



# Amber Pankonin

*Registered Dietitian Nutritionist and Culinarian*

*I love good food, creating cool things and I'm passionate about building a community in my hometown where I live.*

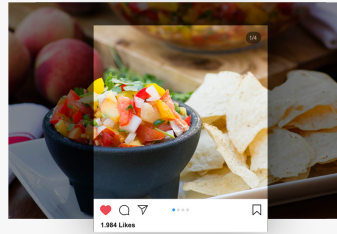


# Let's team up!

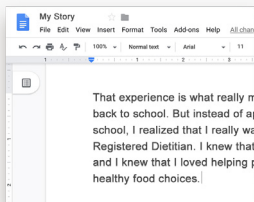
*Just some of the super friends I've  
partnered with :*



*Recipe Development*



*Food Photography*



*Freelance Writing*



*Speaking*



Bayer CropScience





# Getting Social!

 **Twitter**

@rdamber

**7620** followers

 **Facebook**

@stirlist

**3128** followers

 **Instagram**

@rdamber

**1653** followers

 **Facebook**

@healthyunderpressure

**1071** followers

 **LinkedIn**

@rdamber

**2300** followers

★ Named one of ★

**“10 Dietitians you need  
to follow on social  
media”**

— U.S. News & World Report.





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