



ANDREA@JUSTISAFOURLETTERWORD.COM  
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# Andrea Updyke

FAMILY TRAVEL & EASY RECIPES

## Just Is a Four Letter Word

### *Audience Information*

108k

[Facebook](#)

65k

[Website](#)

10k

[Email](#)

9k

[Instagram](#)

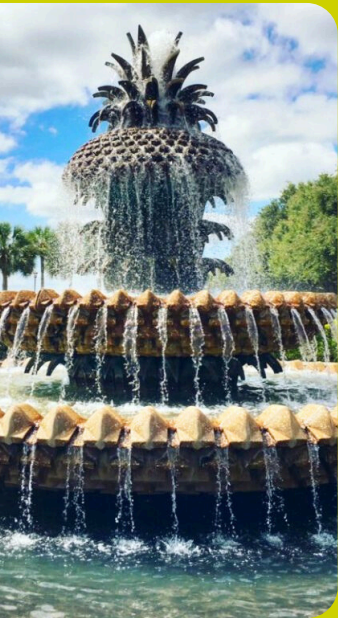
### ADVENTURE AWAITS, AT HOME AND ON THE ROAD

Andrea Updyke is a food and travel writer with a monthly reach of more than 1 million across her blog and social media channels. She focuses on creating memories as a family with her husband and two teenage sons.

When they aren't traveling, Andrea and her family reside in Raleigh, NC. She shares easy recipes and travel tips on her blog, Just is a Four Letter Word, syndicated to MSN. As a freelance writer, Andrea has contributed to local and national websites, from BabyCenter.com to FOX, WRAL, and the Raleigh News & Observer.







## WORK WITH ME

Let's chat about ways we can partner to create a successful campaign for your brand! Below are some examples.

### INSTAGRAM/FACEBOOK POST

Content creation from still photography to video, carousels, stories, and reels.

### SPONSORED ARTICLE

Written content posted on Just is a Four Letter Word, including recipe creation and/or destination coverage with photos and social shares included. Or commission an article for your website - with or without photos.

### UGC

Photography, B-Roll, reels on request.

### CUSTOM CONTENT

From printables to custom photography scavenger hunts, I can customize additional collateral for your use.

**EMAIL: [ANDREA@JUSTISAFOURLETTERWORD.COM](mailto:ANDREA@JUSTISAFOURLETTERWORD.COM)**

## PREVIOUS COLLABORATIONS

### WALT DISNEY WORLD



### CALVERT COUNTY

