

Author and Poet J.W. Young Honored as a 2025 Black Authors Awards Winner



Laguna Beach, California Jul 23, 2026 ([IssueWire.com](https://www.issuewire.com)) - Author and Poet **J.W. Young** has been named a **2025 Black Authors Awards Winner**, recognizing outstanding achievement in literature and a commitment to inspiring readers through powerful storytelling.

Presented by **Black Authors Association** and **Literacy Moments Magazine**, the Black Authors Awards celebrate authors whose work amplifies diverse voices, promotes literacy, and creates lasting impact within communities.

"This award represents achievement of my lifelong goal to educate others about allergen free cooking with a Louisiana twist," said J.W. Young. **"This recognition encourages me to continue sharing stories that educate, inspire, and empower readers, gluten free, dairy free and sugar free eaters of all ages."**

J.W. Young is the author of **"Momma's Gluten Free, Dairy Free & Sugar Free Cookbook of Louisiana Classics and Southern Food Essentials,"** a book is a collection of recipes that was intended to satisfy the Author's own dietary restrictions without any resulting loss of flavor nor savor.

Through writing, speaking engagements, community outreach, book signings, and literacy initiatives, **J.W. Young** is committed to encouraging lifelong learning and inspiring meaningful conversations.

About the Book

Title: *Momma's Gluten Free, Dairy Free & Sugar Free Cookbook of Louisiana Classics and Southern Food Essentials*

Genre: Cookbook

Available: Amazon, website, Bookshop.org

Website: www.unPublications.com

About the Author

J.W. Young is a **professional Author and Poet** from Laguna Beach, CA. Passionate about sharing the successes of gluten free, dairy free and sugar free eating, she uses her cookbook to educate, inspire, and empower readers and free eaters. Author J.W. Young is available for book clubs, media interviews, school visits, podcasts, speaking engagements, and community events.

About the Black Authors Awards

The **Black Authors Awards**, presented annually by the **Black Authors Association** and **Literacy Moments Magazine**, recognize exceptional Black authors whose books inspire, educate, entertain, and strengthen communities. The awards celebrate literary excellence while increasing visibility for independent and traditionally published authors.

Media Contact

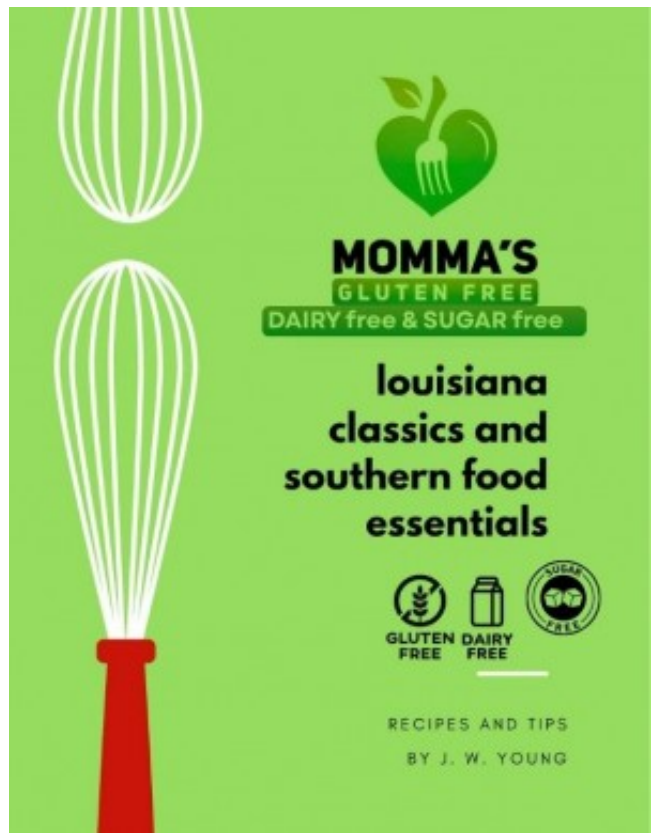
J.W. Young

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High-resolution author photos, book cover images, interview requests, and review copies are available upon request.



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