

Chow & Company



Hi, I'm Marcus Avery!



Influencer

I offer expert recommendations, curate delicious recipes, and provide insightful reviews to help my followers embark on their own culinary adventures.



Food Journalist

I am a writer for Cuisine Noir Magazine, the country's first digital magazine that connects the African diaspora through food, drink and travel. [Check out some of my work!](#)



Podcast Host

I host the Chow & Company podcast, which highlights Black entrepreneurs, icons, content creators, and change makers in the food and beverage industry. Watch episodes on [YouTube](#) or listen on [Spotify](#), [Amazon Music](#), and [Apple Podcasts](#).



Event Curator

I collaborate with chefs and mixologists to curate private multi-course food and beverage experiences for [Chow & Company Supper Club](#) guests. Each dining event is thoughtfully curated, focusing on a specific theme, cuisine, or culinary trend.



"Chow & Company is for food enthusiasts who appreciate remarkable dining destinations, diverse culinary traditions, and authentic stories from leaders in the food and beverage industry. More than just a food blog and podcast, it's a movement that builds community through food, fun, and fellowship."

- Marcus Avery Christon



AVERAGE MONTHLY ENGAGEMENT

Statistics below are aggregated from all Chow & Company social media channels

956K+

social impressions

133K+

social media followers

37%

engagement rate

6.8K+

podcast listens

35.7K+

webpage visits

DEMOGRAPHICS



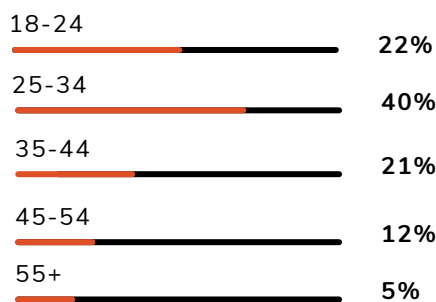
TOP U.S. CITIES

1. WASHINGTON, DC
2. NEW YORK, NY
3. BALTIMORE, MD
4. CHARLOTTE, NC

TOP COUNTRIES

1. UNITED STATES
2. INDIA
3. CANADA
4. UNITED KINGDOM

AGE SEGMENTATION



GENDER



chowandcompany.com

PARTNERSHIP OPPORTUNITIES



Amplifying
Black-Owned
Businesses



End-Hunger
Initiatives



Long-Term
Brand Ambassador



Food/Beverage
Events



Destination
Experience
Reviews



Content
Creation



Food/Beverage
Product
Campaigns



Restaurant
Reviews



Guest
Appearances



Food Product
Reviews

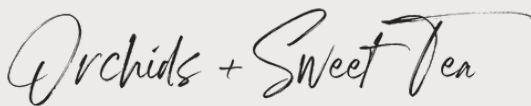


Product
Giveaways



Brand
Sponsorships

PREVIOUS BRAND PARTNERS



SERVICE RATE SHEET

30 Second Video Reel	\$300
45 Second Video Reel	\$350
60 Second Video Reel	\$400
Voice Narration	\$100
Instagram Static Post	\$175
Instagram Carousel Post	\$225 for two images +\$50 for each additional image
Instagram Story	\$75 per frame
Restaurant Review	\$200 + comped dining experience/gratuuity for (3) *reel included*
Blog Post	\$200
YouTube Interview/Product Review	\$550
Limited Media License	\$500 per item (30-day usage; attribution required)
Unlimited Media License	\$1,500 per item (attribution required)
Copyright License	\$3,500 per item (no attribution required)
Rush Fee	\$100 (delivery within 2 weeks)

BRAND PARTNERSHIP PACKAGES

SNACK PACKAGE

\$1,000

- (1) Instagram Static Post
- (1) 30 Second Video Reel
- (1) Blog Post OR Voice Narration
- (1) Professionally Edited Photo
- (1) 30-Day Client Media Usage License

**Attribution is required for all media content shared by the client.*

**Instagram video content will also be shared on Chow & Company's Facebook and TikTok accounts.*

ENTREE PACKAGE

\$1,500

- (2) Instagram Posts (static or carousel)
- (1) 45 Second Video Reel
- (2) Instagram Stories
- (1) Blog Post OR Voice Narration
- (3) Professionally Edited Product Photos
- (1) 60-Day Client Media Usage License

**Attribution is required for all media content shared by the client.*

**Instagram video content will also be shared on Chow & Company's Facebook and TikTok accounts.*

**An Unlimited Media License is available for additional purchase at a reduced flat rate of \$500, which licenses all media content included in this package option. Attribution is required.*

FEAST PACKAGE

\$2,000

- (3) Instagram Posts (static or carousel)
- (1) 60 Second Video Reel
- (3) Instagram Stories
- (1) Blog Post OR Voice Narration
- (1) YouTube Product Review
- (5) Professionally Edited Product Photos
- (1) 90-Day Client Media Usage License

**Attribution is required for all media content shared by the client.*

**Instagram video content will also be shared on Chow & Company's Facebook and TikTok accounts.*

**An Unlimited Media License is available for additional purchase at a reduced flat rate of \$500, which licenses all media content included in this package option. Attribution is required.*

Prices are subject to change.

Accepted Forms of Payment: Check, PayPal, CashApp, or Venmo

Don't see what you're looking for? Contact me at eat@chowandcompany.com to discuss customized content packages that meet your needs.



Watch or Listen



PODCAST SPONSORSHIP PACKAGES

SIGN UP EARLY AND SAVE ON THESE INTRODUCTORY RATES!

Package #1 - \$500

- 30 second **Post-Roll Ad** for the life of the podcast episode
- Your message can be read by me or you may submit a pre-recorded advertisement
- Featured sponsor listing on the Chow & Company podcast webpage

Package #2 - \$750

- 60 second **Mid-Roll Ad** for the life of the podcast episode
- Your message can be read by me or you may submit a pre-recorded advertisement
- Featured sponsor listing on the Chow & Company podcast webpage

Package #3 - \$1,500

- 30 second **Mid-Roll Ad** for the life of the podcast episode
- Your message can be read by me or you may submit a pre-recorded advertisement
- Featured sponsor listing on the Chow & Company podcast webpage

Package #4 - \$2,500

- 60 second **Mid-Roll Ad** for the life of the podcast episode
- Your message can be read by me or you may submit a pre-recorded advertisement
- Featured sponsor listing on the Chow & Company podcast webpage

Package #5 - \$3,500

- 30 second **Pre-Roll Ad** for the life of the podcast episode
- Your message can be read by me or you may submit a pre-recorded advertisement
- Featured sponsor listing on the Chow & Company podcast webpage

Package #6 - \$5,000

- 60 second **Pre-Roll Ad** for the life of the podcast episode
- Your message can be read by me or you may submit a pre-recorded advertisement
- Featured sponsor listing on the Chow & Company podcast webpage

Pre-Roll: The ad spot that appears at the start of a podcast episode

Mid-Roll: The ad spot that appears in the middle of a podcast episode

Post-Roll: The ad spot that appears at the end of a podcast episode

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@chowandcompany



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