

WHITNEYBOND.COM

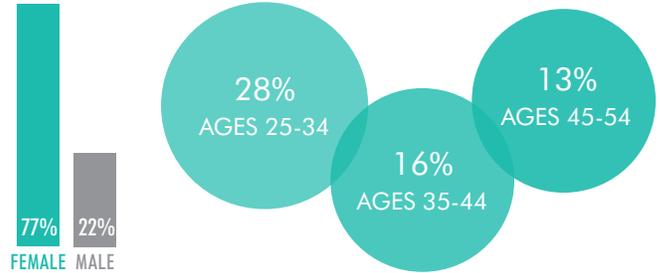
Traditional Recipes with a Bond Girl Twist



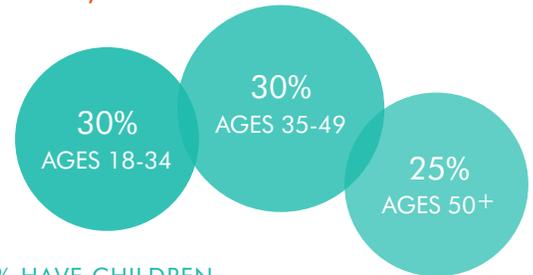
WhitneyBond.com is a food and lifestyle blog featuring recipes made in 29 minutes or less, in one pot or in a crock pot. Published cookbook author and on camera host Whitney Bond began posting her recipes online in 2011. Since then, she's shared over 900 original recipes on her self-titled blog, WhitneyBond.com. In addition to blogging, Whitney has hosted satellite media tours with PLUS Media and cooking segments for websites, Grokker and U-T TV. Whitney has been featured on

news segments in San Diego and Phoenix, on shows like "Wake Up San Diego", "San Diego Living" and "Arizona Midday" where she shares her recipes, cooking tips and favorite kitchen products. Whitney's recipes can be found all over the web on sites like BuzzFeed, PopSugar, Yahoo! and Huffington Post. Whitney is a contributing writer for TODAY Food and has her own Amazon Alexa App, the Whitney Bond Recipe Search Tool. Whitney's web series "29 Minute Meals" features Whitney in a cooking show style series demonstrating how to make her most popular, and new recipes, in 29 minutes or less, with a bonus "one minute of fun" at the end of each episode. A new episode of "29 Minute Meals" is released every Wednesday on Whitney's YouTube page.

FACEBOOK FAN INSIGHTS



INSIGHTS ON UNIQUE VIEWERS From Ad Network, Sovrn



- 42% HAVE CHILDREN
- 55% COLLEGE GRADS OR POST GRADS
- 50% FEMALE
- 28% ANNUAL SALARY \$60-\$100K
- 27% ANNUAL SALARY \$100K+

TOP RECIPES



Buffalo Chicken Cheesy Penne



Slow Cooked Beef Ragu



Baked Sweet Potato Tots



Chipotle Lime Chicken Fajita Skewers



Gluten Free General Tso's Chicken



Chipotle Stout Crock Pot Chili

STATS



RECIPES SHARED ON



SOCIAL MEDIA STATS



WHITNEYBOND.COM

Traditional Recipes with a Bond Girl Twist

SPONSORED POST

- 4-6 images including product in some capacity
- A custom original recipe including product
- 2 Facebook/Twitter/Pinterest/Instagram shoutouts
- Link back to company website
- Link back to company social platforms

INSTAGRAM FEATURE

- Share brand approved image on @WhitneyBond Instagram
- Tag brand in the caption on Instagram
- Utilize relevant brand hashtags in the caption on Instagram

3-6 MONTH PARTNERSHIP (CONTACT FOR RATES)

- Original recipes with blog posts
 - 4-6 images per post
 - 2-4 links to company website
- Links back to company social platforms
- Mentions on Facebook/Twitter/Pinterest/Instagram
- Exclusivity in category
- Inclusion in Whitney's web series "29 Minute Meals", sponsored news segments and "Tasty Style" recipe videos can be negotiated into the contract.
- Image rights can be purchased for an additional fee for use on company website.

29 MINUTE MEALS WEB SERIES

- Sponsored episode of 29 Minute Meals featuring product placement and brand mention with existing WhitneyBond.com recipe.
 - Video will be added to the original post on WhitneyBond.com and uploaded to Whitney's YouTube page.
- Sponsored episode of 29 Minute Meals with product placement and brand mention with new recipe development and sponsored recipe post on WhitneyBond.com.
 - Video will be added to a new sponsored post on WhitneyBond.com and uploaded to Whitney's YouTube page.

CLIENT TESTIMONIALS

"Next time you talk to Whitney, be sure to thank her for her support for Lighthouse and engagement with our brand on social media. She has been great about engaging with us across all platforms and her support is very appreciated....AND she's a hoot to communicate with to boot!" – [Morgan | Lighthouse Foods](#)

"You've been an amazing partner and we all, including the client, have been beyond happy with the work you've done and appreciate your creative cooking for ABG." – [Rachel D. | Edelman PR on behalf of All But Gluten](#)

ONE MINUTE "TASTY STYLE" RECIPE VIDEOS

- Branded 60 second, fast-motion recipe video shot overhead with current WhitneyBond.com recipe.
 - Video will be added to the original post on WhitneyBond.com and uploaded to Whitney's YouTube page.
- Branded 60 second, fast-motion recipe video shot overhead with new recipe development and sponsored recipe post on WhitneyBond.com
 - Video will be added to a new sponsored post on WhitneyBond.com and uploaded to Whitney's YouTube page.

BRAND SPOKESPERSON

Available for appearances on behalf of brands, including but not limited to, live TV appearances, satellite media tours, in person cooking demonstrations and trade show booth appearances.

- News Segments
 - Editorial Segment: booked by Whitney on the CW6 Morning Show, San Diego Living, the segment will feature product placement and one brand mention
 - Sponsored Segment: booked by Whitney in the market of your choice, the segment will feature product placement, multiple brand mentions and 2-3 brand talking points.
 - Brand Scheduled Segment: Whitney is also available to appear on behalf of a brand in segments booked by the brand.
- Satellite Media Tours.
 - Booked by PLUS Media
 - Brand Scheduled SMTs: Whitney is also available to appear on behalf of a brand in a satellite media tour booked by the brand

PLEASE NOTE

Invoice due net 15 after post goes live. Products must be sent 15 days prior to post. I absolutely only work with brands that suit my readers and translates into something that is organic. You're receiving this rate sheet because I use and enjoy your product.

To see other ways in which Whitney has worked with brands in the past, including Instagram Takeovers, Food Styling & Photography, Freelance Writing and more, please visit the "Work With Me" page on WhitneyBond.com.