



Hi! I'm Crystal Higgins

THE FLEXITARIAN DIETITIAN

As Seen In



THE VANCOUVER SUN

Parade



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VANCOUVER AREA, BC CANADA



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# The Numbers



1.8 K

@crystalhiggins\_rd

11.89%

Engagement  
Rate



< 1K



< 1K



2 K views

31.6 M  
AUDIENCE



## About Crystal

I'm a flexitarian dietitian, wife, mom of two and fitness enthusiast who is on a mission to help moms and families make healthy food choices fit into their lifestyle.

Creating fun, seasonal and colourful food the whole family can get on board with brings me so much joy. I've worked as a consulting RD for over 17 years, taught fitness classes, run marathons and been featured on local Canadian news stations such as CBC. I would love to discuss how I can support your brand goals and support more families with their wellness.

## Let's Work Together!

- Food, Lifestyle & Recipe Videos
- Food & Lifestyle Photography
- Broadcast, Print & Web Interviews
- Radio & Podcasts
- Product Reviews
- Contests and Giveaways
- Seminars & Workshops
- Talent at Events
- Spokesperson Partnerships
- Satellite Media Tours
- Sponsored Newsletters
- Live Recipe Demos





