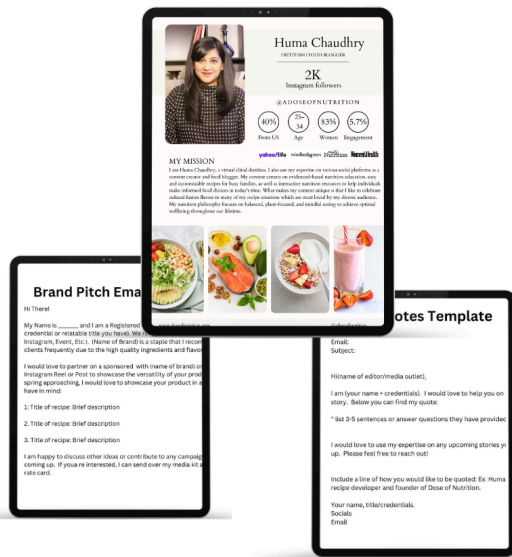


Media Mentor Rate Card Huma Chaudhry, RD, LDN

Let's Collaborate!

Let's work together to elevate your career, expand your reach, and make a lasting impact in the field of nutrition. Whether you want to learn how to pitch to potential food brand partners, create compelling media kits, or need guidance on setting rates for your services, I'm here to support you!



INSTAGRAM: @ADOSEOFNUTRITION
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SERVICE RATES: MEDIA AND FOOD BRAND PARTNERSHIPS

What is included in the Media Mentor Bundle:

- **Toolkit Bundle:**
 - Media kit template
 - Service rate card template
 - Email pitch template: Food brands or media outlet template
 - Brand and media tracker
 - Media mentions tracker
- **Tip Sheet:** To help you identify and approach relevant food brands for collaborations and media outlets to be featured in.
- **Mentor Call or Email:** A chat to learn more about your goals and answer any questions you may have about customizing the template that best fits your needs.

Price: \$75

You will receive an email of the templates in 1-2 days. I am open to helping you customize 1 template of choice.

Currently taking payment via PayPal: adoseofnutrition@gmail.com