

# ChefAlli

Let's Get Cookin'



## ABOUT CHEF ALLI

Chef Alli is on a mission to strengthen families through enabling kitchen confidence, educating the family cook, and encouraging better food relationships. She inspires success in the kitchen - helping family cooks find the time, recipes, and resources to feed their hungry families. Known for her no-nonsense, yet kind-hearted approach, Chef Alli makes every follower feel like a friend. She's built a reputation as a source of attainable culinary expertise, with recipes designed to succeed and easy-to-understand food education.

## PROGRAM

### Community Sessions

On-site group sessions to demonstrate skills, nutrition, and recipe tips.

### Cooking Coach

At-home cooking assistance throughout the year through private Facebook group.

### Leader Sessions

Introduction sessions to empower, encourage, and inspire community leaders. Wrap-up session to share impact.

### Recipes & Handouts

Cross-branded guides and tip sheets along with delicious recipes.

## PROGRAM OVERVIEW

Let's Get Cookin' is designed to help organizations strengthen their communities in a life-changing manner through a comprehensive program of cooking inspiration, education, and coaching throughout an entire year. Not only is the program designed for long-term impact, Chef Alli has made success even easier through handling everything from marketing to follow-up support.

## PROGRAM THEMES

- Pressure Cooking
- Whole Foods
- Skillet Meals
- Sheet Pan Meals
- Fast & Fresh
- Kitchen Confidence

## CLIENTS/PARTNERS INCLUDE

Kansas Nutrition Council - From the Land of Kansas -  
St. Francis Health Care - Kansas Farm Bureau  
- WIBW 13 News - Hy-Vee - Wichita YMCA -  
Blue Cross Blue Shield Pathways to a Healthy Kansas



9,500  
@chefalli



1,300  
@chefalli



10,000  
view/month



2,200  
view/month

Real Food. For Real People. In Real Life.

# LET'S GET COOKIN' ON-SITE COMMUNITY SESSIONS

## **SESSION 1 Pressure Cooking 101: Foundational Basics for Electric Pressure Cooking Success**

Pressure cooking can feel overwhelming and downright scary at first. Join Chef Alli to learn pressure cooking fundamentals that will ensure long-term success with this multi-purpose small appliance. Sample Menu: Deviled Eggs, Parmesan Risotto, Cinnamon Applesauce, Oatmeal Breakfast Bowls

## **SESSION 2 A Flash in the Pan: Speedy Skillet Meals**

If you've got a skillet and a burner, you're more equipped than you realize to whip up dinner in just minutes! Learn Chef Alli's favorite hacks and kitchen tips to cook quick and tasty skillet meals. Sample Menu: Creamy Sausage Pasta, Little Smoky Broccoli Mac and Cheese, Beefy Enchilada Skillet Meal, and Saucy Asian Chicken and Rice Bowls

## **SESSION 3 So I Got a New Pressure Cooker... Now What?**

You've heard pressure cooking is efficient, user-friendly, flavorful, and requires 50-70% less cooking time. Can it REALLY be true? YES! And Chef Alli is here to show you how to get real food on the dinner table in just minutes using this life-changing small appliance. Sample menu: Big Bold Beef Carnitas, Chicken and Dumplings, and Pulled Pork BBQ Sliders.

## **SESSION 4 Sheet Pan Meals: One and Done... Let's Eat!**

Make weeknights easier by preparing your entire meal on just one baking sheet. Sheet pan meals make both the prep AND dinner clean-up a breeze! Sample Menu: Baked Swai with Seasoned Asparagus and Tomatoes, Lemon Parmesan Chicken and Veggies, Sheet Pan Roasted Sausage and Potato Supper.



## **CUSTOMIZABLE PROGRAMS INCLUDE:**

- 90-minute on-site community sessions
- On-site leader sessions
- Private Facebook Live-Cast cooking coach sessions
- Handouts for at-home success
- Recipe cards, tip-sheets, t-shirt
- Complete marketing for easy success
- Online registration provided

## **ADDITIONAL INFORMATION**

On-site community sessions include complete step-by-step demonstrations and troubleshooting by Chef Alli, detailed recipes for take-home, tastings of each dish prepared in session, live online follow-up support via a private Facebook group, notification and reminder emails, and a complete marketing package to ensure your program success.

**CUSTOMIZED PROGRAM FEES: \$6,500 - \$26,000**