



Jacquelyn Jones
Vegan Chef/Certified Health Coach,
SolFood Collective

Jacquelyn, founder of SolFood Collective, is a Certified Holistic Health + Wellness Coach/ Vegan Chef helping people transition to a plant-based lifestyle and educating people on the benefits of using food as medicine and vegan living. She was featured on The Great Food Truck Race on Food Network, season 10. Jacquelyn moved back to the Midwest just over a year ago, after living in Chicago, Paris, and California over a span of 20 years. When the pandemic hit, she started online cooking classes, with most of her students joining from the Michigan/Ohio area. She made the decision to move home and open a location where she could serve healthy, plant-based meals, and become a guest speaker to educate people about the power of using food as medicine. "I feel my services are needed in this area where there are only a few places that offer vegan options. However, I am very happy to see more like-minded businesses opening in the area! In L.A., being vegan is easy, but here,

it's more of a challenge. I am here to provide healthy plant-based options and help people who are seeking to use food as medicine." Jacquelyn opened a vegan kitchen, located in Perrysburg, OH., where she offers her Meal Prep Services as well as Health Coaching Services. "With my Meal Prep Service, you can order as much or as little as you want. My goal is to help you eat better and incorporate more plant-based meals into your diet. The menu rotates weekly, is vegan and organic. Place your order by Friday, for pick up on Tuesday at 5pm." Jacquelyn also hosts Wellness Retreats that incorporate movement (usually yoga), meditation, and a three course, plant-based meal paired with food education. Jacquelyn started her journey in health and wellness after she was diagnosed with a crippling autoimmune disease called Ankylosing Spondylitis, (a.k.a the bamboo spine) in 2015 and used food as medicine in conjunction with yoga and meditation to reverse her symptoms. "Before changing my way of eating, my disease progressed, leaving me unable to walk and in need of constant care. After getting my diagnosis and being treated with medications that didn't work, I was told chemotherapy was my future. I decided to take matters into my own hands and adopt a vegan lifestyle. Within 6 months I lowered my inflammation, was able to walk without assistance, got off all medications, started sleeping 8+ hours nightly, repaired my gut health, lost 40 pounds due to a hormone imbalance, and was pain free for the first time in over 20 years." Living the vibrant life she's always envisioned, she now takes her experience, knowledge, and love of food to help others overcome their struggles with health and get on the road to recovery, educates those curious about sustainable vegan living, and provides organic, plant-based meals to the Michigan/Ohio area.

SOLFOODCOLLECTIVE.COM

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SolFood Collective Kitchen
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