



Olivia Myers, RD, LD

Olivia Myers's background as a dietitian and student of ecogastronomy has shaped a career that has oscillated between restaurants, hospitals and agriculture, and led to her work today at Lowcountry Street Grocery (LSG) in Charleston, SC. She founded GroceryRx in 2017 with the intention of merging good food and healthcare, knowing that high-quality, nutrient-dense food is the basis of wellness and disease prevention and treatment. Olivia sits on local and state-level committees to promote the expansion of “food is medicine” strategies across the state and to move the dial on medical reimbursement for these programs. Olivia's experience around food has taken many shapes; from homesteading, to years of cooking in a variety of settings, to counseling native populations in Alaska, to managing nutrition and food at a therapeutic wilderness program, to working clinically with inpatient and outpatient populations at leading hospitals. Food is the root that all of Olivia's personal and professional ambitions extend from and her entrenched belief is that it has the ability to heal mentally, physically and emotionally.