

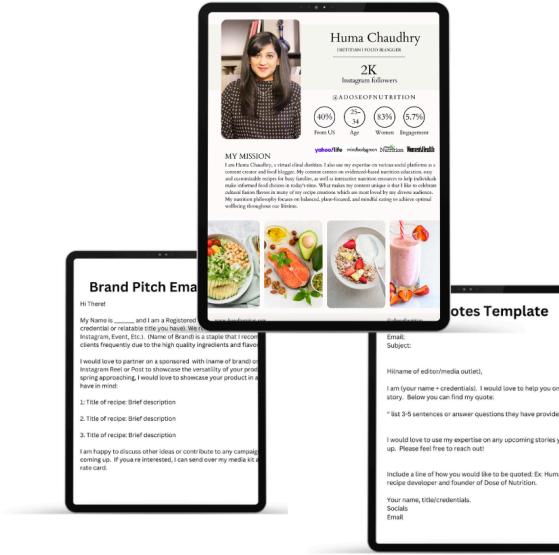


Media Mentor Rate Card

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 Service:

- **Mentor Call:** A chat to get to know your goals and any questions you have.
- **Tip sheet:** Tailored to your needs—whether it's pitching to media or securing food brand partnerships, building a successful social media/blog content, or enhancing your recipe development skills.
- **Toolkit Bundle:** A curated toolkit of templates. Brand tracking template, media and food brand email pitch template, service rate card + calculator template, media kit template, media quotes template, media mention tracker, pitch ideas.
- I can help you personalize any of these templates or discuss specific examples with you!

Reach out via email for service rate!

Schedule a 60-minute mentor call + receive templates in 1-2 days. If you want any of the templates personalized, you will receive them within 3 days depending on how many you want personalized.

Option to purchase just a media Mentor Toolkit 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

**Price: \$60 (Special New Year 25% discount)
Original \$80**

Please email if you are interested!

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