

News Release

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**Hattiesburg Gluten-Free Advocate Featured on MPB’s “Fit to Eat”**

Jennifer Lawing spreads awareness for Celiac’s Disease

**JACKSON, Miss.** –Mississippi Public Broadcasting’s (MPB) healthy cooking show, “Fit to Eat,” will feature Hattiesburg’s own Jennifer Lawing, a gluten-free advocate, as a guest during its May 1 episode at 7:30 p.m. on MPB TV.

“It changes the way you think about everything,” said Lawing, whose son was diagnosed with Celiac’s Disease in 2010 and had to remove gluten from the family’s diet. “It’s a large part of your health, your socialization with others – especially for kids.”

Lawing’s experience prompted her to start “Gluten Free South Mississippi,” a support group to share experiences, knowledge, and resources with others who are living gluten-free due to medical conditions or lifestyle choice.

During the show, Lawing will join host Chef Rob Stinson in the kitchen to prepare a healthy, gluten-free meal including portabella mushroom pizza and Caesar salad with homemade dressing.

Throughout the current season of “Fit to Eat,” Stinson puts a healthier twist on family-friendly classics like chicken nuggets, blackened redfish and pizza. Mississippi registered dietitian Rebecca Turner gives a more in-depth look at nutritional information such as calories, portion control and more.

"This season is jam-packed with exciting, informative episodes,” said Key Ivy, executive producer of the show. “Along with healthy cooking and our dietitian Rebecca, we're introducing new segments that take viewers around the state to visit local farms, dairies and farmers markets.”

Lawing is one of a series of guest co-hosts that will join Rob in the kitchen with each episode. Guests such as Grady watercolor artist Wyatt Waters and cartoonist Marshall Ramsey will pop in to tell their story of finding a healthier lifestyle.

“Fit to Eat” airs Thursdays at 7:30 p.m. on MPB TV through May 22. Find out more about the show at mpbonline.org/fittoeat and Facebook.

For more information on Jennifer Lawing or “Gluten Free South Mississippi,” visit [www.glutenfreesouthmississippi.com](http://www.glutenfreesouthmississippi.com).

**Mississippi Public Broadcasting (MPB)** provides relevant instructional and public affairs programming to Mississippians through its statewide television and radio network. MPB enhances the work of educators, students, parents and learners of all ages by providing informative programming and educational resources. MPB’s locally-produced programming focuses on the people, resources and attractions that reflect Mississippi’s unique culture and diverse heritage. Children’s television programs constitute a major portion of the daytime and weekend morning schedules. MPB provides a valuable resource to Mississippians in disseminating information as part of the state’s emergency preparedness and response system. Since 1970, MPB has won over 400 national, regional and statewide awards, including Emmy®, Edward R. Murrow and Parents’ Choice® Awards.

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**C-U-T-L-I-N-E:** Hattiesburg gluten-free advocate Jennifer Lawing makes a guest appearance on MPB's "Fit to Eat" with host Chef Rob Stinson.