

Rachel's Story

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I discovered my love for public speaking at an early age through competing in speech meets. The thrill, and challenge, of tailoring information to new audiences has always invigorated me in a way nothing else does. But, as a young person I wondered, what good is a passionate speaker without a message, and what is my message?

After completing my degree at Purdue University and my dietetic internship at Emory University, I began my career developing health-focused messaging for brand teams at Nestlé USA. I enjoyed working in the corporate environment, surrounded by hard-working, highly-motivated people, but I missed having face-to-face contact with the people I hoped to impact through our messages. Consequently, I decided to pursue a position with a more direct nutrition education focus and I joined an organization that developed and executed engaging nutrition education programs for local corporate and community organizations in Atlanta, GA. It was here that my love of nutrition, great companies, and public speaking collided.

In this position, I also had the opportunity to experiment with on-camera education, starting with a live segment on my local news station. I enjoyed the challenge of thinking on my feet, creating visually appealing displays, and condensing my messages into quick but impactful sound bites. I continued to seek out on-camera opportunities to sharpen my skills, and eventually started writing scripts and filming segments for local companies.

Whether in a classroom or on-camera, I enjoy dispelling popular misconceptions about nutrition through simple but compelling lessons that represent healthy living as an attainable and desirable goal. My signature style is energetic, encouraging, and realistic, with the aim of encouraging my listeners to take just one step beyond where they were yesterday. I believe small changes or “partial solutions,” as I call them, are the incremental keys to lifelong changes.

In addition to my passion for education, I am also passionate about the need for high quality communicators in the nutrition field. Regardless of how well we know our science, as educators, we will only ever be as influential as our communication skills. Because of this conviction, I regularly seek out opportunities to learn more about communication and behavior change theories in order to continuously enhance my ability to engage audiences and deliver relevant and powerful messages.