



# Mila Furman

**CHEF, FOOD BLOGGER & CULINARY INFLUENCER**

Hi! I'm Mila (the Girl and the Kitchen) I know good food. Having worked in many incredible restaurant kitchens as a chef, I know what it takes to make mouthwatering food with simple ingredients, bright flavors and whatever cookwear you have in your kitchen. With my personal tips, a few tricks of the trade and a little passion, anyone can make great tasting food. Let me show you how to prepare impressively tasty, wholesome food right in your own kitchen!



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# OPPORTUNITIES TO WORK TOGETHER.

- Custom Recipe Development
- Social Media Promotions
- Product & Restaurant Reviews
- Sponsored Posts
- Televised Promotions
- InstaStories and IG Takeovers
- Professional Cooking Videos
- Product Placement
- Email Blasts

## BRAND PARTNERSHIPS.

Mila has had the privilege of working with some fabulous brands to promote her vision for food. A sample of them is here--and we would gladly share more of them.



## JOIN A VIBRANT, LOYAL COMMUNITY.

Since October, 2013, Girl and the Kitchen has received over 2.5 million page views, and reaching thousands more every month.

She has combined her love of food with her love of conversation, connecting with foodies and clients via social media and private consultations. Mila has also been featured as a guest chef with several Chicago media outlets--and is expanding her reach nationally.

So, when can the Girl and the Kitchen come to YOUR house?