#), and collaborated with YouTube channels [Tasty](#) and [Goodful](#), to share her recipes and joy for life through food.

What makes her a “food pioneer” is the unique way she uses media to spread positive messages about food—vegan food in particular. In her interview with *Essence Magazine* in May of 2020, Tabitha mentions the lack of black voices in the world of online influencers. Like many people, when she first thought of veganism, white women came to mind, but what she later learned is that majority-plant-based diets are part of her ancestral history; “Our original diet, before slavery, was majority plant-based. We had to eat whatever was given to us [as slaves]. We’re no longer in that mode.”



Unlike fast-food joints that use bright colors, catchy music, and celebrities to sell us food that can harm our bodies — Tabitha uses her comforting voice, comedy, and charming video editing to engage her viewers in a culturally relevant and healthier relationship with food.

Now that’s the food advertising we like to see!

WATCH:

- Have a chat in [Tabitha’s kitchen](#) about how and why she went vegan.

READ:

- Explore more about Tabitha’s past, present, and future plans on her [website](#)!
- [Why We’re All Obsessed with Tabitha Brown Right now](#)

COOK:

- [Quick, Delicious, Plant-Based Pasta](#)
- [Fried Peaches and Biscuits](#)