



*The*  
*Nourished*  
PRINCIPLES



## THE NOURISHED PRINCIPLES

The goal of The Nourished Principles is to provide tools and consultative services that empower individuals and communities make healthier choices.

With expertise in both the public and private sector, we provide services that utilize scientific research and evidence-based practices. We share valuable nutrition and public health information intended for various audiences, which includes consumers. Collaborating with brands and organizations allows us to share public health and nutrition messages that will have a lasting impact.

## TESTIMONIAL

"Stephanie is one of our expert contributors to the Public Goods Blog. She does a wonderful job combining an authoritative perspective on nutrition and public health regulations with an informal tone and personal experience. I recommend her as an expert source, freelance writer and consultant on anything related to nutrition and public health issues."

-Joseph Rauch, Content Marketing Manager, Public Goods

## ABOUT STEPHANIE



Hi, I'm Stephanie and I founded The Nourished Principles! I am a Registered Dietitian passionate about public health, nutrition, and food policy.

I have been featured in national publications such as Healthline and Livestrong. I contribute regularly to both online and print media as a public health and nutrition expert. I enjoy creating communications materials and content for consumer engagement purposes.

I earned a Master of Science in Food Policy & Applied Nutrition and a Master of Public Health from Tufts University. I earned my Bachelor of Science degree in Human Nutrition, Foods & Exercise from Virginia Tech and I completed my Dietetic Internship at the Medical University of South Carolina in beautiful Charleston, South Carolina.

Please don't hesitate to reach out with any questions. I look forward to collaborating with you!

# NUTRITION COMMUNICATIONS SERVICES



## MEDIA SEGMENT

We partner with clients to share product information or key marketing messages on media segments. We will work together to choose a topic, draft the script, create an effective message and a beautiful set.



## NUTRITION PRESENTATIONS

We tailor our nutrition and health seminars and presentations to meet our client's needs. We provide easy to understand information and we offer hands-on activities. Our seminars and presentations can be done as a one-time event or ongoing series.



## CONSUMER ENGAGEMENT

We create online and offline nutrition content. We combine scientific research with engaging platforms to inform consumers about nutrition, public health and the food system so they can make informed choices.



## WRITTEN CONTENT DEVELOPMENT

With expertise in a variety of public health and nutrition sectors, we are able to inform readers about factual, evidence-based information. Some of our favorite topics to write about: food and nutrition policy, food systems and child nutrition.



# WRITING SAMPLES



## *The Dairy Alliance*

New Beverage Guidelines for  
Early Childhood Reinforce the  
Importance of Milk



## *Public Goods*

New Year, New Nutrition  
Facts Label



## *National PTA*

How Much Water do Your  
Kids Really Need?



## *GMO Answers*

5 Things to Know about  
Genetic Modification in  
Foods



## *The Dairy Alliance*

Good Nutrition for Seniors



## *Public Goods*

New Drug Could Scale  
Treatments for Food  
Allergies



# MEDIA SEGMENTS



*Fox 24 Charleston*  
Healthy Eating in the  
Workplace



*Fox 24 Charleston*  
Holiday Nutrition Tips



*ABC4: Lowcountry Live*  
Healthy Eating in the New  
Year



*Fox 24 Charleston*  
Heart Healthy Eating:  
American Heart Month

## NUTRITION COMMUNICATIONS PROJECTS

### CHILD HEALTH & NUTRITION

Created online articles for a series on the importance of healthy hydration in children for a national non-profit organization whose target audience is parents and schools.

### PUBLIC HEALTH NUTRITION

Appeared on a television segment for American Heart Month. The segment included nutrition and public health tips that viewers could implement to improve their heart health.

### CONSUMER EDUCATION

Wrote blog posts for a consumer goods company focused on a variety of public health and nutrition topics. Serve as public health and nutrition expert for other writers in the company.

## FEATURED PRESS



## CONNECT

INSTAGRAM  
@THENOURISHEDPRINCIPLES

FACEBOOK  
@THENOURISHEDPRINCIPLES

TWITTER  
@NOURISHEDPRINC

LINKEDIN  
STEPHANIE SIMMS HODGES