

BODY **TO** SOUL HEALTH

South Florida Culinary Nutrition + Community Wellness Implementation Partner

REGISTERED DIETITIAN-LED • EVIDENCE-BASED • COMMUNITY-CENTERED

Body to Soul Health is a Registered Dietitian-led functional nutrition and wellness practice delivering evidence-based nutrition education, culinary programming, preventive health initiatives, and community wellness experiences. We bring together clinical expertise, practical food education, engaging facilitation, and the operational capacity to support community-based health programming across South Florida.

WHY BODY TO SOUL HEALTH

Experience + Capacity

- **20+ years of leadership** from founder Jennifer Nicole Bianchini, MS, RD across nutrition, healthcare, wellness, and education.
- **Backed by an experienced team** of Registered Dietitians and nutrition professionals bringing decades of combined clinical and nutrition expertise.
- **Clinical-to-community perspective** spanning functional nutrition, chronic-disease prevention, behavior change, and practical nutrition education.
- **Corporate wellness + brand partnership experience** with public-facing education, workshops, speaking, and collaborative programming.
- **Featured across 40+ national media and wellness brands**, demonstrating strong public communication and health-education expertise.

WHAT WE CAN DELIVER

South Florida Implementation Capabilities

- Registered Dietitian-led cooking demonstrations
- Culinary nutrition education
- Recipe development + healthy meal preparation
- Nutrition Facts label education
- Meal planning + food budgeting education
- Chronic-disease prevention education
- Community outreach + participant recruitment
- Event facilitation + staffing
- Grocery, community + wellness partner coordination
- Participant education materials
- Health + wellness activations
- Attendance, engagement + program-data collection

DEPLOYMENT READY

Ready for a 15-Week South Florida Activation

Body to Soul Health is positioned to support weekly community cooking and nutrition education programming across Miami-Dade, Broward, and surrounding South Florida communities — with Registered Dietitian-led facilitation, culinary education, outreach, participant engagement, partner coordination, and reporting support.

Potential settings: Grocery retailers • Community centers • Healthcare organizations • Schools • Wellness organizations • Food-access partners

PARTNERSHIP FIT

Built to Support Regional Implementation

Body to Soul Health can serve as a regional or local implementation partner for funded public-health initiatives requiring nutrition expertise, community engagement, culinary education, wellness programming, and coordinated execution across multiple South Florida sites.

LEADERSHIP

Jennifer Nicole Bianchini, MS, RD

Founder, Body to Soul Health
Functional Dietitian + Mind-Body Wellness Expert

Jennifer Nicole Bianchini is a Registered Dietitian and Integrative and Functional Certified Practitioner with 20+ years of experience spanning clinical nutrition, healthcare leadership, corporate wellness, culinary education, media, entrepreneurship, and community-facing health education.



Jennifer Nicole Bianchini, MS, RD, IFNCP

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Available for:

South Florida regional implementation partnerships, subcontracts, and collaborative programming.