



Land Of Pleasant Eating

Rate Sheet

Type of Content:

Prices based on CPM, Blog Views and Organic Engagement

Instagram Post:

- \$150 / Post

Instagram Story:

- \$50 / per mention

Instagram Story Takeover:

- \$125 / 24 hours

Blog:

- Sidebar Advertisement: \$300
- Blog Post: \$150

Content/writing for Brand Blog:

- \$150 / blog entry

Package: \$500

Includes-

- 1 Instagram Post
- 1 Facebook Post
- 1 Blog Post
- 1 Feature on a 24 hour story

Payments: Can be made by check to Anastasia Keramidas, or via Paypal to Anastasia.Keramidas@gmail.com.

Payment is due at time of post or submission of blog content.

Images and content: Images and content will be shared with Land Of Pleasant Eating as the creator.

Contact Information:

Anastasia Keramidas

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www.LandOfPleasantEating.com

LandOfPleasantEating@gmail.com