

OUT OF OFFICE VIBES

- Mediocre hiker, biker and trail explorer
- Influenced by Reese's book club
- Passionate about food culture, with a sharp eye for branding, new restaurant launches, and culinary trends.
- Learning to be a raised bed and companion plant gardener- my summer obsession
- Volunteer with the USO
- Jumped out of an airplane once
- Learned to dive in the Arabian Sea

WHAT KEEPS ME INSPIRED

- I enjoy creating cheerful, nourishing dining experiences for my friends and family
- Inspired by helping others succeed
- I believe collaboration is key to a successful workplace
- Motivated by making healthy living practical, approachable, and sustainable for all



REGISTERED DIETITIAN

BEHIND THE BIO

Raine is a Registered Dietitian with over 20 years of experience in community, clinical, and healthcare leadership roles. She began her career in Oklahoma, supporting new moms, infants, and children. Later, she specialized in renal nutrition and served as the Director of Nutrition for a hospital system. Since 2016, she has been part of the Compass Eurest team and recently joined the AMGEN account.

In addition to her civilian career, Raine is a Major in the U.S. Army Reserve. She recently returned to the States after completing her second tour in the Middle East with the 3D Medical Command, where she served as the CENTCOM Theatre Consultant Dietitian

She has a Master's Degree in Strategic Communications and Social Media Management.

EAT. DIVE. SLEEP.