# GET ON MY PLATE

CASEY ROONEY

## ABOUT ME

I am a mom of 3, teacher and avid food and wine lover! My passion is teaching others to love cooking with delicious, approachable recipes and ideas.

## THE BLOG

Get On My Plate was created to share simple, delicious recipes that are both flavorful and approachable.

casey.s.rooney@gmail.com

1.8K @casey.s.rooney

67.9K @getonmyplate

1.1K @get.on.my.plate

| 800 | 1.7K | 85% |
|---|---|---|
| Monthly Sessions | Monthly Page Views | New Users |

## AUDIENCE

99% Female

1% Male

## DEMOGRAPHICS

90% USA

6% UK

## PARTNERSHIP OPPORTUNITIES

- Sponsored Blog Posts
- Sponsored IG Posts
- Recipe Development
- Custom Photography
- Custom/Combo Programs

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# GET ON MY PLATE

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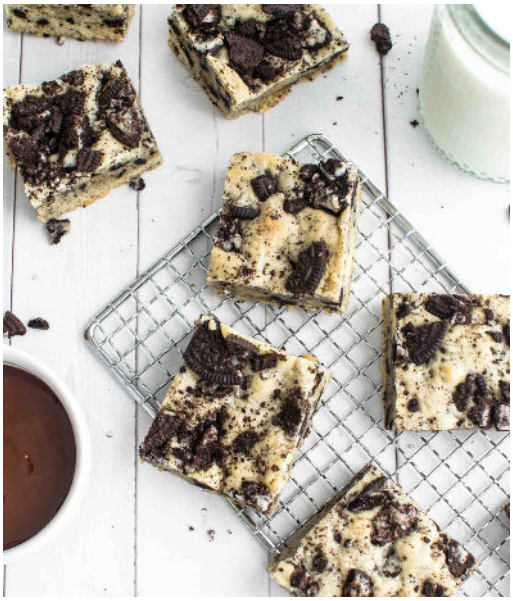

## SERVICES & RATES

### SPONSORED BLOG POSTS / $100

A custom written 300-500 word blog post. Will include company-provided photography and a genuine, positive product review. Custom photography available for an additional fee.

### SPONSORED IG POSTS / $50

A custom written Instagram post that will showcase your company's product or group of products. Will include company-provided photography and a genuine, positive product review. Custom photography available for an additional fee.

### RECIPE DEVELOPMENT & POST / $200

A custom recipe will be created showcasing your product. A custom blog post will be written, including at least 3 custom photos and a genuine, positive product review. Blog post will be promoted on Facebook and Instagram.

### CUSTOM/COMBO PROGRAMS / $100+

Let's work together to create exactly what you want! I will always work with YOUR goals in mind!

*Rates are accurate as of 02/01/2021*

## GET IN TOUCH

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