



# **The Kitchen Companion**

Private Kitchen & Meal Coaching

(a division of The Cook's Companion)

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2008 Service Overview

2008 Fee Schedule

# The Kitchen Companion

## Private Kitchen & Meal Coaching

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### **Introduction**

Like a fitness trainer, a kitchen coach can help you and your family make a healthy change to your life not only physically through better eating habits but mentally by relieving stress in the kitchen.

This is an in home service that provides meal assessment, kitchen and pantry re-organization, cooking instruction and on-going support. Nadine Hughes, owner of The Cook's Companion will spend time with you organizing, planning and teaching you how to shop, plan and cook quick and healthy meals in a more organized and efficient kitchen - yours.

Kitchen Coaching provides active families and busy individuals with the tools and knowledge to make better use of their time, space and money in the kitchen.

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### **Service Offering**

We offer a variety of services that can be personalized to meet your individual/family needs. Our services can be individually selected or purchased as a package.

#### **Pantry Design & Re-organization**

From personal experience as a cooking instructor in restaurants and private homes, Nadine will put your kitchen in order to optimize space and give your kitchen efficient flow. She'll also review your pantry and refrigerator to help you stock them with the right items and the right quantity for you and your family.

#### **Kitchen Equipment Review & Recommendations**

From Nadine's experience in cooking classes conducted in restaurants and private homes; she knows what works well and why. Nadine will also make sure you do not make mistakes in your equipment purchases. She'll re-evaluate that turkey deep-fryer you've had sitting in your cupboard for a few years!

#### **Personalized Meal Planning**

Whether you've lost your inspiration in the kitchen, you're trying to change your eating habits or encouraging new ones, Nadine can help you rid your pantry of the wrong foods and start planning and cooking new and healthy recipes.

#### **Shopping Tips & Recommendations**

Experience in shopping for her cooking classes, private clients and her own family of four, Nadine can offer you personal guidance, suggestions and seasonal buying guides at the Grocery store.

#### **Private Cooking Instruction**



Now that you have your new organized kitchen set up, you'll enjoy spending more quality time and Nadine will cook alongside you to show you how to create your new personalized recipes.

## Fees, payments, and service terms

A free preliminary phone consultation is included in all packages and individual services to best determine your individual/family needs.

Services can be purchased:

- Individually,
- As a package or,
- As a package plus additional services based on your needs

Packaged Services	Fees	Payment schedule
<p><b><u>Kitchen Companion Level I:</u></b></p> <ul style="list-style-type: none"> <li>• Meal &amp; lifestyle assessment report (Based on a 5 day individual/family food log)</li> <li>• One hour in-home consultation with a personalized assessment of your kitchen, pantry and refrigerator contents with healthy eating and organizational recommendations.</li> <li>• 2<sup>nd</sup> one hour in-home meeting to provide and discuss a prepared list of meal ideas and suggestions complete with recipe sets, pantry and shopping lists based on your individual/family needs and lifestyle assessment.</li> <li>• 1x 20 minute phone follow up consultation.</li> </ul>	<p><b>\$175</b></p>	<p>\$75 non-refundable deposit is due upon first in-home consultation.</p> <p>Duration of balance (\$100) is due upon second in-home visit.</p>
<p><b><u>Kitchen Companion Level II:</u></b></p> <ul style="list-style-type: none"> <li>• Meal &amp; lifestyle assessment report (Based on a 5 day individual/family food log)</li> <li>• One hour in-home consultation with a personalized assessment of your kitchen, pantry and refrigerator contents with healthy eating and organizational recommendations.</li> </ul>	<p><b>\$275</b></p>	<p>\$75 non-refundable deposit is due upon first in-home consultation.</p> <p>Duration of balance (\$200) is due upon second in-home visit.</p>

- 3 hour in-home working consultation to transform your kitchen, pantry and refrigerator into a more organized and healthy environment.
- A prepared list of meal ideas and suggestions complete with recipe sets, pantry and shopping lists based on your individual/family needs and lifestyle assessment.
- 1x weekly 20 minute phone follow up consultation for 4 consecutive weeks.

**Kitchen Companion Level III:**

- Meal & lifestyle assessment report (Based on a 5 day individual/family food log)
- One hour in-home consultation with a personalized assessment of your kitchen, pantry and refrigerator contents with healthy eating and organizational recommendations.
- 3 hour in-home working consultation to transform your kitchen, pantry and refrigerator into a more organized and healthy environment.
- A prepared list of meal ideas and suggestions complete with recipe sets, pantry and shopping lists based on your individual/family needs and lifestyle assessment.
- 1x weekly 20 minute phone follow up consultation for 6 consecutive weeks.
- 1 hour assistance at the Grocery store to offer guidance, suggestions and seasonal buying guide information.
- 2 hour in-home private cooking instruction and meal preparation guideline

**\$425**

\$150 non-refundable deposit is due upon first in-home consultation.

Duration of balance (\$275) is due upon second in-home visit.

**Individual Services**

**\$50 per hour**

Payable upon day of appointment.

- 1 hour assistance at the Grocery store to offer guidance, suggestions and seasonal buying

<p>guide information.</p>	<p><b>\$75 per hour</b></p>	<p>Payable upon day of appointment</p>
<ul style="list-style-type: none"> <li>• 1 hour in-home private cooking instruction and meal preparation guideline</li> </ul>	<p><b>\$50 per 7 menu set</b></p>	<p>Payable prior to set presentation</p>
<ul style="list-style-type: none"> <li>• A prepared list of 7 menu suggestions complete with recipe sets, pantry and shopping lists based on your individual/family needs and lifestyle assessment. (5 day individual/family food log to be completed by client.)</li> </ul>		

## About The Coach

Nadine Hughes owns and operates The Cook’s Companion, a lifestyle cooking and entertaining school. As an experienced cooking instructor in restaurants and private homes, Nadine is well versed in how to stock, organize and work efficiently in all sizes and types of kitchens. Nadine is also a food writer, television presenter and public speaker.

In addition to her entrepreneurial roles, Nadine is a busy mother of two children, ages 6 and 2, which provides her with a solid foundation in menu creation, meal planning, time management and organization in the kitchen.

Nadine’s passion is to inspire people to get back into the kitchen and to learn new cooking skills or to refresh their current culinary talents. Having a well stocked, organized kitchen is half the battle and through The Kitchen Companion, Nadine can help you make better use of your time, space and money in the kitchen.

## Privacy statement

We respect our client’s right to personal privacy. To that end we collect and use information throughout our process to be used solely for those service(s) our client(s) has expressed interest in. We never sell or giveaway our client’s information.

## Contact Information

For more information or to book your free phone consultation please feel free to contact Nadine.

**905-849-9007**

[thecookscompanion@sympatico.ca](mailto:thecookscompanion@sympatico.ca)

[www.thecookscompanion.ca](http://www.thecookscompanion.ca)