



Dirt Road

DIETITIAN

MEDIA KIT 2024

Meet Sheri

REGISTERED DIETITIAN AND OKLAHOMA FARMER AND RANCHER



Sheri Glazier, MS, RDN/LD, is a registered dietitian with more than 7 years of experience as a dietitian and nutrition counselor. Her no-nonsense nutrition approach provides realistic, personalized, and practical nutrition solutions for her clients and audiences alike. With a bachelor's and master's degree in nutritional sciences from Oklahoma State University, she has cultivated herself as a nutrition consultant, speaker, and culinary creator.

Sheri and her husband Kyle are raising two small children, along with wheat, sesame, hay, and cattle, in rural Oklahoma. The closest town, Loyal, Okla., holds a population of 79, which gives Sheri a unique perspective on intentional grocery shopping and preparing meals for families.



Get Social

BRINGING FARM LIFE & EXPERT NUTRITION TO MY FOLLOWERS

SOCIAL MEDIA ALLOWS ME TO CONNECT

with my followers right from my rural Oklahoma kitchen, where I can share practical nutrition solutions and inspire their next meal. But it's more than that. My life on a farm and ranch gives me a platform to bring my audience to those who get their hands dirty on the daily, and those who play a unique role in producing food to feed fellow Oklahomans and the world—a humbling, but necessary, connection.

What I share through social media is rooted in seeking and sharing accurate information. Instead of just sharing the role of protein in your diet, I take on sustainability, the powerful role nutrients can have on our health, and talk one-on-one with those farmers and ranchers that live and breathe it every day.



@DirtRoadDietitian
3.7K FOLLOWERS



/DirtRoadDietitian
1.5K FOLLOWERS

MY FOLLOWERS LOVE

Instagram stories,
asking for advice,
and sharing recipes



Your Next Keynote

WELL-VERSED IN NUTRITION, KEY NOTE SPEAKING, AND AS A SIMPLE SUPPER CULINARY CREATOR

THE NUTRITION CONSULTANT

Sheri has nearly 10 years of experience as a dietitian and nutrition counselor. Her no-nonsense nutrition approach provides realistic, personalized, and practical nutrition solutions for her clients. Appointments are virtual, allowing you to leave the inconvenience and hassle of a waiting room behind, and visit with her in the comfort of your own environment.

THE FARMER AND RANCHER

Sheri resides in rural Oklahoma with her husband Kyle, and two children where they raise wheat, sesame, hay, and cattle. The closest town, Loyal, Okla., holds a population of 79, which gives Sheri a unique perspective on intentional grocery shopping and preparing meals for families.

keynote topics

FUELING YOUR BODY

While a stop by the local gas station for lunch is absolutely an option, what if – now hear us out – we fueled our bodies with proper nutrients?

Geared toward busy farmers and ranchers, this keynote will provide real-world application.

ELEVATE: NUTRITION FOR YOUR NEXT LEVEL

Let's get realistic about fuel for yourself and ultimately your family. Sheri will help you examine the timing of meals, what should be included in those meals, while being realistic with the accessibility and affordability of a nourished plate. She will leave you with realistic nutrition solutions, no matter your circumstances.

IN THE KITCHEN: MEAT CUTS AND HOW TO PREPARE

Sheri will provide informative and practical application on various cuts of meat, and appropriate cooking methods to wow your friends and family.

KEYNOTES BEGIN AT \$2,500 + TRAVEL AND ACCOMMODATIONS
CUSTOM PRESENTATIONS AVAILABLE

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Three Service Pillars

WITH A BACHELORS AND MASTERS IN NUTRITIONAL SCIENCES, SHERI USES HER EDUCATION AND ON-THE-JOB SKILLS AS A NUTRITION CONSULTANT, SPEAKER, AND CULINARY CREATOR.

NUTRITIONAL COACHING

Embark on your nutrition journey with Sheri Glazier, MS, RDN/LD, through one-on-one virtual, individualized nutrition sessions. Comprehensive sessions includes a thorough review of your medical history and current lifestyle leading to the development of a personalized nutrition/lifestyle plan tailored to you and your family, accompanied by goal setting for continued progress.

CORPORATE CONSULTANT

As a registered dietitian, Sheri offers comprehensive corporate consultation services tailored to the unique needs of each organization. With her expertise in nutrition and wellness, she collaborates with companies to develop customized programs aimed at promoting employee health and productivity. From designing wellness initiatives to conducting educational workshops, Sheri's corporate consultations empower businesses to foster a culture of well-being within their workforce.

KEYNOTE SPEAKER

Sheri Glazier, MS, RDN/LD, also serves as a keynote speaker, captivating audiences with her expertise and practical insights into nutrition, agriculture, and family meal planning.





JONATHON HARALSON, EMPIRE AG

“Sheri’s presence at the Elite Retreat was truly remarkable. As a speaker, she effortlessly bridged geographical boundaries, connecting with our diverse audience of farmers and ranchers spanning multiple time zones. Her ability to resonate with each attendee on a personal level was unparalleled. Sheri’s insights were not only enlightening but also deeply impactful, leaving a lasting impression on all who had the privilege of hearing her speak. Her unique approach to engagement ensured that every participant felt seen, heard, and inspired to take meaningful action. We are immensely grateful for Sheri’s contribution to our event and eagerly look forward to welcoming her back in the future.”



MERIRUTH COHENOUR, ODAFF MARKETING DIRECTOR

“Sheri added such a valuable dynamic to our retreat. Her message was engaging, her methods were relatable and her answers to the many questions directed to her were thoughtful and educated. I can’t wait to have other groups to introduce to Sheri!”

Rural Roots

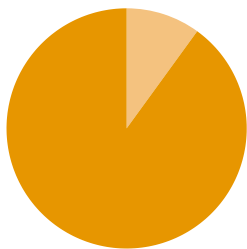
UNDERSTANDING WHERE OUR FOOD BEGINS

"CAN WE COME OUT TO YOUR FARM FOR A TOUR?"

That's where it all began. It makes my heart sing when consumers want to better understand where their food begins. My day-to-day story is rooted in agriculture. I love what we've done for generations and wish everyone had the opportunity to better understand this side of the food story.

I'm a mom, dietitian, and an Oklahoma farmer and rancher, and I've made it my job to help share the journey our food takes to get from the farmer's field and into our grocery carts. But, what do we do with it once it's home in our kitchens? That's where you'll get the most from my tips and tricks, meal planning and prep and even my own culinary creations to keep your palate on overdrive.

who follows Sheri?



90% WOMEN



AGES 25-44

WHAT ELSE?

They're fans of boutique clothing, country music, Joanna Gaines, Ellen DeGeneres, and they shop on Amazon and at Target.



What to expect from Sheri



RURAL VIEWS
Connect with those who get their hands dirty on the daily.



FAMILY LIFE
Stay inspired with my mash-up of all things food, farm and family.



COOKING DEMOS
Watch and learn and bring my recipes to life in your own kitchen.



MEAL PREP & SHOPPING
Don't stumble through the grocery store or stare at the fridge, let's get it right.



CONSUMER EDUCATION
Gluten free? Lactose free? GMOs? Know what's behind the label.



ON THE GO MEALS
Too tired to cook? Fueling your lunch box? Quick and delicious? My kitchen's got you covered.



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How can I help?

LET'S WORK TOGETHER

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