



FREELANCE WRITER | MEDIA | SPEAKER | CONTENT CREATOR

About me

I don't just create good content, I bring new perspectives to your messaging.

- I'm passionate about helping consumers understand the science behind food ingredients and processes, so they can feel good about their grocery shopping.
- I share kitchen tips and easy recipes that make eating well enjoyable.
- I'm trustworthy, creative, and reputable. I clearly understand the importance of meeting your deliverables and honoring your deadlines.



80-90%

10-20%



78% US

6% Nigeria

4% Canada

60-80%

Aged 35-55+

25K+

Reach

@CHEWTHEFACTS

2.3K+

INSTAGRAM

9K+

TWITTER

6.5K+

TIKTOK

42K+

MONTHLY
VIDEO
VIEWS

PREVIOUS COLLABORATIONS

BAYER CROPSCIENCE

INTERNATIONAL PRODUCE ASSOCIATION

CHICK FIL-A

GENERAL MILLS | FIBER ONE

PEANUT BOARD

GOED

TODAY'S DIETITIAN

WHOLE GRAIN FOUNDATION

THE SUGAR ASSOCIATION

KETCHUM | FOODMINDS | OLGILVY

US FARMERS & RANCHERS

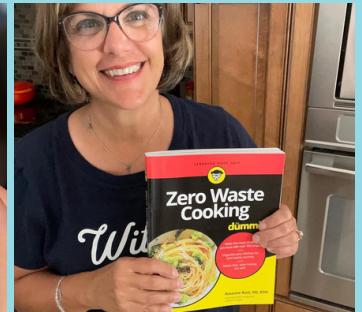
NORTHEAST BEEF COUNCIL | NATIONAL PORK BOARD

CORN REFINER'S ASSOCIATION

WHAT CAN I DO FOR YOU?

I help build confidence in your product. I dig deep to ensure that the content I create is well-supported by reputable sources.

- Blog posts of research articles
- Recipe development, blogs, videos, and photography
- Social media posts and replies
- TikTok and Instagram videos & live streams
- Speaking or booth work at conferences
- Doodle videos



SERVICES

BLOG POST | FREELANCE WRITING

I can translate complex data into usable information for your clients.

I bring years of writing experience to the table and have authored and co-authored several books.

COMMUNICATIONS | MEDIA

Food photography

Creation of graphics/Static posts with captions.

IG Reels or TikTok short video creation

Science education videos: 3-10 minute educational video

Social media Live broadcasts

Live tweeting your event

THOUGHT LEADERSHIP

I can bring new insight regarding consumer trends and perspectives about food, food production, and eating habits.

CONFERENCE BOOTH WORK

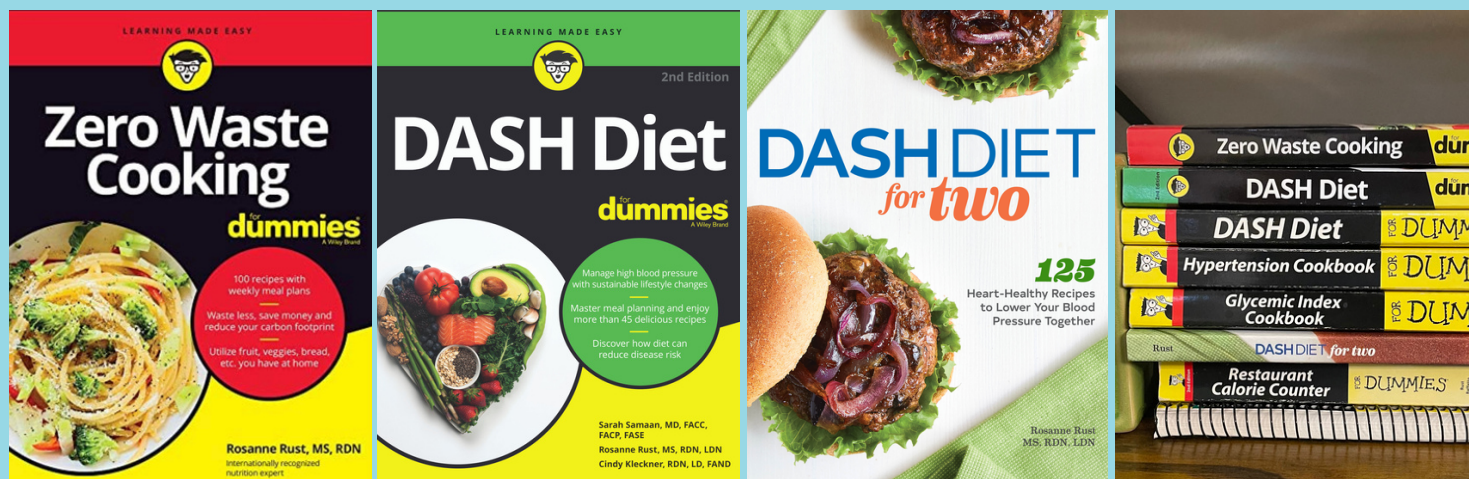
I'm experienced at educating and engaging health professionals at conference booths

BOOK GIVEAWAY

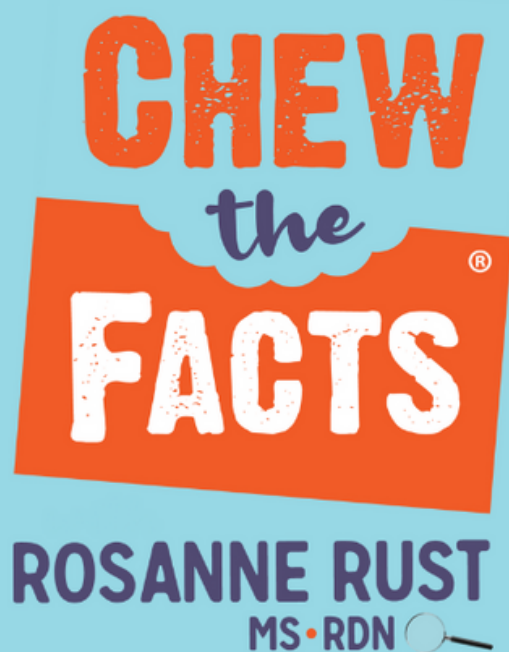
PARTNERSHIPS

I can provide my books for your promotions or book-signings at your conference booth

BOOKS



True to life, science-based, nutrition information that helps people enjoy eating for better health.



LEARN MORE

Head to my website to learn more. Find me at Rust Nutrition Services and Rosanne Rust Author on Facebook; and @chewthefacts on Instagram and TikTok
LinkedIn: <https://www.linkedin.com/in/rosannerust/>