



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



10.6K/1.3M VIEWS
@getonmyplate



1.8K
@get.on.my.plate

100K

Monthly Sessions

112K

Monthly Page Views

90%

New Users

AUDIENCE

75%

Female

25%

Male

DEMOGRAPHICS

84%

USA

10%

UK + CAN

PARTNERSHIP OPPORTUNITIES

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



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SERVICES

SPONSORED BLOG POSTS

A custom written 300-500 word blog post. Will include custom photography and a genuine, positive product review. Recipe provided by client.

SPONSORED IG POSTS

A custom written Instagram post that will showcase your company's product or group of products. Will include custom photography and a genuine, positive product review.

RECIPE DEVELOPMENT

A custom recipe will be created showcasing your product or group of products. 3-5 edited photos will be provided with social media licensing rights.

FOOD PHOTOGRAPHY

3-5 edited photos (per product/recipe) will be provided with social media licensing rights.

CUSTOM/COMBO PROGRAMS

Need more? A video? An Instagram Reel? Let's work together to create exactly what you want! I will always work with YOUR goals in mind!

GET IN TOUCH

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